

DAILY ACTIVITIES CHECKLIST:

Healthy Activities

MORNING

- Think of 3 things you are thankful for as soon as you wake up!
- Put your phone away, stand in a sunny place, and take 5 deep breaths!
- Brush your teeth with the opposite hand! This kicks the brain into gear & makes for a day of accomplishment.
- Check online for free Instagram Live concerts! Follow the [#LiveFromHome](#) hashtag.
- Make a list of all the things you want to accomplish today.
- LAUGH! LAUGH! LAUGH!
- Paint-along with Bob Ross on Netflix!
- Plant flowers! "Naturing" is nurturing!
- Put up Christmas lights at your house to spark joy for you and your neighbors.
- Watch the Panda Cam at the [National Zoo!](#)
- Try a new makeup tutorial on YouTube.
- Trim your hair!

AFTERNOON

- Take a book to a sunny spot in your house or yard. Soak in that Vitamin D!
- Host a virtual or in-home Karaoke party!
- Reorganize your room & rearrange your furniture! Create a space that you're excited to spend time in.
- Complete a home improvement project.
- Order prints of your favorite memories and hang them in your room.
- Step outside and breathe a little fresh air! Soak in that sunshine.
- Try a new hobby like knitting, playing an instrument, or balloon folding.
- Take a virtual tour of your favorite museum on [Travel + Leisure](#).

EVENING

- Watch the sunset.
- LAUGH! LAUGH! LAUGH!
- Color a free coloring page from [The Spruce Crafts](#).
- Host a nightly dance party! Invite friends, family, and neighbors to join via Zoom, FaceTime, or Skype.
- Snuggle up with a pet.
- Download the [This Is Sand App](#) to make sand art on your phone!
- Reread your favorite book before bed.
- Stretch for 15 minutes before going to bed.