

AT HOME IDEAS

Ideas to keep you busy curated by the Kings County Recreation Team



ORGANIZE SOMETHING IN YOUR HOUSE

Organize something in your house that you haven't in awhile- cupboards, basement, under the bathroom sink, that random drawer you throw everything in and can barely open it.

GRATEFUL LIST

Write down all things your are grateful for, especially when times are tiring. Try to include yourself, home, families and friends, job, outside world.



DO A BRAIN GAME

Try a brain game that get you thinking! Sudoku, cryptoquote, crossword puzzles, are all great examples that can be found [online.](#)





LISTEN TO A NEW PODCAST

Podcasts are a great way to learn, unwind or be entertained while reducing screen time, working on another project, or just relaxing! Some noteworthy ones are:

- Sports: Tim & Sid: Sportsnet
- Entertainment: Conan O'Brien Needs a Friend
- Random Facts: Stuff You Should Know- iHeartRadio
- True Crime- 36Times

SUPPORT A LOCAL BUSINESS

Support a local business by ordering an item online, buying take out, etc. We have wonderful businesses in our community who are doing so during this time.



DO A PUZZLE

Puzzles are great ways to reduce some screen time, have an activity to "pick away at" over a period of time, engage family members or do it by yourself!

DO SOME SELF CARE

Self care is incredibly important even without tiring times! Try some of these ideas:

- Do a face mask
- Wash your car
- Take a nap
- Read a book
- Paint your nails

MAKE SOMETHING WITH PULSES

Pulses are part of the legume family- think beans and lentils! They are a great source of plant protein and are packed with fibre- both things that keep us fuller, longer! Here are some tips:

- Try adding lentils to your pasta sauce. If you have dry lentils, soak them first- or cook them in your sauce.
- Celebrating Taco Tuesday? Add some black beans to your meat mixture!
- Making banana bread? Replace your oil with a white bean puree!
- [Check out this resource for more ideas!](#)



TAKE A PICTURE OF A SUNRISE OR SUNSET

It's important to see the beauty in the world around us! Pay attention to the morning or evening skies and snap a photo.





TAKE A WALK OUTSIDE

Take a walk around your property or around your neighbourhood! A quick 10-15 minute walk can do the mind wonders.

COLOUR

Remember when you were a kid and you loved to colour? Well, try it as an adult to help relax and provide some quiet time (unless you keep going outside the lines). [Try this for adult colouring sheets!](#)



PRACTICE MINDFULNESS

Mindfulness can look different to everyone. It can be mindful eating, taking a moment to take in the world around you, being present in loved ones lives, or self connection.

Mindfulness can also be a form of meditation! [Try this YouTube channel for guided mindfulness sessions.](#)



PURGE A CLOSET

Purge your (or your spouse's) closet- make a piles to keep, donate, reuse or trash.

Donations are accepted at many locations including, donation bins, Frenchy's, consignments shops, etc.

Try to reuse as much as you can so the clothes don't build up in landfills. [See some great ideas here!](#)

CARD DECK CHALLENGE

Grab a deck of cards and assign an exercise to a suit! Do the number of exercises as the card says! [Check out this website for exercise ideas!](#)



TRY GOAL SETTING

Make a list of personal (relationship, financial, etc.) and professional goals you would like to accomplish. Don't forget to make them SMART:

- Specific
- Measurable
- Attainable
- Realistic
- Timley



CLEAN A HARD TO REACH SPOT

Clean something you haven't in awhile- inside of the microwave, behind the stove, under the fridge, behind the washer and dryer, lampshades, baseboards, top of the kitchen cupboards,

PRACTICE YOGA


Practice some yoga- don't have a mat? No worries! Use a clean towel instead. There are lots of great YouTube channels that can be followed depending on your mood, surroundings and how your body is feeling!

Checkout a great YouTube Channel for adults [here](#).

If you have kids that want to be involved too, try this [channel](#)!



TRY A DIY PROJECT



Try a DIY Project of your choosing and show us the results (Pinterest Fails are encouraged as well).

Need some inspo? Check out some ideas [here](#)!



BAKE SOMETHING YUMMY

Bake a family favourite or try a new recipe! Save your recipe to share with loved ones.

CHECK IN ON A LOVED ONE

Send an email, text, Facebook message, Facetime or pick up the phone and give a friend, co-worker, other family a call to see how they are doing!



HAVE A DANCE PARTY

Put on your favourite playlist, turn up the volume, move the furniture out of the way and have a dance party!



AT HOME IDEAS

Take a look and print off the check list to see how many you can accomplish!