

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](#)