Week of \_\_ /\_\_ /\_\_ Schedule

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 7:00 am |  |  |  |  |  |  |  |
| 8:00 am |  |  |  |  |  |  |  |
| 9:00 am |  |  |  |  |  |  |  |
| 10:00 am |  |  |  |  |  |  |  |
| 11:00 am |  |  |  |  |  |  |  |
| 12:00 pm |  |  |  |  |  |  |  |
| 1:00 pm |  |  |  |  |  |  |  |
| 2:00 pm |  |  |  |  |  |  |  |
| 3:00 pm |  |  |  |  |  |  |  |
| 4:00 pm |  |  |  |  |  |  |  |
| 5:00 pm |  |  |  |  |  |  |  |
| 6:00 pm |  |  |  |  |  |  |  |
| 7:00 pm |  |  |  |  |  |  |  |
| 8:00 pm |  |  |  |  |  |  |  |
| 9:00 pm |  |  |  |  |  |  |  |
| 10:00 pm |  |  |  |  |  |  |  |
| 11:00 pm |  |  |  |  |  |  |  |

Today’s Schedule: \_\_ /\_\_ /\_\_

|  |
| --- |
| 7:00 am - |
| 8:00 am - |
| 9:00 am - |
| 10:00 am - |
| 11:00 am - |
| 12:00 pm - |
| 1:00 pm - |
| 2:00 pm - |
| 3:00 pm - |
| 4:00 pm - |
| 5:00 pm - |
| 6:00 pm - |
| 7:00 pm - |
| 8:00 pm - |
| 9:00 pm - |
| 10:00 pm - |
| 11:00 pm - |
| 12:00 am - |

Additional Activity Ideas

Items in **bold** can also serve as coping skills.

* Check out E-books/Audiobooks from your library’s website.
* Do some spring cleaning (You can use these [At-Home Cleaning To-Do Lists](https://drive.google.com/open?id=1YPLbcZSVUqMSM8wDiNxqU00Xka4krElV)).
* Do your taxes.
* Puzzles.
* Crafts.
* Play a board game.
* Watch a free live stream performance from [The Metropolitan Opera](https://www.metopera.org/)
* **Exercise (running, walking, etc.).**
  + [Fitness Blender](https://www.fitnessblender.com/) - free workout videos for every fitness level
* [Virtual Museum Tours](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours)
* Put on fake tattoos.
* **Write (poetry, stories, journal).**
* **Scribble/doodle on paper.**
* Watch a favorite TV show.
* Post on web boards, and answer others' posts.
* **Play a musical instrument.**
* Paint your nails, do your make-up or hair.
* Sing.
* Study the sky.
* Punch a punching bag.
* Take a nap (only if you are tired).
* **Take a hot shower or relaxing bath.**
* Play with a pet.
* Knit or sew.
* **Read a good book.**
* **Listen to music.**
* **Try some aromatherapy (candle, lotion, room spray).**
* **Meditate.** (You can use an app like [Calm](https://www.calm.com/) or [Headspace](https://www.headspace.com/))
* Bake cookies.
* Alphabetize your CDs/DVDs/books.
* **Paint or draw.**
* Shoot hoops, kick a ball.
* Write a letter or send an email.
* Dance.
* Make hot chocolate, a milkshake or a smoothie.
* **Play with modeling clay, Play-Doh, or a fidget.**
* Go for a nice, long drive.
* Complete something you've been putting off.
* Take up a new hobby.
* Look up recipes, cook a meal.
* **Look at pretty things, like flowers or art.**
* Create or build something.
* **Make a list of blessings in your life.**
* Jump on a trampoline.
* Watch an old, happy movie
* **Talk to someone close to you.**
* Ride a bicycle.
* Feed the ducks, birds, or squirrels.
* **Color.**
* Memorize a poem, play, or song.
* Stretch.
* “Shop” on-line (without buying anything).
* Color-coordinate your wardrobe.
* Watch fish.
* Make a playlist of your favorite songs.
* Plant some seeds.
* Hunt for your perfect home or car on-line.
* Sort through/edit your pictures.
* Play video/computer games.
* Clean up trash at your local park.
* Text or call an old friend.
* Write yourself an "I love you because…" letter.
* Look up new words and use them.
* Rearrange furniture.
* Write a letter to someone that you may never send.
* Play with your little brother/sister/niece/nephew.
* Go for a walk.
* Clean your room /closet.
* Try to do handstands, cartwheels, or backbends.
* **Yoga.**
* Teach your pet a new trick.
* Learn a new language. ([Duolingo](https://www.duolingo.com/))
* **Hug a friend or family member (only if they are already quarantined with you)**
* Search on-line for new songs/artists.
* Make a list of goals for the week/month/year/5 years.
* Teach yourself a card trick.
* Take a free class
  + [HarvardX](https://www.edx.org/school/harvardx)
  + [Coursera](https://www.coursera.org/)
  + [CodeAcademy](https://www.codecademy.com/)
  + [FutureLearn](https://www.futurelearn.com/)
* Watch free creative/arts tutorials
  + [iMusic School](https://www.imusic-school.com/en/instruments/)
* Read/watch other free tutorials
  + [Google Tutorials](https://edu.gcfglobal.org/en/topics/googleapps/)