

WAYS TO STAY BUSY AT HOME

FROM SJ STUDENT COUNCIL

FAMILY ACTIVITIES:

- FAMILY COOKOFFS
 - FOOD NETWORK "CHOPPED" CHALLENGE
 - CUPCAKE WARS CHALLENGE
- JIGSAW PUZZLES
- FAMILY GAME NIGHT
 - BOARD GAMES
 - JIGSAW PUZZLES
 - TRIVIA
 - CHARADES
- MAKE A FAMILY KAHOOT

- MOVIE MARATHON

STAYING CONNECTED

- WRITE A LETTER
- CHALLENGE YOURSELF TO REACH OUT TO 2 PEOPLE A DAY(FRIENDS, FAMILY, FACULTY)
- SCHEDULE FACETIME AND GOOGLE MEETS WITH YOUR FRIENDS

STAYING ACTIVE:

- TAKE WALKS
- THE EDGE:
 - THE EDGE FACEBOOK PAGE IS OFFERING FREE ONLINE FITNESS CLASSES EVERY DAY
- SKATEBOARD, ROLLERSKATE
- FIND ONLINE WORKOUTS:
 - BLOGILATES

CRAFTS:

- LEARN HOW TO:

- SEW/ EMBROIDER
- PAINT (WATERCOLOR, ACRYLIC)
- MAKE BRACELETS
- VISION BOARDS
- LOOK UP DIYS (DO IT YOURSELF)
- UPCYCLE YOUR OLD CLOTHES

CLEANING/CHORES

- SPRING CLEANUP
 - WASH WINDOWS
 - CLEANING GARDEN BEDS
 - POWER WASH OUTDOOR FURNITURE
 - MOWING GRASS
 - START A GARDEN
 - CLEAN GARAGE
 - MULCHING (IT CAN BE DELIVERED THROUGH HOME DEPOT)
- WASHING AND WAXING THE CARS
- CLEAN ROOM/ WORK/RELAXATION SPACE
- TRY TO DO ALL OF THE CHORES THAT YOU HAVE BEEN PUTTING OFF FOR MONTHS (START WITH ONE A DAY!)

- BATHE YOUR PET
- BATHE YOURSELF
- SELF CARE:
 - DIY SPA DAY

ORGANIZATION

- SORT OUT YOUR FOLDERS
- ORGANIZE YOUR NOTES
- CREATE FOLDERS FOR YOUR DOCUMENTS
- GIVE AWAY YOUR OLD CLOTHES

EDUCATIONAL:

- READ A BOOK
- TRY SAFE, AT HOME SCIENCE EXPERIMENTS (WITH PARENTAL CONSENT)
- LEARN A NEW LANGUAGE
- PICK UP A NEW SKILL (CODING, ETC)
- LEARN A NEW INSTRUMENT
- TAKE UP/LEARN HOW TO PAINT
- TUNE INTO FATHER SILVA'S MASS!

FOR SENIORS:

- REMEMBER IT'S NOT OVER YET! STAY CALM!
- COLLEGE:
 - ONLINE SHOPPING
 - BEGIN TO CREATE PACKING CHECKLISTS

TIPS:

- SEPERATE A WORK SPACE FROM A RELAXATION SPACE
- TRY TO CHANGE YOUR CLOTHES EVERY DAY, IT WILL MAKE YOU FEEL MORE PRODUCTIVE
- MAKE YOUR BED AND KEEP YOUR SPACE CLEAN!
- REMEMBER THAT EVERYONE IS GOING THROUGH THIS TOGETHER
- TAKE IT DAY-BY DAY
- PRAY ON IT!