

# The Quarantine Challenge

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
ART	<b>Get creative</b> by finding an old sock and try to create a face <a href="#">mask</a> .	<b>Make a time capsule</b> about life during the Covid-19 pandemic. A time capsule is a box filled with things that show what life is like right now. <a href="#">Watch this video</a> to get ideas for what to include in your capsule.	Learn <a href="#">how to do mindfulness doodling</a> to help if you're feeling sad or bored.	<b>Look</b> through your window; write or draw a description of what you see in the sky, at your eye level, or on the ground.	Get a pencil or pen and piece of paper. Close your eyes and make large circles that overlap each other. Open your eyes and <b>color in each section</b> .
SPORTS/ FITNESS	<a href="#">Learn a TikTok dance</a> ...or make up your own dance and see if you can go viral! Bonus points if you can get your whole family involved.	<b>Get in shape:</b> Start with 5 <a href="#">sit ups</a> , 5 <a href="#">push-ups</a> , and 5 <a href="#">jumping jacks</a> . Increase doing 1 more each day!	<a href="#">Math in Basketball: Introduction (video)</a> Elton Brand, basketball player and NBA star describes how he got involved in sports and challenges you with a math problem!	<b>Finger exercises</b> - Try following this <a href="#">video</a> of finger exercises and write how it felt. It may seem easy at first, but it isn't!	Keep a <b>Daily Diary</b> of anything you do that is improving your body's strength. For example, walking, exercising indoors, eating healthy food...
MIND	<b>Choose a word:</b> Next see how many words you can write down that start with each letter of the word.	<a href="#">Find objects</a> around your house that will create <b>electricity</b> and charge your electronics.	<b>Meditate:</b> Closed eyes - inhale to the count of 5, hold your breath to the count of 5, and exhale to the count of 5. Try this 5 times!	Are you a good <b>detective?</b> Hunt for the clues to <a href="#">solve these 5-minute mysteries!</a>	Watch this <b>FUN</b> video on <a href="#">18 Tricky Riddles</a> . Next ask a family member to answer one or two of them.
SOCIAL	<b>Email</b> a friend or family member who lives far away. You may want to choose someone who lives alone or might be feeling lonely.	<b>Explore</b> hidden nests, watch leopard cubs grow, or see the sun rise in Hawaii by choosing from <a href="#">hundreds of live cams</a> .	Every morning or evening, write down 3 things you are <b>grateful</b> for, a person, animal. TV show, music, food, etc.	<b>Write down</b> on a piece of paper <a href="#">a rose and a thorn</a> for the day. Rose: Something that feels positive, Thorn: Something that feels not positive.	<b>Interview</b> someone in your family. Ask them what has it been like staying home? Write down their answers.