

20 WAYS TO BUILD RESILIENCE AT HOME

IDEAS FOR GROWN-UPS

#1 Release stress into coloring!

#2 Read a new ebook

#3 Make a new playlist or check out this one!

#4 Check in with friends & family via video-chat!

#5 Practice your spirituality.

#6 MAKE WORK FROM HOME FEEL DOABLE

#7 Tour a museum virtually.

#8 Exercise!

#9 Take a pause from the news

#10 ENJOY A BATH WITH A CALMING MEDITATION

#11 Quarantine & chill with Netflix Party.

#12 Make a facemask!

#13 Cook!

#14 Play a game with friends at home or online

#15 Find your inner child and listen to story-time

#16 Declutter & create a relaxing space.

#17 RECOMMEND A NEW BOOK

#18 Garden inside or out!

#19 PRACTICE YOGA

#20 Post using #ResilienceWeekVA to share what you are doing to build resilience at home!

20 WAYS TO BUILD RESILIENCE AT HOME

IDEAS FOR KIDS

#1 Enjoy crafting, like making a DIY Jellyfish!

#2 Take a quiet moment to eye-spy

#3 Meditate!

#4 Check in with friends & family via video-chat!

#5 Create a family play.

#6 LEARN A NEW LANGUAGE, LIKE ASL!

#7 Tour a children's museum virtually.

#8 Create a musical instrument

#9 Play with homemade play-doh

#10 TAKE A NATURE WALK

#11 Try out yoga!

#12 Write letters & mail them

#13 Bake with a grown-up

#14 Explore a national park (virtually).

#15 Go Bowling in your backyard!

#16 Enjoy a story-time

#17 CREATE A FAIRY GARDEN

#18 Start a family book club

#19 EXERCISE!

#20 Share using #ResilienceWeekVA to share how your kids are building resilience at home!