

40 Ways to Beat the Quarantine Blues

Make health a priority!



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The months of social distancing are taking a toll on many families. Here are few ways to stay active, creative, and connected!

Go to a petting zoo

Drive-In movie theater

Go on a hike

Ride bicycles (Bliss Spillar Trailhead)

Geocaching

Skateboard Park

Kayaking the river or lake

Go swimming at a friends house or schedule at the Y

Golf

Train your pet or adopt a pet

Walk around Stagecoach Park

Go fishing

Host a neighborhood water balloon fight

Take pizza to a park

Create a family photo album

Create a vision board of life after COVID

Read a book series as a family

Science experiments

Paint canvas inside or plywood outside

Constellation watching or star gazing

Take a free masterclass or online course

Photography to document quarantine days

Grow a garden

Google Earth national parks or world heritage sites

Virtual tour famous museums

Go to the beach

Host a small porch party with friends or neighbors

Visit a vineyard (take a blanket and football)

Visit the botanical gardens

Create, edit, and send a video to friends or family

Bake and porch deliver goodies to your neighbors

Send cards to nursing home residents

Start a home project together

Rearrange your bedrooms

Play hide and seek or scavenger hunt

Attend the Farmers Market

Canoe or paddle board

Camping in the backyard or at a state park

Cook a new meal and eat together

Family game night