

Wellness Activities during Quarantine

Staying Healthy while Having Fun

COVID-19 has many of us staying at home and engaging in less social interaction than we are used to. This can potentially affect our mental and emotional well-being. Below are some fun, at-home activities that will help you and your family stay healthy and safe during this period of quarantine.

Activities for Kids

- Make a Healthy snack together!
<https://www.sprouts.com/healthy-living/dietitian-approved-snacks-for-kids/>
- Make an indoor scavenger hunt
- Have a dance Party with free kid's music from TuneIn.com!
<https://tunein.com/radio/Fun-Kids-s67862/>
- Play a board game or make your own!
<https://www.itsybitsyfun.com/blog/fun-and-free-printable-board-games/>
- Make your own Playdoh!
<https://www.youtube.com/watch?v=oAIAm6BF0fs>
- Bake a healthy treat!
<https://www.cookinglight.com/eating-smart/clean-eating/healthy-baked-goods-to-make-when-your-kids-are-home>
- Thank your Delivery Workers with this [pandemic-specific printable](#).
- **CHALK YOUR WALK**, leaving uplifting sidewalk chalk messages like "We're All in This Together."
- Get outside for some musical chairs, Charades, Simon Says or Duck, Duck, Goose!
- Do some learning with these educational printable activities!
<https://www.education.com/worksheets/offline-games/>
- Send your artwork to Color a Smile to brighten someone's day.
<https://colorasmile.org/volunteer/>
- Decorate by putting hearts on your front door, teddy bears in your windows, or decorative pictures in public spaces. When other families are out for a (socially distanced) walk, they can watch for these surprises.
- Write a letter to an elder to make them smile
<https://lovefortheelderly.org/letters>

