

Stay At Home Boredom Busters

1. Find a *recipe* online and try it out
2. Do a **movie** marathon (Disney, Marvel, etc!)
3. Make a **card** and send it to a friend or loved one
4. Take a blanket outside and have a *picnic*! Or go outside at night and watch the *stars*
5. Pop some popcorn and watch one of the **WORST RATED MOVIES** from last year
6. Invent a BRAND-NEW type of PIZZA – and try to make it
7. Pick a corner or room of your apartment and give it a *makeover*
8. Disinfect your apartment! Wipe down surfaces, the bathroom, doorknobs and light switches
9. Try out a coloring book – there are also phone apps and computer programs so you can color digitally!
10. Create a **vision board** (use Pinterest!)
11. *Call* a friend
12. Try *deep breathing* and *meditation* if you're feeling anxious or worried
13. Learn a popular *dance*
14. Play a card game or a board game – board games, chess and more are phone apps and/or can be found online so you can play with others
15. Go on a **hike** – keep your distance from others 😊
16. Try a new game out on your phone (Mario Kart!)
17. *Call* a friend(s) – use Skype, FaceTime, Houseparty, or Google Hangouts apps
18. Make a **time capsule**
19. Do a **crossword puzzle** or **sudoku** (Again, so many of these can be found online for free!)
20. Make your own *bucket list*
21. Try **yoga** or a new workout routine, there are lots of free videos on YouTube you can follow
22. Take a **nap**! (sometimes you gotta get some extra zzz's)
23. Make *slime* - <https://www.thebestideasforkids.com/fluffy-slime-recipe/>
24. Start a JOURNAL or BLOG
25. Take all the best BuzzFeed quizzes and compare the answers with your friends
26. Take a **walk** around the apartment – just make sure to keep a 6 ft distance from others!
27. Work on learning a **new language** – the Duolingo phone app is great
28. Look up **DIYs** on Youtube and see if you can recreate it
29. Edit some of your favorite photos and make a *collage* – turn it into your phone background
30. Try to learn how to write a new font or learn *calligraphy* – there are some great videos on YouTube
31. Organize that junk drawer!
32. Try out a silly **DIY** you find on Pinterest
33. Try on the *silliest* glasses you can find on GlassesUSA.com
34. Find a typing test and see how fast you can type – see if you can beat your friends

Virtual Tours and Live Cams

1. British Museum - <https://britishmuseum.withgoogle.com/>
2. Atlanta Zoo Panda Cam - <https://zooatlanta.org/panda-cam/>
3. Georgia Aquarium Whale Cam -
<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>
4. Houston Zoo Cam of different animals -
<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>
5. San Diego Zoo of different animals - <https://kids.sandiegozoo.org/videos>
6. Monterey Bay Aquarium Cam of different sea animals -
<https://www.montereybayaquarium.org/animals/live-cams>
7. Disney Parks! Ride some roller coasters! -
 - a. Frozen Ride - <https://www.youtube.com/watch?v=J8OHP9OriMA>
 - b. Small World -
<https://www.youtube.com/watch?v=09bowEw0td8&feature=youtu.be>
 - c. Pirates of the Caribbean -
<https://www.youtube.com/watch?v=rgUvhnA3y8c&feature=youtu.be>
8. United States Air Force Museum - <http://www.nmusafvirtualtour.com/>
9. MARS tour - <https://accessmars.withgoogle.com/>
10. White House Tour - <https://artsandculture.google.com/partner/the-white-house>
11. Six Flags Superman Roller Coaster -
<https://www.youtube.com/watch?v=jLtcPTm5dTg>
12. United States Botanical Gardens - <https://www.usbg.gov/take-virtual-tour>
13. Disney World Resort -
<https://www.visitorlando.com/en/things-to-do/virtual-tours/walt-disney-world-resort>
14. Take a tour of Paris! - <https://www.youvisit.com/tour/paris?pl=f>

Workout Videos

- Orange Theory - <https://www.orangetheory.com/en-us/athome/>
- 305 Fitness Dance Cardio - <https://305fitness.com/videos/cardio>
- CorePower Yoga -
https://www.youtube.com/playlist?list=PL4z1_0UdNR70GZE9eGuDY_VIQBE78ebQ8
&
- Gold's Gym Workouts - <https://watch.lesmillsondemand.com/at-home-workouts?gold>
- Overall Workouts - <https://www.youtube.com/user/blogilates/videos>
- POPSUGAR Fitness -
<https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg> (Zumba dances)