



35 FUN THINGS TO DO WHEN 'STUCK' AT HOME

There are times when all of us find ourselves stuck at home. Being 'stuck' can make you feel like there is nothing to do. In moments like these, we are also more susceptible to feeling isolated and lonely, which can cause a self-perpetuating cycle of defeat and lead to unhealthy habits. We are here to help with simple ideas to do at home when you are feeling 'stuck.'

1. Read a book for yourself
2. Read a chapter book aloud with your kids
3. Go for a walk, run, or bike ride
4. Watch new or old movies and TV shows
5. Plan a 'camp out' in the living room
6. Do a puzzle
7. Play board or card games
8. Catch up on sleep
9. Draw or sketch
10. Catch up with friends on the phone or video chat
11. Meditate
12. Dance to your favorite music
13. Yoga
14. People or bird watch
15. Play a musical instrument
16. Clean your room and/or house
17. Organize your clothing, kitchen, storage, or just about anything
18. Write in a journal or begin a new journal
19. Listen to an audiobook or podcast
20. Cook a new or favorite meal
21. Test out your baking skills
22. Build a tower with block toys
23. Paint a portrait
24. Build a fort out of pillows, blankets, and furniture
25. Set up an indoor obstacle course
26. Do a crossword
27. Get rid of old photos and files by cleaning up your computer's hard drive
28. Create a scavenger hunt for your kids
29. Take a walk down memory lane by telling stories
30. Plan a vacation or day-trip for the future
31. Teleconference with your therapist
32. Spend one-on-one time with your family
33. Have a picnic in the family room
34. Make 'breakfast for dinner'
35. Write a letter and send it to a family member or friend