

## Weekly Schedule *(Example) 3/30/20 - 4/3/20*

\*\*This is an example of how you might plan your week. You do not have to follow this exact schedule.

Customize it to fit you individually.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
8:00 am	Wake Up & Get Ready	Sleep	Wake Up & Get Ready	Sleep	Wake Up & Get Ready	Sleep	Sleep
9:00 am	<b>Breakfast</b>	Wake Up & Get Ready	<b>Breakfast</b>	Wake Up & Get Ready	<b>Breakfast</b>	Wake Up & Get Ready	Wake Up & Get Ready
10:00 am	Watch a TED talk	<b>Breakfast</b>	Watch a TED talk	<b>Breakfast</b>	Watch a TED talk	<b>Breakfast</b>	<b>Breakfast</b>
11:00 am	Plan a family game night or movie night for later in the week	Clean Bathroom	Go on a walk	Clean Kitchen	Go on a walk	Listen to Music	Grocery Shopping
12:00 pm	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1:00 pm	Ride a bike	Vacuum	Ride a bike	Dusting	Ride a bike	Laundry	Walk dog
2:00 pm	Call a friend or arrange a call for later in the week	Watch a movie	Organize bedroom	Watch a movie	Organize desk	Call family	Dust house
3:00 pm	Do a puzzle	Watch a movie	Play Monopoly	Watch a movie	Play Yahtzee	Do a puzzle	Play Jenga
4:00 pm	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
5:00 pm	Cook	Cook	Cook	Cook	Cook	Cook	Cook
6:00 pm	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
7:00 pm	Listen to Music	Video games	Bake Cookies	Listen to Music	Video games	Family Movie Night	Listen to Music
8:00 pm	Yoga	Mindfulness	Yoga	Mindfulness	Yoga	Mindfulness	Yoga
9:00 pm	Journal	Virtual museum tour	Journal	Virtual Concert	Journal	Live Stream Opera	Paint
10:00 pm	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Journal	Journal
11:00 pm	Sleep	Sleep	Sleep	Sleep	Sleep	Go to bed	Go to bed

## Today's Schedule *(Example) 3/30/20*

7:00 am - Sleep
8:00 am - Wake Up & Get Ready
9:00 am - <b>Breakfast</b>
10:00 am - Watch a TED Talk
11:00 am - Plan a family movie night
12:00 pm - <b>Lunch</b>
1:00 pm - Ride a bike
2:00 pm - Call a friend
3:00 pm - Do a puzzle
4:00 pm - Exercise
5:00 pm - Cook
6:00 pm - <b>Dinner</b>
7:00 pm - Listen to music
8:00 pm - Yoga
9:00 pm - Journal
10:00 pm - Go to bed
11:00 pm - Sleep
12:00 am - Sleep

## Additional Activity Ideas

Items in **bold** can also serve as coping skills.

- Check out E-books/Audiobooks from your library's website.
- Do some spring cleaning (You can use these [At-Home Cleaning To-Do Lists](#)).
- Do your taxes.
- Puzzles.
- Crafts.
- Play a board game.
- Watch a free live stream performance from [The Metropolitan Opera](#)
- **Exercise (running, walking, etc.).**
  - [Fitness Blender](#) - free workout videos for every fitness level
- [Virtual Museum Tours](#)
- Put on fake tattoos.
- **Write (poetry, stories, journal).**
- **Scribble/doodle on paper.**
- Watch a favorite TV show.
- Post on web boards, and answer others' posts.
- **Play a musical instrument.**
- Paint your nails, do your make-up or hair.
- Sing.
- Study the sky.
- Punch a punching bag.
- Take a nap (only if you are tired).
- **Take a hot shower or relaxing bath.**
- Play with a pet.
- Knit or sew.
- **Read a good book.**
- **Listen to music.**
- **Try some aromatherapy (candle, lotion, room spray).**
- **Meditate.** (You can use an app like [Calm](#) or [Headspace](#))
- Bake cookies.
- Alphabetize your CDs/DVDs/books.
- **Paint or draw.**
- Shoot hoops, kick a ball.
- Write a letter or send an email.
- Dance.
- Make hot chocolate, a milkshake or a smoothie.
- **Play with modeling clay, Play-Doh, or a fidget.**
- Go for a nice, long drive.
- Complete something you've been putting off.
- Take up a new hobby.
- Look up recipes, cook a meal.
- **Look at pretty things, like flowers or art.**
- Create or build something.
- **Make a list of blessings in your life.**
- Jump on a trampoline.
- Watch an old, happy movie
- **Talk to someone close to you.**
- Ride a bicycle.
- Feed the ducks, birds, or squirrels.
- **Color.**
- Memorize a poem, play, or song.
- Stretch.
- "Shop" on-line (without buying anything).
- Color-coordinate your wardrobe.
- Watch fish.
- Make a playlist of your favorite songs.
- Plant some seeds.
- Hunt for your perfect home or car on-line.
- Sort through/edit your pictures.
- Play video/computer games.
- Clean up trash at your local park.
- Text or call an old friend.
- Write yourself an "I love you because..." letter.
- Look up new words and use them.
- Rearrange furniture.
- Write a letter to someone that you may never send.
- Play with your little brother/sister/niece/nephew.

- Go for a walk.
- Clean your room /closet.
- Try to do handstands, cartwheels, or backbends.
- **Yoga.**
- Teach your pet a new trick.
- Learn a new language. ([Duolingo](#))
- **Hug a friend or family member (only if they are already quarantined with you)**
- Search on-line for new songs/artists.
- Make a list of goals for the week/month/year/5 years.
- Teach yourself a card trick.
- Take a free class
  - [HarvardX](#)
  - [Coursera](#)
  - [CodeAcademy](#)
  - [FutureLearn](#)
- Watch free creative/arts tutorials
  - [iMusic School](#)
- Read/watch other free tutorials
  - [Google Tutorials](#)