



SAFE TO DO

WITH YOUR IMMEDIATE FAMILY AND IF YOU ARE NOT HIGH RISK

- COOK A MEAL
- EAT TAKE OUT FROM OUR LOCAL EATERIES
- FAMILY GAME NIGHT
- DO A PUZZLE
- GO FISHING
- GO FOR A DRIVE
- SCIENCE EXPERIMENTS
- VIRTUAL EXPERIENCES
- VIRTUAL VISITS OF ZOOS AND MUSEUMS
- VIRTUAL CONCERTS
- GROUP VIDEO GAMES
- GROUP VIDEO CHATS
- STREAM A SHOW
- CALL OR TEXT A FRIEND
- CALL OR TEXT AN ELDERLY NEIGHBOR
- TAKE UP A NEW HOBBY
- MAKE A CRAFT
- GO STARGAZING
- LOOK FOR WILD HORSES
- TAKE UP PHOTOGRAPHY
- BUY TAKE OUT GO ON A PICNIC
- TAKE A WALK
- GO FOR A HIKE
- DO YOGA
- EXERCISE AT HOME
- ONLINE LEARNING
- LEARN TO PLAY AN INSTRUMENT
- LEARN TO MEDITATE
- LEARN A NEW DANCE
- YARD WORK
- PLAY IN YOUR YARD
- CLEAN OUT YOUR CLOSET
- CLEAN OUT YOUR GARAGE
- WASH YOUR CAR
- PLANT A GARDEN
- READ A GOOD BOOK
- LISTEN TO MUSIC
- LISTEN TO AUDIOBOOKS
- LISTEN TO PODCASTS
- DO A VIRTUAL TREASURE HUNT

Find more information at
www.tooelehealth.org