

## 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 stay healthy and safe during this period of quarantine.

#### For Couples

**Do a puzzle:** It's always fun to work on puzzles together and when it's finished you can use it as a puzzle wall hanging.

**Play cards:** Card games are fun and such an easy hobby to pick up. Try playing solitaire or black jack with your partner.

**Try a partner yoga class:** Yoga improves strength, flexibility and focus. You'll both feel relaxed after you finish.

**Have a picnic in your backyard** – Put together a healthy picnic basket, spread out a blanket in your backyard and enjoy the fresh air.

**Go on a digital detox** – Put down your phone. Take some time for a digital detox and enjoy other's company.

**Use a fitness tracker to challenge each other** - Make your fitness goals into a game with your partner using a fitness tracker or your Apple watch. It's a fun way to keep them accountable.

**Try something new together like an instrument** – You can learn how to play a musical instrument by watching "classes" on YouTube.

**Make art** – Maybe for fun, you can try to draw each other or create wall art using your best photos.

**Work on home improvement** - Create a list of projects that you would like to work on and start checking things off of the list.

**Create a memory book/photo album** – Memorialize your life together by creating a keepsake for your family.

**Take YouTube dance lessons** – Dancing is a fantastic hobby for couples who enjoy being active and laughing. Learn how to Waltz or Salsa by taking dance lessons on YouTube.

**Take an online personality test together** – Learn more about your partner's personality by taking a free personality test at [16personalities.com](https://www.16personalities.com).

**Read aloud to each other** – Read the same book together aloud and discuss as you go or when you've finished.

**Do yard work** – Take this time and enjoy being outside. Make your yard as beautiful as possible and make it a hobby instead of a chore.

