

# 100 THINGS TO DO in quarantine

## self care

- Cut, shape, and paint your fingernails.
- Cut, shape, and paint your toenails.
- Move your body daily!
- Try the Curly Girl Method!
- Give your hair a beautiful blow out.
- Take a hot bath.
- Go for a walk or run.
- Go for a bike ride.

## organization

- Remove all of the clothes from your closet and dresser and determine what to donate, sell, or throw away.
- Remove all of the clothes from your children's closet and dresser and determine what to donate, sell, or throw away.
- Remove all the items from your pantry, throw out old food, and organize what's remaining.
- Remove all of the items from your fridge and freezer, organize and clean.
- Create a capsule wardrobe.
- Organize under your sink.
- Back up your computer.
- Delete all of the old text messages from your phone.
- Delete unused apps from your phone.
- Delete, organize, and back up all of the photos on your phone.
- Organize, file, and throw away old paperwork/bills/etc.
- Go through everything in your attic, determine what to donate, throw away, and organize.
- Go through all of your make up - throw away what you no longer use and organize what you keep.
- Go through all of your beauty products - throw away or donate to the local women's shelter the items that you no longer use and organize what you keep.
- Go through all of your kitchen utensils and tableware - throw away or donate the items you no longer use and organize what you keep.
- Compile and sort through all of your books and determine what you want to donate or throw away.
- If it's getting warm where you live, put your winter clothes away and bring out your spring ones. While you're at it, create a capsule wardrobe!

## cleaning

- Vacuum under the sofa cushions.
- Deep clean the shower and tubs.
- Clean all of the baseboards.
- Vacuum the floors.
- Mop the floors.
- Start (and continue) the habit of washing, folding, and putting away one load of laundry a day.
- Wash all of your bedding.
- Clean the window sills.
- Vacuum the inside of your car.
- Wash your car.
- Wax your car.
- Give your pet a bath.
- Deep clean your oven.
- Clean all of the windows inside and outside of the house.
- Clean out and organize the garage.
- Deep clean the carpet/rugs.
- Clean out the gutters.
- Strip your microfiber cloths using RLR/Mighty Bubbles to remove built up detergent so that they work more effectively.
- Clean/shine your shoes.
- Dust all of the picture frames in your house.
- Run a deep clean cycle on your dishwasher - remember to remove and clean out the filter in the bottom!
- Run a deep clean cycle on your washing machine.
- Clean all of the toilets.
- Change the air filters throughout the house.
- Clean your jewelry.

## fun

- Watch Frozen 2 on Disney+.
- Learn a Tik Tok dance.
- Play a board game.
- Create chalk art in the driveway.
- Play tic tac toe.
- Read the Harry Potter Series.
- Watch a Christmas movie.
- Swap a book, game, or movie with your neighbor.
- Have a "camp out" in your living room or backyard.

## fun continued

- Start and complete a puzzle.
- Pick up a coloring book and color!
- Start watching a new TV series.
- Have a Zoom date with your friends.
- Go outside and try to find a plane in the sky. The first person to find one gets to cheer on everyone else as they run a lap around the yard.
- Make a bucket list for all of the restaurants you want to try in your area.
- Order take out from one of your favorite local restaurants.

## make

- Make banana bread.
- Make a card or write a letter and send to your grandparents or parents.
- Make homemade pizza.
- Make a cocktail using what you already have on hand.
- Try a new dessert recipe.
- Make your favorite chocolate chip cookie recipe.
- Write a love letter to your significant other.
- Make a baked good or craft for your neighbors and deliver it to their door step.
- Make a DIY chalkboard wall.
- Make homemade candy.
- Make an entire dinner using shelf cooking methods (use whatever you have on hand! Get creative!).
- Make bread from scratch.
- Write a review for an Amazon product you've gotten recently.

## grow

- Read a book from start to finish.
- Research something you've been meaning to look into but haven't yet.
- Play a musical instrument.
- Memorize a different verse every couple of days or at the start of the week.
- Create a habit of journaling daily, even if it's just a sentence!
- Couple a new, desirable habit with a current habit that you already have. For example, drink a tall glass of water every time you set up the coffee machine in the morning.
- Start a new hobby. For example, hand lettering, essential oils, water color painting, etc.

