

CAS @ HOME IDEAS

(Covid-19 Edition)

Stuck at home in social isolation/social distancing? Don't fret! There are lots of cool things you can do from the comfort of your own home to do your part as a global citizen!

Check out these ideas for inspiration...

CREATIVITY

Having extra time and less resources than usual can spark a lot of great creativity, or time you finally have to pursue some passion projects...

- Keep a journal over the next few weeks (physical or digital) to document your experience through photos, drawings, interviews with others, etc. You are experiencing history in the making. Why not document it as a primary source of history for future generations?
- Create YouTube videos (but first have a theme...)
 - Baking videos
 - Minimalism (Watch the [documentary](#) and then try the [minimalist challenge](#))
 - Music
 - [Celebrities sing 'Imagine' to lift spirits](#)
 - Movie reviews
 - Fashion/beauty
 - Workout videos
 - Science
 - Check out Ms. Amrita's [Science Thrills! YouTube Channel](#).
- Take online classes through [Coursera](#), [Udemy](#), [Khan Academy](#), [EdX](#), [Future learn](#), etc. and document your learning
- Create a virtual spirit week for students with different themes to spread messages/photos of positivity, i.e. currently reading, TikTok of your favorite online learning activity, etc.
- Try blogging or writing short stories/poetry
- Try out some baking or cooking recipes
 - [Tasty YouTube Channel](#)
 - [5 wholesome breakfast smoothies](#)
 - [Creamy one-pot pastas](#)

- Create an online art portfolio to showcase your work, or take online art classes; Alternatively, use your artistic side to share some depictions/expression of the current global situation
 - [10 University Art Classes You Can Take for Free Online](#)
- Create a social media account for your artwork
- Work on developing your photography/videography skills
- Learn a DIY skill
 - Crafting
 - Scrapbooking
 - DIY Beauty/Health Products
 - [DIY Hand Sanitizer](#)
 - Crocheting/knitting
 - [Jonah's Hands Crochet YouTube Channel](#) (He's younger than you are!!)
 - Sewing (make face masks or your own clothing!)
 - [DIY: How to sew face masks](#)

ACTIVITY

Be sure to take good care of not only your mind, but your body as well...

- If you have a gym in your building or at home, use the machines and develop a weekly fitness plan for yourself to follow
 - [Fitness plan templates](#)
- Video log at-home workouts to share with your peers/community, or hold live sessions for peer/elderly, etc. of yoga, ping-pong, etc.
- Keep an updated blog that shares weekly nutritional plan, recipe ideas and exercise plan/evidence
- Do some yoga
 - [Yoga with Adriene YouTube channel](#)
 - [Yoga with Cassandra YouTube Channel](#)
- High intensity workouts
 - [Youtube Channel: The Body Coach TV](#)
 - [30-Minute HIIT Cardio Workout with Warm Up - No Equipment at Home](#)
 - [5-Minute Epic Cardio Boxing Workout](#)
 - [30-Minute BodyCombat-Inspired Workout With Boxing, Kung Fu, and Muay Thai](#)
 - [K-POP Fitness](#)
- 30-day fitness challenges
 - [Yoga with Tim 30-Day Challenge](#)

- [Online wellness/exercise links \(Tons of great resources!!!\)](#)

SERVICE

Think about how you can be helpful to others from a safe distance...

- Create a website to fundraise for a cause
- Create videos to spread awareness, i.e. about the importance of social distancing and fighting the spread of Covid-19/safe hygiene. Example:
 - [Urgent Messages from Italians in Coronavirus Quarantine](#)
- Offer free online lessons for teaching a language or a skill to people who need it
 - Alternatively, create a YouTube channel for language learning lessons or tutoring ESL
- Create an inspiring message to share with the global community.
- Create videos to help all of the parents and teachers who are at home with kids. You could read books, do sing-a-longs, exercise videos, etc. (This would also count as Creativity!)
- Sign up for [Be My Eyes](#) to help people who are blind or have low vision
- Create a healthy meal programme for an elderly neighbor. Cook and deliver their meals to them to make their lives easier.
- Set up a dog walking service for elderly neighbors
- Think of other ways to support the elderly: calling them, sending virtual videos/cards
- Find a way to show appreciation or thank health care workers who are working very hard and taking big risks during this time. Send messages of support or medical supplies/masks.
- Create a 'balance' presentation/video to support online learning, reminding students to take breaks, stretches, postures, info. about eye strain, etc.
- Have family in another country? How can you offer support to them?