

This is such a unique time that we are living in, but one day it will be a distant memory. Keeping a journal, either online or on paper, will give you something to look back on and share with future generations.

### While Social Distancing, Do Something For

<b>Your Brain</b>	<input type="checkbox"/> Challenge yourself to do at least one thing from each category in this journal <input type="checkbox"/> Do a puzzle while listening to a <a href="#">podcast</a> <input type="checkbox"/> <a href="#">Tour a Virtual Museum</a> <input type="checkbox"/> READ
<b>Your Mental Health</b>	<input type="checkbox"/> Try a meditation app like “stop, breathe, think” or <a href="http://www.calm.com">www.calm.com</a> <input type="checkbox"/> Find an example of someone giving back or helping others <input type="checkbox"/> Record how you are feeling using the <a href="#">Yale Mood Meter</a>
<b>Your Body</b>	<input type="checkbox"/> A Walk, A hike (Even just read outside) <input type="checkbox"/> <a href="#">GoNoodle Indoor Recess</a> <input type="checkbox"/> Youtube: workouts, yoga or dance
<b>Your Home</b>	<input type="checkbox"/> Any chore- vacuum, dishes, laundry <input type="checkbox"/> Listen to an audiobook while you do it
<b>Your Creativity</b>	<input type="checkbox"/> Draw/ paint <input type="checkbox"/> <a href="#">Learn Calligraphy or Hand Lettering</a> <input type="checkbox"/> Play an instrument <input type="checkbox"/> Search Pinterest for “DIY” or “upcycle” <input type="checkbox"/> Check pinterest for hair styling tutorials or nail art
<b>Your Community</b>	<input type="checkbox"/> Go through clothing and toys to donate <input type="checkbox"/> Send cards to a local nursing home <input type="checkbox"/> Follow social distancing of staying home
<b>The Earth</b>	<input type="checkbox"/> Plant something <input type="checkbox"/> Pick up litter <input type="checkbox"/> Find another use for something before you recycle it
<b>Family and Friends</b>	<input type="checkbox"/> Phone calls, facetime, write a letter <input type="checkbox"/> Make a photo book of memories with a service like <a href="#">shutterfly</a> <input type="checkbox"/> Cook something for your family

<b>Date</b>	
<b>Your Brain</b>	
<b>Your Mental Health</b>	
<b>Your Body</b>	
<b>Your Home</b>	
<b>Your Creativity</b>	

<b>Your Community</b>	
<b>The Earth</b>	
<b>Family and Friends</b>	

<b>Date</b>	
<b>Your Brain</b>	
<b>Your Mental Health</b>	
<b>Your Body</b>	
<b>Your Home</b>	
<b>Your Creativity</b>	
<b>Your Community</b>	
<b>The Earth</b>	
<b>Family and Friends</b>	

<b>Date</b>	
<b>Your Brain</b>	
<b>Your Mental Health</b>	
<b>Your Body</b>	
<b>Your Home</b>	
<b>Your Creativity</b>	
<b>Your Community</b>	
<b>The Earth</b>	
<b>Family and Friends</b>	

<b>Date</b>	
<b>Your Brain</b>	
<b>Your Mental Health</b>	

<b>Your Body</b>	
<b>Your Home</b>	
<b>Your Creativity</b>	
<b>Your Community</b>	
<b>The Earth</b>	
<b>Family and Friends</b>	

<b>Date</b>	
<b>Your Brain</b>	
<b>Your Mental Health</b>	
<b>Your Body</b>	
<b>Your Home</b>	
<b>Your Creativity</b>	
<b>Your Community</b>	
<b>The Earth</b>	
<b>Family and Friends</b>	

<b>Date</b>	
<b>Your Brain</b>	
<b>Your Mental Health</b>	
<b>Your Body</b>	
<b>Your Home</b>	
<b>Your Creativity</b>	
<b>Your Community</b>	
<b>The Earth</b>	
<b>Family and Friends</b>	

<b>Date</b>	
<b>Your Brain</b>	
<b>Your Mental Health</b>	
<b>Your Body</b>	
<b>Your Home</b>	
<b>Your Creativity</b>	
<b>Your Community</b>	
<b>The Earth</b>	
<b>Family and Friends</b>	

<b>Date</b>	
<b>Your Brain</b>	
<b>Your Mental Health</b>	
<b>Your Body</b>	
<b>Your Home</b>	
<b>Your Creativity</b>	
<b>Your Community</b>	
<b>The Earth</b>	
<b>Family and Friends</b>	

<b>Date</b>	
<b>Your Brain</b>	
<b>Your Mental Health</b>	
<b>Your Body</b>	
<b>Your Home</b>	

<b>Your Creativity</b>	
<b>Your Community</b>	
<b>The Earth</b>	
<b>Family and Friends</b>	