



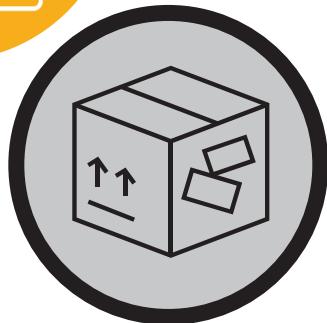
FEELING GOOD & STAYING CONNECTED

AN ACTIVITY GUIDE





ABOUT THE ACTIVITY GUIDE

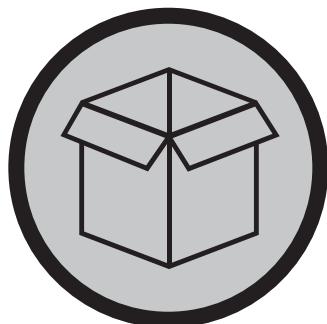


WHY ARE WE GIVING THIS TO YOU?

We know things may feel unsettling and even scary right now.

Just because we're practicing physical distancing doesn't mean you can't stay healthy and connect with others.

This activity guide offers tips on finding peace in the little moments.



WHAT'S INSIDE?

Some tips, tricks, and tools to help you:

- ... take part in special experiences and learning
- ... maintain your physical vibrancy
- ... connect meaningfully with family and friends
- ... discover ways to feel calm, alive and positive



HOW YOU CAN USE THIS

The tips, activities, and ideas in this activity guide are just a starting point. Take a look and decide what activities work for you and how often.

Be creative! Suggested activities can be done in different ways - alone or with others, and with all types of tools (notepad, phone, TV, tablet, radio, computer).

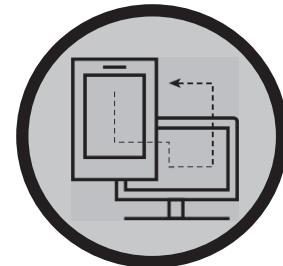
Map these ideas on the worksheets and trackers to help you follow through.



DIGITAL TIPS & TRICKS TO GET YOU STARTED

Ask your friends, family, and neighbors to

- Set up devices and install new tools
- Create a free conference call line
- Decrease barriers to using digital tools



First-time social media user?

- Join a social media platform that most of your friends, families, communities are already on
- Add / follow them once you've got your profile setup to stay up to date and connected

Enroll in your local public library

- Become a member and get free 24/7 digital access to tons of content (books, classes, etc.)

Use your favorite online search engine for what you'll need

- Example search engines include Google, Bing, and Netscape
- Type a few terms describing what you're looking for
- Click on legitimate and secure websites; sites that end in ".edu" and ".gov" are most credible
- Stay away from links with multiple dashes and symbols, website addresses that imitate actual businesses (e.g., "Amaz0n"), or sites with poor grammar
- Avoid clicking on large ads or buttons – most of these are scams



EXPERIENCES AND LEARNING

Creating special experiences for yourself and learning new things are great ways to keep your spirit up and your mind sharp. Below are ideas to kick things off.



TAKE A CLASS

Interested in history or a foreign language? Most learning can be done from your home.

TIPS

- Enroll in an online course – many are free!
- Reach out to friends, family, or neighbors who share your passion and may have resources
- Share your new knowledge on social media, over the phone or during weekly check-ins with others



CONNECT TO YOUR ROOTS

Whatever your background or history, your story is unique and interesting, and this is a great time to share it with others.

TIPS

- Research your ancestry
- Document your story
- Write a letter to a friend or family member



CHECK OFF YOUR (VIRTUAL) TRAVEL BUCKET LIST

Feeling adventurous? Go on a virtual travel adventure! Explore a new country and check out a tourist attraction.

TIPS

- Try digital tours of UNESCO World Heritage site and US national parks (e.g., via Google Earth)
- Stream natural attractions for free – the Northern Lights and cherry blossoms are currently in season for spring!
- Join in virtual museum tours, festivals, and performances streamed online



EXPERIENCES AND LEARNING (CONTINUED)

Creating special experiences for yourself and learning new things are great ways to keep your spirit up and your mind sharp. Below are ideas to kick things off.



PICK UP A CHILDHOOD HOBBY AND GET HANDS ON

Choose an activity you think you will enjoy and get started!

TIPS

- Learn a new instrument, search online for lessons. YouTube has tutorials for almost everything
- Create some visual arts – sketch, watercolor, photography
- Plant something – herbs or vegetables on the windowsill are both easy and useful



ENJOY THE MOMENT

Take some time for yourself to enjoy the moment.

TIPS

- Slow down an everyday routine (e.g., by watching a sunrise or sunset)
- Feeling nostalgic? Look through an old yearbook or photo album
- Enjoy an afternoon cup of tea



ESCAPE THROUGH LITERATURE

Escape into a different time and place – there's nothing like the thrill of getting absorbed into a good book.

TIPS

- Check your local library – many offer free digital access to eBooks, audiobooks, and magazines
- Start a book club with friends, family, or neighbors virtually or over the phone



FAMILY AND FRIENDS

You don't have to be in the same room or even the same time zone to share a few laughs. Here are some ideas to add some fun into your routine.



ORGANIZE A RECIPE EXCHANGE

Exchange your favorite recipes and share some stories or memories along the way.

TIPS

- Have a theme – holiday occasion, country, etc.
- Invite friends and family of all ages to think of recipes



UNCOVER A BLAST FROM THE PAST

Share past photos. See who can guess the year the photo was taken.

TIPS

- Post one photo each day or week
- Get creative and make a game out of it

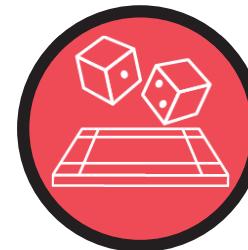


DO A VIRTUAL COFFEE CHAT OR MEAL

Talk to friends and family over coffee or a meal.

TIPS

- Ask each person to bring a story or memory to share during the conversation



HOST A REMOTE GAME NIGHT

Challenge family and friends to a night of games. Find your favorite game online, be creative in how you can do something remotely, or make up a completely new game!

TIPS

- Keep it going
- Set up a night each week to get the group back together
- Track overall progress