

## 30 Feel-good activities

### 1. Go for a walk

Walking is completely fine during social distancing – if your local regulations permit it – just remember to keep about 6 feet between yourself and others.

### 2. Write letters

Not many people take the time to write letters anymore – but everyone loves receiving them. If you want to work on your fine motor skills or just do something a little old-fashioned, letter writing is a great activity.

In order to make sure we all do our part to keep everyone safe and healthy, you should only send letters if you're not showing any symptoms. It is possible for COVID-19 to live on paper for a period of time. Alternatively, you could write your letters and send them at a later date.

### 3. Exercise

People feel better when they get some physical activity in – even if it's just a light walk. If you want more of a workout, there are plenty of online videos and apps that offer free workouts.

### 4. Yoga at home

If you have a small stretch of floor, you can do a little yoga. Yoga is an excellent way to relax and gently move your body. [Love Your Brain has several videos specifically for people living with acquired brain injury.](#)

### 5. Meditate

Meditation is a lovely calming practice that works to clear your mind and help ease negative feelings. [Love Your Brain has some guided meditations you can do.](#)

### 6. Spring cleaning

There's something satisfying about spring cleaning – many people use it as an opportunity to purge unused items and rearrange their home to create a fresh new space. Just make sure to take breaks and ask for help when you need it.

## Entertainment

There are tons of ways to stay entertained thanks to digital media, games, and crafts.

### 7. Streaming services

There are tons of streaming services out there that can give you access to hundreds of movies, television shows and documentaries. All you need is an internet connection and an account. Prices for streaming services range, but many have free trial periods so you can test them out first.

- Netflix
- Amazon Prime
- Crave
- Disney+
- AppleTV+

The great thing about streaming is you can pause whenever you want. You also don't necessarily need a television – just a computer with Internet access.

## **8. Play board or card games**

Board games and card games are a great way to pass the time and can be incredibly helpful with memory as well.

## **9. Make your own board game**

Have you mastered all your board games? It's time to take it to the next level and make your own. This is a great craft idea you can spread out over the coming days and is a great group activity if you're home with other people. [Instructions on how to make a board game.](#)

## **10. Complete some puzzles**

Puzzles are interesting, take lots of time, and great for all ages! [You can even do them online](#) if you don't have any in your house.

## **11. Check out library books online**

Many libraries have online services where you can check out electronic books and audiobooks. Your local library will have information on available services.

## **12. Read from your own shelf**

If you have a couple books you've been wanting to get to, now is the perfect time!

## **13. Video message your friends and family**

Video messaging is a great way to stay connected to family and friends while respecting the social distancing rules. [Here are some free video chat apps you can use.](#)

## **14. Listen to music**

Not many of us take the time to sit quietly and listen to music we enjoy. Now is the perfect time to do just that.

## **15. Listen to podcasts**

Podcasts are a great alternative to television or reading. They're easy to download and there are so many different podcasts from which to choose. There's something for everyone!

## **16. Follow some YouTube tutorials for crafts**

Painting, knitting, crocheting, sewing – there are so many crafts and skills you can learn. Being creative is a great way to boost your mood, and it can be incredibly relaxing as well.

## **17. Colour a masterpiece**

Colouring is incredibly therapeutic and relaxing – and what better way to spend your time than colouring some works of art? Some museums and libraries have made colouring books that are free to download. [You can find them here.](#)

## Education resources

### 18. Try a free online university course

Universities in Canada and the United States sometimes offer Massive Open Online Courses (MOOCs). These either have a dedicated start date or you can take them at your own pace. Courses often take a few weeks to complete, but only require a couple hours a week. This is ideal if you want to explore a subject that interests you.

[Coursera.org](#) hosts many of these online courses. For free courses offered by Canadian universities, [check out this list](#). If you want to explore [courses offered by Ivy League universities \(U.S.A.\)](#), [visit this link](#).

**Tip:** If you need to take a course at your own speed, look for courses that are self-paced.

### 19. Learn a new skill

What's great about YouTube is that you can pause a video whenever you need to take a break and learn at your own pace! If there's something you want to learn, chances are you can find it there.

### 20. Spend a few minutes a day learning a language

[Duolingo is a free service designed to teach languages with quick daily lessons](#). You can choose from all kinds of languages and have some fun trying something new.

## Virtual tours

Take some of the world's coolest tours – all from the comfort of your own home.

### 21. Museum tours around the world

Visit international museums and take in some of the world's most celebrated art.

- [The Royal Ontario Museum](#) in Toronto
- [Canadian Museum of History](#) in Ottawa
- [The Louvre](#) in Paris, France
- [The British Museum](#) in London, England
- [The Guggenheim](#) in New York, New York
- [National Gallery of Art](#) in Washington, D.C.
- [Musée d'Orsay](#) in Paris, France
- [National Museum of Modern and Contemporary Art](#) in Seoul, South Korea
- [Pergamon Museum](#) in Berlin, Germany
- [Rijksmuseum](#) in Amsterdam, The Netherlands
- [Van Gogh Museum](#), Amsterdam, The Netherlands
- [The J. Paul Getty Museum](#) in Los Angeles, California
- [Uffizi Gallery](#), Florence, Italy
- [The Museu de Arte de São Paulo \(MASP\)](#) in São Paulo, Brazil
- [The National Museum of Anthropology](#) in Mexico City, Mexico

[Google Arts and Culture](#) has plenty more virtual tours of museums and historical sites. You can relax and take your time exploring the sites.

## 22. Check out Mars

You can go to a whole other planet! [Explore the surface of Mars](#) with this digital 360° camera.

## Animal fun

Thanks to live webcams and videos, it's possible to see some pretty incredible animals we wouldn't normally get to see.

## 23. Explore all kinds of animal life

[Explore.org has hundreds of live cams that let you check out all kinds of animals – including puppies!](#)

## 24. Visit the Vancouver Aquarium

The Vancouver Aquarium has 4 live cams featuring some of their cutest critters. [You can find them here.](#)

## 25. Beluga whales

There's a beluga whale webcam set up at the [Georgia Aquarium](#) – and they know how to work the camera! The Georgia Aquarium also has more live cams you can check out.

## 26. Watch the Monterey Bay Aquarium live cams

Monterey Bay Aquarium has [multiple live cams that explore all kinds of marine life](#) – including sea otters!

## 27. Africam

Africam offers people a live safari from the comfort of their own home. [Find their cams here.](#)

## Cooking activities

## 28. Have an indoor picnic

This is great for kids (or kids at heart). Find a space in your home to spread out a blanket and have your lunch or dinner picnic-style!

## 29. Pizza night

Homemade pizza night is fun for everyone. You can use premade dough and everyone can add their own toppings. It's a fun, collaborative way to make dinner – and a great introduction to cooking for people who are just learning.

## 30. Check out some cooking tutorials

If you have some time on your hands, try out some new recipes or cooking tutorials, or practice your prep skills.

## Stay safe and do things that make you happy

It's normal to feel anxious about what's going on – but you're doing your part by respecting social distancing. It's challenging, but these activities – and other things that make you happy – will keep you and your loved ones entertained and engaged.

Source: <https://www.braininjurycanada.ca/ideas-social-distancing/>