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Personal notation: Please contact Dr. Flores for permission to utilize any of the information provided in this article.

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These activities are **SUGGESTIONS**, with no website endorsements.

Activities When Quarantined @ Home

Daily goals – Formulate a daily list of activities that are **personally** fun and incorporate **environmental**-household tasks; in addition to **vocational** courses:

I. **Personal** - Technological Fun Activities

- A. Contact - video chats, text messaging, “land-line” contact w/ family, friends, acquaintances
- B. Virtual tours - art and history tours (mentalfloss.com; etc.)
- C. Livestream shows – musicals; plays; etc. (Broadway HD; etc.)
- D. Podcast – listens to areas of interest; begin a podcast (filmora.wondershare.com; etc.)
- E. Home “streaming” – movies; series (Netflix; Hulu; Roku; etc.)
- F. Journaling – provide a “worldview” of your inner experience (livejournal.com; Penzu; Zapier; etc.)
- G. Books – unread books on bookshelf; order books through kindle, on-line books the library; secure books through free-curb site libraries
- H. Photo images – transform images into keepsakes (Shutterfly.com; Storytree, Inc.; etc.)
- I. Art’s ‘n’ crafts – free websites (etsy; skillshare; pinterest; etc.)
- J. Music - karaoke “ “ (smule; singsnap; etc.)
- K. Manipulatives – board games; crossword puzzles; puzzles (amazon.com; bitsandpieces.com; etc.)

L. Exercise – regime with another individual @ home (noom.com/fitness; modernfit.com/; etc.); walking outdoor

II. **Environmental** - Household Tasks

A. Redecorate home – reconfigure furniture and/or décor [HGTV; Home Restoration (UK); etc.]

B. Cooking – new and varied recipes (Food Network; YouTube; etc.); create a recipe book

C. Organize – purging of paperwork, household items, clothing

D. Budget – formulate a budget (short-term and long term goals from least to higher debts)

E. Taxes – organize receipts (Quick Books; SBS Financials; Net Suite; etc.)

III. **Vocational** Courses

A. Vocational courses – academic, self-growth courses (on-line through colleges)

B. Jobs – seeking other positions (ZipRecruiter.com; indeed.com/hire; etc.)

C. Resume – revise/update (www.resume-now.com/; www.resumehelp.com/; etc.)

D. Interest Groups – local clubs and activities (The Spruce; Meetup; etc.)

Notation: Please e-mail (drmflores@sbcglobal.net) on how you're coping with the quarantine. A handout of case examples will be compiled to encourage other individuals - names and other information will be removed to protect ones confidentiality.

MCF: drmflores.com; Activities during Quarantine1; 3-20