

## What you can do while home bound

Due to the COVID-19 situation, many of us will be working from home, at least for a while. Others need to be at home because we have children and schools are closed. Or we may need to self-quarantine if we show symptoms, even if we don't really feel sick. It's natural to start to feel a little stir crazy. Being isolated can also trigger worry and anxiety. Here are some ways to stay occupied and sane if you need to be at home.

**Expand your horizons by visiting a museum, zoo or other destination near or far virtually.** There are many options – here a few:

- [Guide to world museums with virtual tours](#), including Amsterdam's Rijksmuseum and Van Gogh Museum, Florence's Uffizi Gallery, New York City's Guggenheim Museum and more.
- Closer to home: [Spurlock Museum online exhibits](#)
- [Library of Congress online tours](#)
- Check out the animals at the [San Diego Zoo](#)
- Watch webcams at the [Aquarium of the Pacific](#) or [Monterey Bay Museum](#)
- And more! Through [earthcam](#) you can watch people cross Abbey Road, see NYC from the top of the Empire State Building, watch the creation of a street mural and more.

**Take out a book, movie or other entertainment.** Using the Libby app or other online programs you can download a myriad of items from both Urbana and Champaign libraries. This service is available 24/7, and – good news – there are no late fees!

- [Urbana Free Library](#)
- [Champaign Library](#)

**Play a game or do a puzzle:** Dig through your attic or basement for all those board games and puzzles you stored away. Or get out a deck of cards.

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**Stay physically active:** Physical activity helps relieve stress and builds resilience. Here are a few ways to stay active –

- Download free exercise videos
- Do basic exercises like pushups, sit ups, jumping jacks
- Practice stretching or yoga.
- Put on some music and dance!
- Take a walk or play in your yard. If you are healthy you can be outside as long as you practice social distancing.

**Indulge in an art or craft project:** The options are endless – here are just a few:

- Try out one of the many free coloring apps. Or print free coloring templates and pull out some crayons, markers or colored pencils.
- [Check out Wiki How's origami for beginners](#)
- Get nostalgic: Pull out your old photos and make a scrap book.

**Take advantage of the time to reconnect with family and friends you've been out of touch with.**

**Catch up on your cleaning or other projects.** Take advantage of extra time at home to get caught up.

- Get an early start on spring cleaning.
- Go through your closets. Get rid of clothing you don't wear and fill a box to donate to charity.
- Create a new look for your living space: rearrange your furniture, art, etc.

**Expand your knowledge: take an online course or tutorial.**

**Worship or continue spiritual practices:** Although mass gatherings have been cancelled, you can continue personal spiritual practices such as prayer. Webcasts of services, even some live events are available. Here is a short list –

- [Vatican](#)
- [National Cathedral](#)
- [Central Synagogue](#)
- [Islamic Center of America](#)
- [San Francisco Zen Center](#)