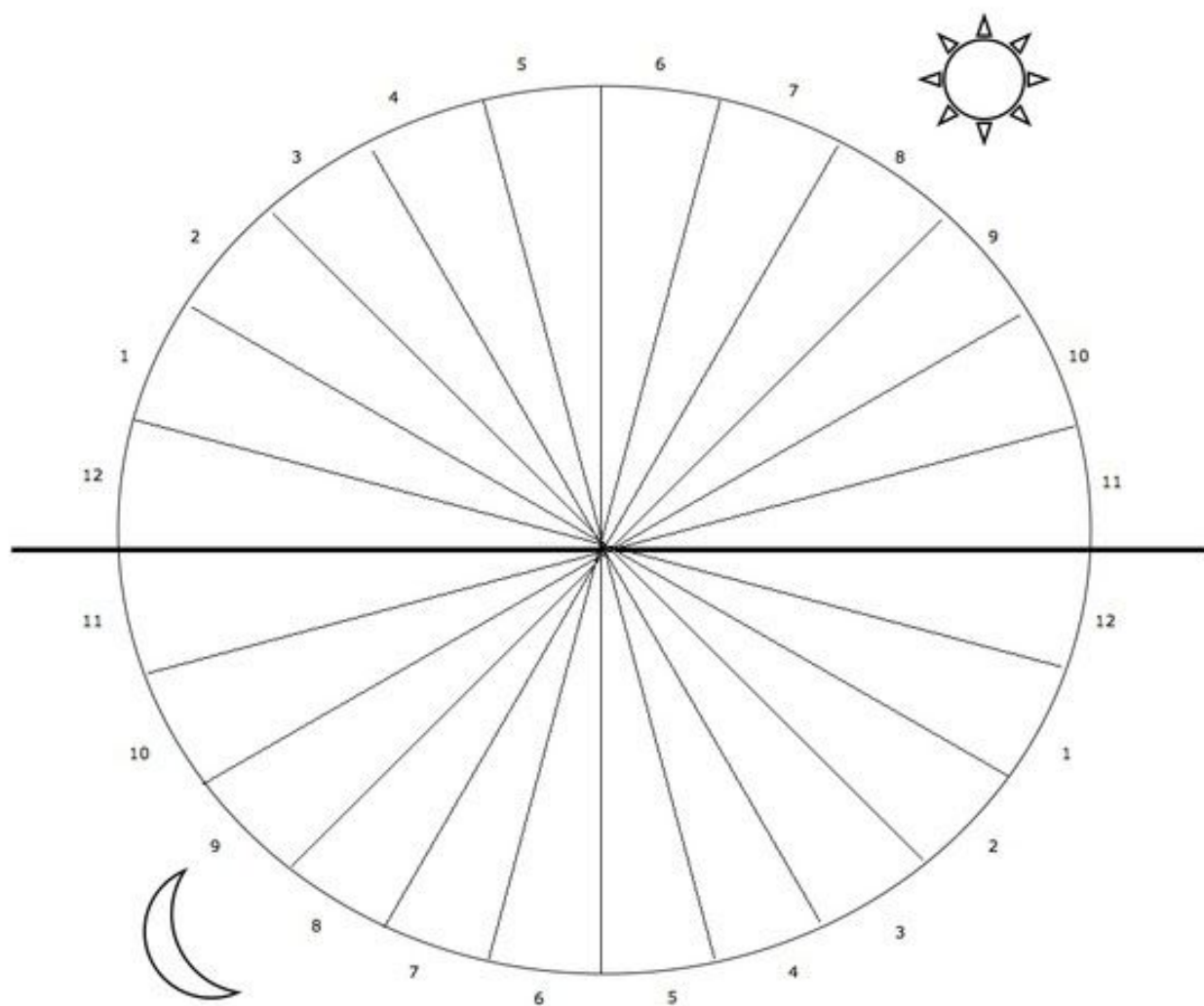


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Being intentional with time

Part of us may feel excited by all this newfound free time. It's like 14 snow days, so much time to relax and play video games, hooray! However, too much free time and boredom can be overwhelming. A lack of normal routine can be harmful for mental health. Use this chart to set some intentions for your day. How much time will I spend on online school? Can I keep a consistent sleep schedule? (8 hours!) When will I spend time on self care? Color code what your 24 hours will look like below.



Control

This is a time of rapid change, upsetting news, and confusion. It's difficult to fully embrace things that we do and do not have control over. For example: "I **do not** have control over events being cancelled; I **do** have control over how I spend my free time." Take a moment to jot down a few items on each list:

I do not have control over...

- _____
- _____
- _____
- _____

I do have control over...

- _____
- _____
- _____
- _____

Feelings Landscape

Think about how changes in your usual environment may compare to an outdoor landscape. Is it night or day? What is the temperature? What is the climate? Are there any weather events happening (sunshine, clouds, rain, snow, wind, lightning, etc?) Are there people visible? What objects are in the scene? Is there movement? Draw what you see:



Positive Affirmations

Affirmations are encouraging statements you may say to yourself or others in times of distress. For example, while writing a challenging essay you may think to yourself “I am capable”, during a close soccer game you may cheer your friend on with “be strong, you’ve got this!”, or when you notice a sibling is sad you may say “I am right here with you.” Grab some colored pencils, markers, or crayons and make a decorative affirmation to cut and paste to your mirror, post on instagram for friends, or give to a family member.



Mindfully Looking at Art

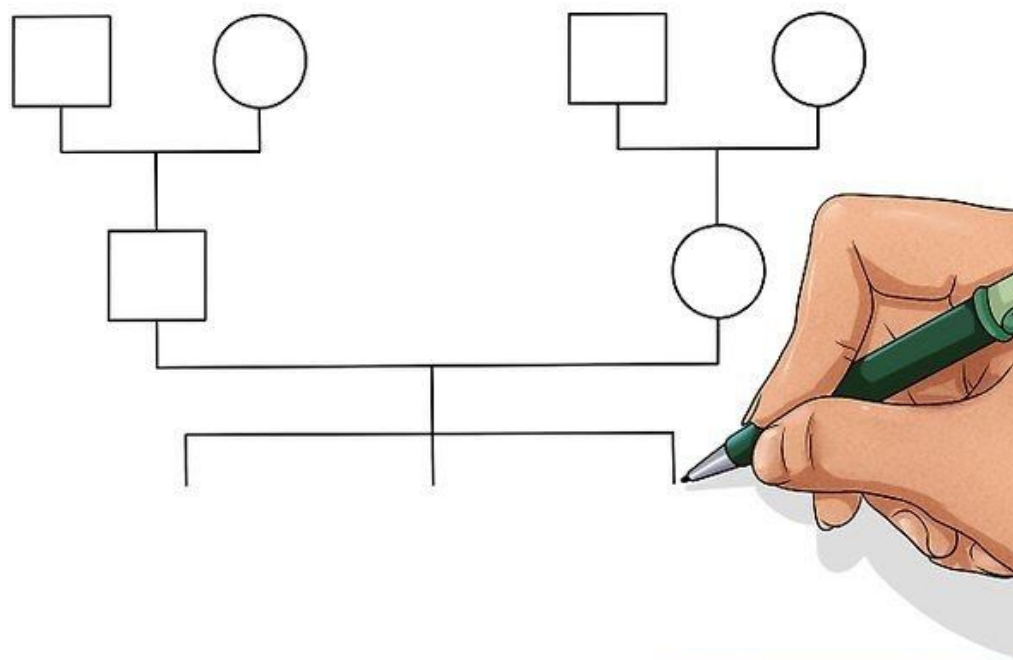


Mindfulness can be difficult, especially at trying times. Use fine art as a tool to practice. Set your phone timer for 3 minutes and try to do nothing but look at this painting. When you notice your thoughts wandering, try to bring them back to what's in front of you.

Once your timer goes off, reflect on what you noticed most. Was it the color? The movement? The textures? The landscape? Did you spot the outline of 2 people hiking in the center? This is Van Gogh's *The Ravine* from 1889, currently displayed at the Boston MFA. Museums are offering some really cool virtual tours online. Here is a link to check them out and try this mindfulness exercise again:

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Genogram



Ever been curious about your family tree, but haven't had much time to look into it? A genogram is a great way to start. A genogram is a map of you, your immediate family, and your distant family with various symbols used to represent identities and relationships. Wikihow offers step by step instructions via this link:

<https://www.wikihow.com/Make-a-Genogram>

You can draw this on paper, or this link will take you to an online tool to easily edit/print copies:

<https://www.familyecho.com>

This is a great opportunity to ask your parents for old photos, call relatives to ask for stories, and start some interesting conversations about your family's history.

Blackout Poetry

Blackout poetry is a fun way to spark creativity and honor other authors by taking their work a step further. Take a look at the pages below from Charlotte Brontë and F. Scott Fitzgerald. In pencil, circle words or phrases that jump out at you as you read. Color over (hide) the rest with a dark marker or sharpie. Read your new poem and reflect on how the meaning has changed and what the highlighted words/phrases mean to you.

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JANE EYRE.

Who blames me? Many, no doubt; and I shall be called discontented. I could not help it: the restlessness was in my nature; it agitated me to pain sometimes. Then my sole relief was to walk along the corridor of the third story, backwards and forwards, safe in the silence and solitude of the spot, and allow my mind's eye to dwell on whatever bright visions rose before it—and, certainly, they were many and glowing; to let my heart be heaved by the exultant movement, which, while it swelled it in trouble, expanded it with life; and, best of all, to open my inward ear to a tale that was never ended—a tale my imagination created, and narrated continuously; quickened with all of incident, life, fire, feeling, that I desired and had not in my actual existence.

It is in vain to say human beings ought to be satisfied with tranquillity: they must have action: and they will make it if they cannot find it.

F. SCOTT FITZGERALD

For what it's worth... it's never too late, or in my case too early, to be whoever you want to be. There's no time limit. Start whenever you want. You can change or stay the same. There are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. I hope you see things that startle you. I hope you feel things you've never felt before. I hope you meet people who have a different point of view. I hope you live a life you're proud of, and if you're not, I hope you have the courage to start over again.

Checking in with yourself

Take time to think about how things have been going in each of these arenas. Find a writing/coloring utensil and shade in how satisfied you are with work, physical health, social life, etc. For example, if you rate recreational life a 6/10, shade 6 bars of the pie piece coming out from the center. Reflect on your current balance, any surprises, or new things you can incorporate into your free time.



Follow uplifting instagram accounts

Here's a list of some funny/positive/inspiring accounts to check out:

@darcytheflyinghedgehog
@5.min.crafts
@camera_duels
@ediblepets
@buzzfeedtasty
@whale_igram
@justinkimguitar
@retrobarbie_
@cats_of_instagram
@nathanwpylestrangeplanet
@naor.yadid
@missrepresentation
@natgeoadventure
@estherthewonderpig
@earthpix
@cookat_
@recipesforselflove
@mariekondo
@unicef
@garyjanetti
@greenpeace
@laurenleaves

Create your own hand washing song routine

“Wash your lyrics” allows you to choose any song and it generates a hand washing poster. Link: <https://washyourlyrics.com>

Hand-washing technique with soap and water



1 Walk in your rainbow paradise (Paradise)



2 Strawberry lipstick state of mind (State of mind)



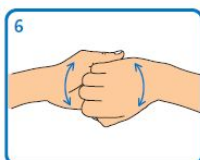
3 I get so lost inside your eyes



4 Would you believe it?



5 You don't have to say you love me



6 You don't have to say nothing



7 You don't have to say you're mine



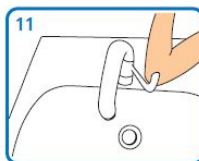
8 Honey (Ah-ah-ah)



9 I'd walk through fire for you



10 Just let me adore you



11 Oh, honey (Ah-ah-ah)



12 I'd walk through fire for you



13 Just let me adore you

Create your own
<https://washyourlyrics.com>

Adore You
Harry Styles

Adapted from National Health Service, who adapted from the World Health Organization [Guidelines on Hand Hygiene in Health Care](#).
Created under the Open Government License. See <http://www.nationalarchives.gov.uk/doc/open-government-licence/version/3/> for details

Try out a new hobby

Circle a few things on this list you could try out in your free time

- | | | |
|-----------------------|--|-----------------------------|
| 3D printing | Drama | Painting |
| Acting | Drawing | Photography |
| Amateur radio | Fantasy sports | Playing musical instruments |
| Animation | Fashion | Pottery |
| Astronomy | Fashion design | Puzzles |
| Baking | Foreign language learning | Quilting |
| Blogging | Furniture building | Quizzes |
| Board/tabletop games | Gaming (tabletop games and role-playing games) | Rapping |
| Book restoration | Genealogy | Reading |
| Calligraphy | Graphic design | Rubik's Cube |
| Candle making | Jewelry making | Scrapbooking |
| Car fixing & building | Journaling | Sculpting |
| Card games | Juggling | Sewing |
| Clothesmaking | Karaoke | Singing |
| Coffee roasting | Karate | Sketching |
| Collecting | Knitting | Soapmaking |
| Coloring | Knot tying | Stand-up comedy |
| Computer programming | Lego building | Table tennis |
| Cooking | Listening to music | Video editing |
| Cosplaying | Listening to podcasts | Video game developing |
| Craft | Macrame | Weaving |
| Creative writing | Magic | Weight training |
| Crocheting | Makeup | Wikipedia editing |
| Cross-stitch | Model building | Wood carving |
| Crossword puzzles | Model engineering | Woodworking |
| Dance | Nail art | Writing |
| Digital arts | Needlepoint | Word searches |
| Do it yourself | Origami | Yoga |
| Drama | | |

Free Mindfulness Apps



When you get stuck in your head and worry, it can be helpful to practice mindfulness. Mindfulness isn't about ignoring stressors, it's about slowing down and allowing the body time and space to react and be present. Here are some free apps that offer guided meditations of various lengths with different themes, stories, soothing voices, and accents:

Headspace

Calm

Aura

Stop, Breathe, and Think

Insight Timer