

date: ~~~~~

The Stay-at-Home

COVID-19

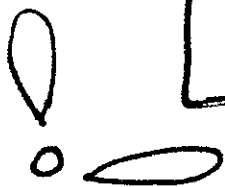
Planner



name: ~~~~~

What does  
YOUR Dream  
QUARANTINE day  
LOOK like??

7am	_____
8am	_____
9am	_____
10am	_____
11am	_____
12pm	_____
1pm	_____
2pm	_____
3pm	_____
4pm	_____



5pm \_\_\_\_\_  
6pm \_\_\_\_\_  
7pm \_\_\_\_\_  
8pm \_\_\_\_\_  
9pm \_\_\_\_\_  
10pm \_\_\_\_\_

☾ ★ ★

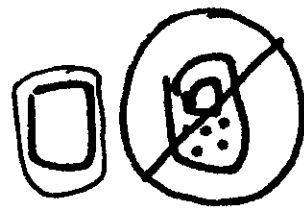
What is  
Stopping  
you from  
doing it?



# What Do You USE To COPE?


(check all that apply)

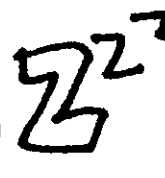
 Daily Journal

 tech Free


Exercise

 chat w/ Friends


 eat well

 sleep good


 Soak up sun

 Hug!

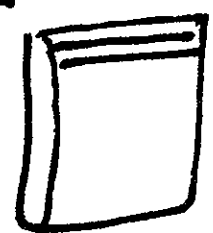
 Read

 Meditate

# 100 Things to do!!



Write a letter



Write a Book



Bake Bread




Read a book



Learn to Sew



Plant Seeds



take online art classes


ZoM  
Dinners  
w/Friends

REST


★ Volunteer

 Watch the sunset

 Cheer someone on

 Advocate by writing to representatives

 Listen to music

 Play Board games


CREATE

LEARN  
CALLIGRAPHY

Study something new

 Join a book club

MEND


 Do a puzzle

Learn a 2nd language


Sell Crafts on line \$


 Make a Time Capsule

MAKE GOALS

 Random acts of Kindness

 Join a Circle

 LAUGH

 Make a retreat

 Find an Essential Oil Blend

Write/read  
a Fan Fiction

MAKE  
A  
ZINE

Meditate

Write  
letters  
to those  
who  
have  
passed.

Start  
a travel  
Journal



SPA  
DAY!


take a  
Bath

LEARN  
ABOUT  
SOCIAL  
ISSUES

PAINT  
Plant  
POTS

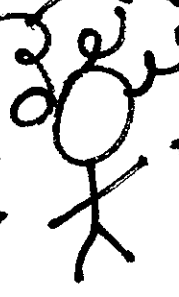
Plant  
herbs




 Fill a Jar w/ gratitude notes


 Help the Earth

 Send post cards giving thanks


 Doodle

 Listen to an audio book


LEARN ORIGAMI

Take an  course


 CANDLE DINNER

 Send a care package

FINISH PROJECTS



take photos  
of  
Moon Phases




Start  
an  
art journal




BUY  
LOCAL

PLAY




Paper  
Mache  
Beads



make  
lip balm




SING




Grow  
Veggies  
From  
scraps



BUY  
FROM  
LOCAL  
FARMERS



make  
JAM




Bake a  
Pie

? think  
o how you  
can support  
others


  
Hang  
affirmations

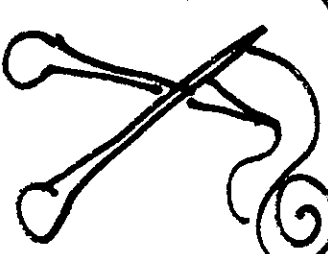
  
Make  
Decorations

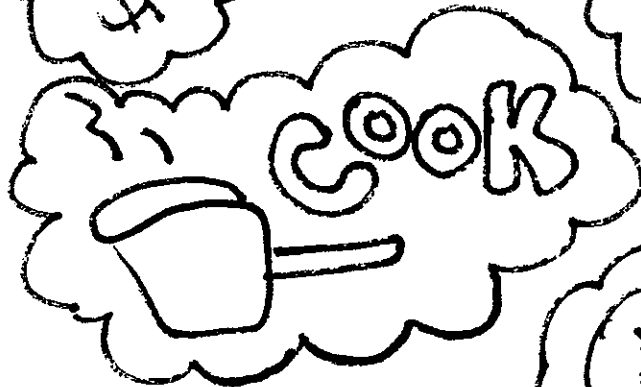
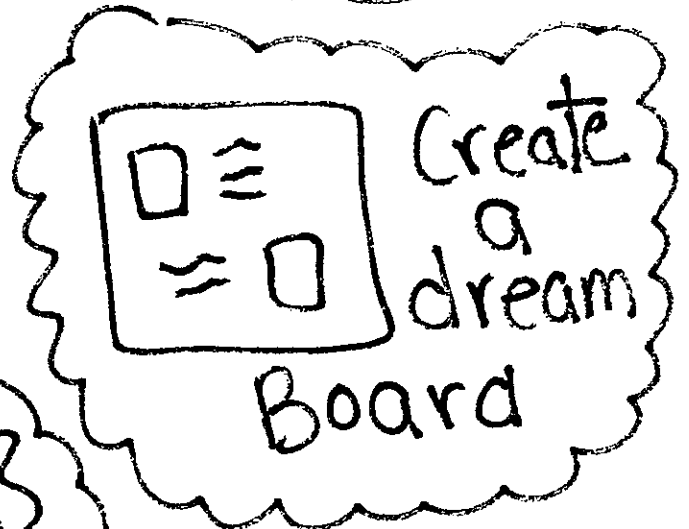
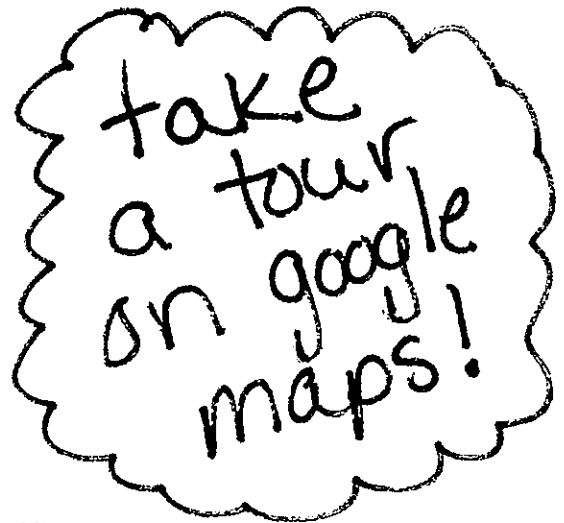
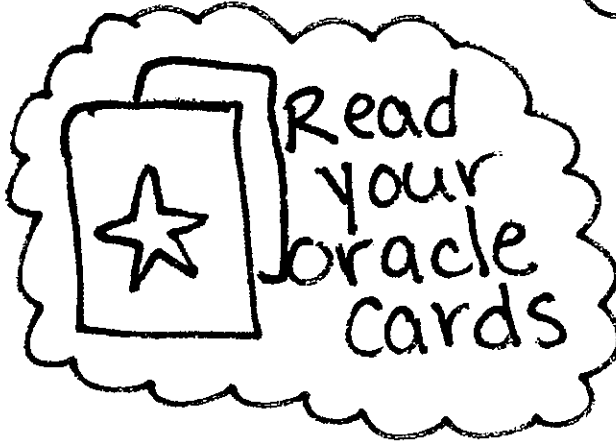
  
Have  
a  
Pool  
Day

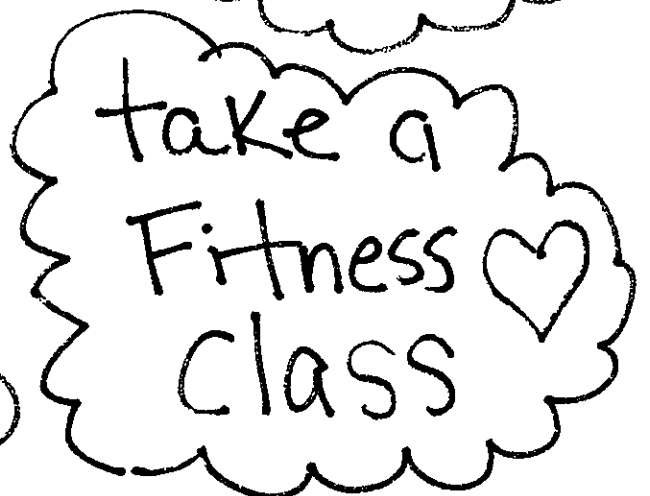
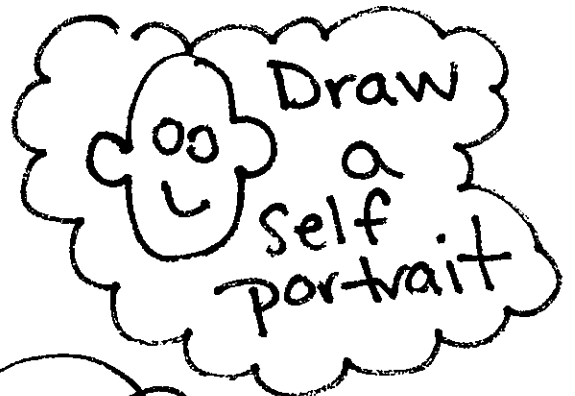
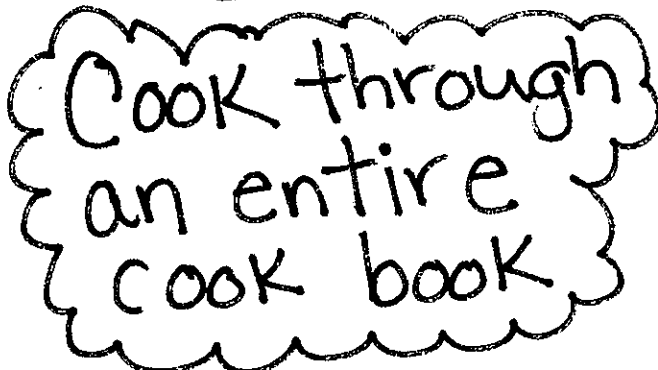
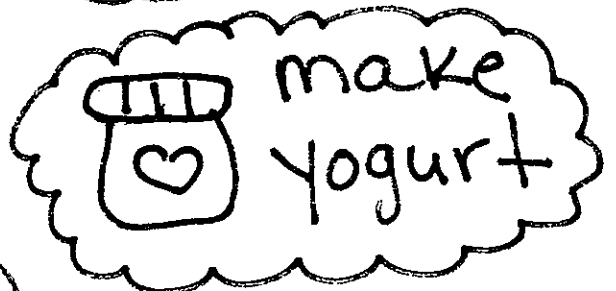
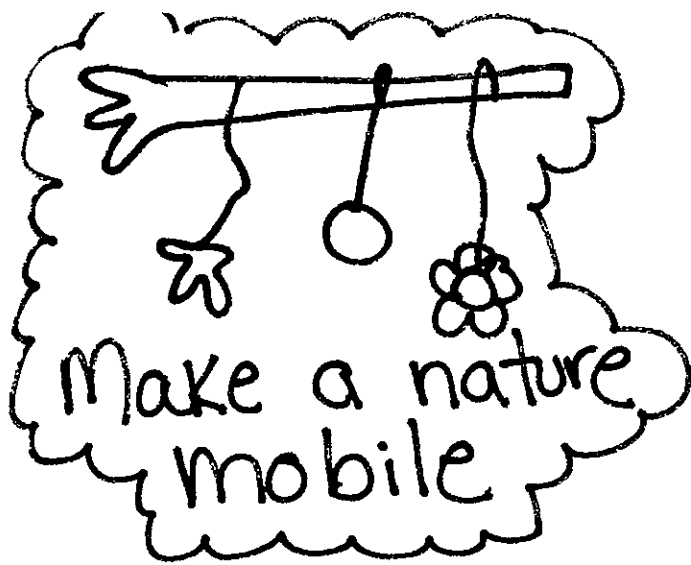
  
Study  
Permaculture

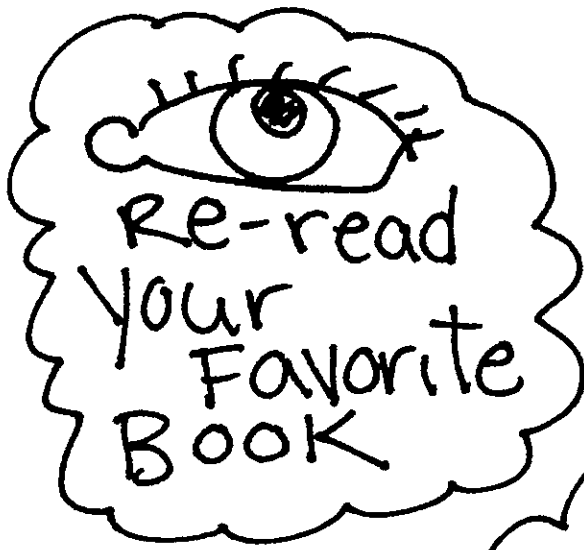
  
Listen talk  
radio

  
Make  
your  
Will

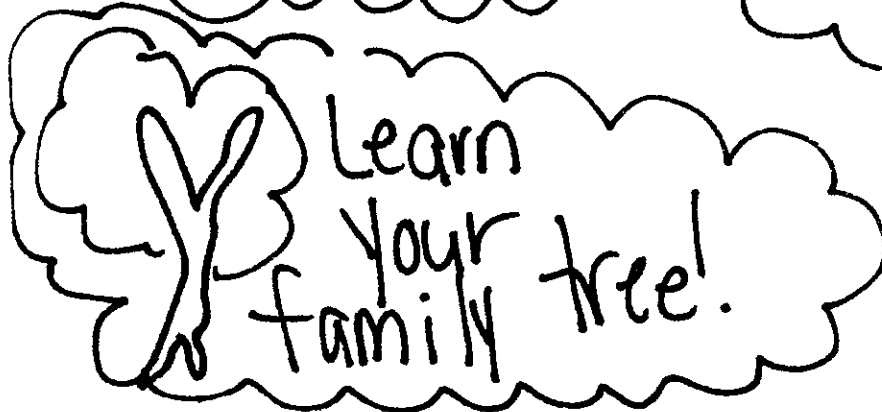
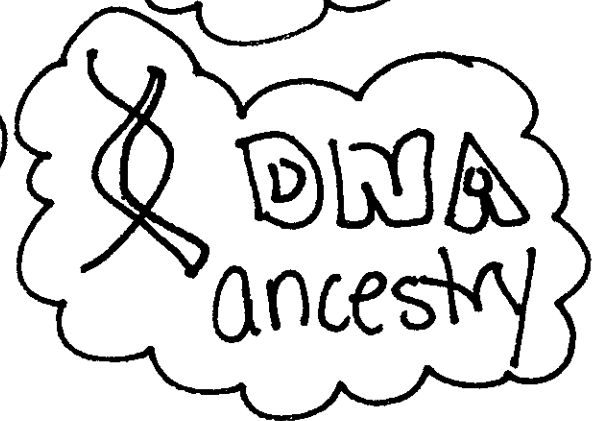
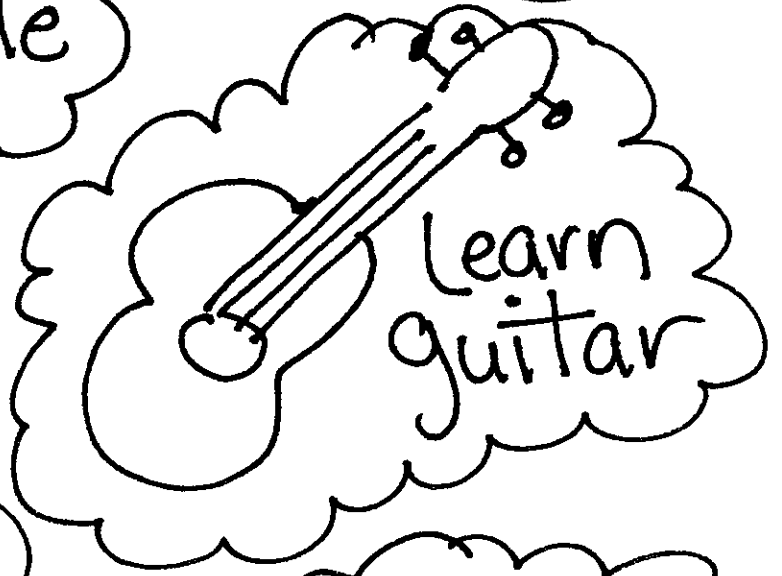
  
Learn  
to Knit





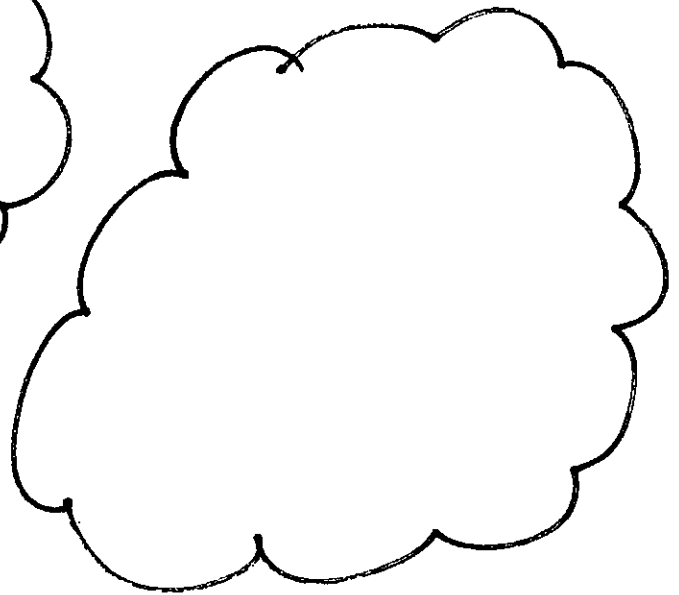
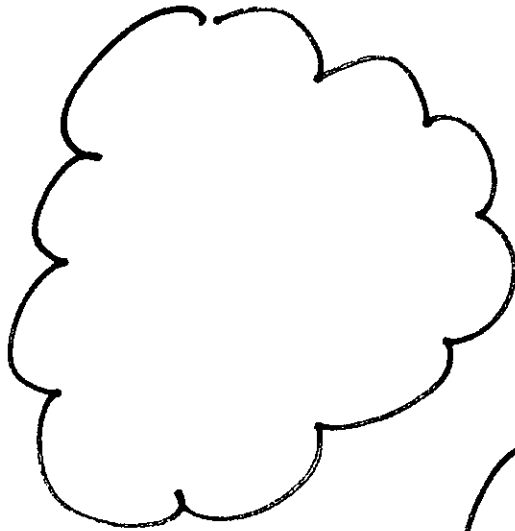
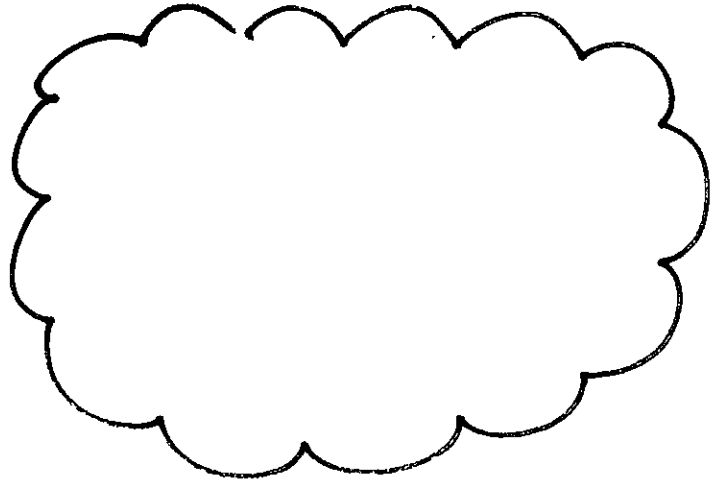


CLEAN



Become a  
Culture  
Connoisseur

Add  
your  
own:



**BEGIN A LETTER WITH: "I AM TELLING  
YOU THIS STORY BECAUSE YOU ARE THE  
ONLY PERSON WHO WILL NOT JUDGE ME..."**

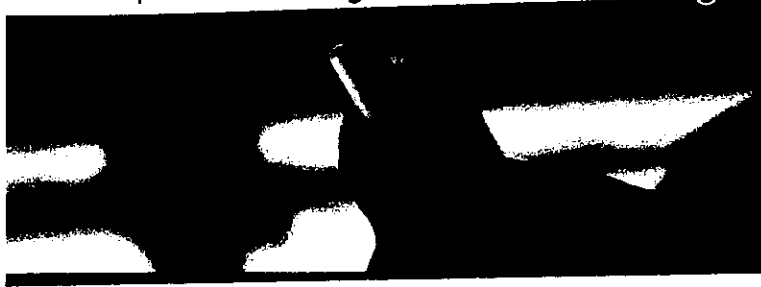




**WRITE AN ANONYMOUS LETTER TO A  
STRANGER DETAILING THE THINGS YOU'VE  
LEARNED ABOUT LIFE.**



Help is only a text away.



text "HOPELINE™"  
to 741741

Here's how it works:

- 1 Text "HOPELINE™" to 741741 anywhere, anytime, about any type of challenge or struggle.
- 2 A live, trained specialist receives the text and responds quickly.

HOPELINE™ Text Line serves anyone in any type of situation, providing them access to free, 24/7 emotional support and information they need via the medium they already use and trust: text.

Each person that texts in is important to us and we care about what they are dealing with.

sometimes you  
just need someone  
to care.

