

Things to do while stuck inside

As concerts are postponed, sporting events are canceled, schools are closed and tourist hot spots are shut down, experts recommend that even those who show no sign of illness stay home during this time of global pandemic.

Although remaining inside is a good way to protect yourself and others from the coronavirus, and is an important measure to help "flatten the curve" of daily cases that put pressure on our health care system, it could lead to a lesser evil: boredom and stir craziness.

1. What's there to do while stuck indoors? Here are some suggestions to help make your time quarantined as interesting – and perhaps even as productive – as possible.
2. Complete a puzzle: The more pieces the better! Feeling extra saucy? Take on a Rubik's Cube. More of a word person? Crossword puzzle!
3. Start a journal or blog. Sure, it can be about the coronavirus, but it could also be about a specific interest from chess to cheese.
4. Write poetry. Perhaps you can craft a haiku for Mother's Day, or something without a specific structure. Just try it!
5. Watch all the really long movies you've avoided until now.
6. Download Duolingo, or a similar app, and teach yourself a foreign language.
7. Meditate. Try lying down with your eyes closed, palms up and while focusing on your breath. Or spend 20 minutes sitting cross-legged and repeat a soothing word to yourself in your head. (The latter is more like transcendental meditation.)
8. Take short walks while remaining a safe distance of 10 feet from others.
9. Write actual letters to family and friends. After that? Write thank-you notes to service people who you remember went out of their way for you.
10. Use Skype, FaceTime, Google Hangouts or Marco Polo to video chat with your long-distance friends.
11. Try out at-home aerobics or yoga videos. Consider downloading a fitness app with curated workout playlists.
12. If you have children that are home from school with you, find creative ways to keep them learning.
13. Learn origami. Make cranes for your loved ones.
14. Learn a new style of dance via YouTube, from belly dancing to breaking.
15. Reorganize your cabinets or closets.