

# Things to do from home during quarantine

## Plan an at-home service project

- Use online resources [Instructables.com](https://www.instructables.com) or [Pinterest.com](https://www.pinterest.com) to make any of the Do It Yourself (DIY) projects mentioned below.
- Visit the [K-Kids](#), [Builders Club](#) and [Key Club International](#) Pinterest pages for at-home service projects ideas and instructions.
- Before beginning a project, contact the organization or facility that will be the recipient of your service to confirm donation policy.
- If tackling a large-scale service project, connect with Kiwanis family club members virtually. Use [Zoom](#) to coordinate meetings. Invite family members off-site to take part and introduce them to Kiwanis service.
- Share your virtual service project ideas on social media to encourage others to act.

## Care for the environment

Recycle and repurpose to limit the amount of trash impacting the environment.

- Recycle old books: <https://recyclenation.com/2017/07/10-ways-to-recycle-your-old-books/>.
- Create recycling bins using one of these 20 recycling bin ideas: <https://www.diyncrafts.com/29250/repurpose/20-diy-home-recycling-bins-that-help-you-organize-your-recyclables>.
- Repurpose plastic bags and containers. Get inspiration from these 15 stunning plastic bag crochet projects: <https://www.diys.com/plastic-bag-crochet-projects/>.
- Upcycle plastic bottles and containers: <https://www.lifehack.org/articles/lifestyle/30-mind-blowing-ways-upcycle-plastic-bottles-home-and-the-office.html>.
- Plant and harvest vegetables and herbs at home. Start small. Use these 10 tips to plant an indoor herb garden. When you're ready, transfer what you learn outside: <https://howtoculinaryherbgarden.com/indoor-herb-garden/>.

## Care for others

### Neighbors

Let your neighbors know they are not alone. Brighten spirits by sending positive messages in creative ways.

- Paint rocks with uplifting messages and place them close to the road where people walking by will see them.
- Plant brightly colored flowers where neighbors walk most frequently. When flowers bloom, add signage with the message, "Pick what you need." Do the same with vegetables and herbs.
- Make fairy garden doors and place them on the base of large trees facing the street. Add additional fairy garden accents daily to keep passersby guessing.

- Download the NextDoor app and connect virtually with people in your neighborhood. Post about positive happenings in the neighborhood.

### **COVID-19 frontline workers**

Say thank you to those working on the front lines to keep people safe from COVID-19.

- Create a thank-you banner and place it in the yard to greet those delivering packages.
- Create a Facebook live 'thank-you' video and share the wonderful service someone provided. Link it to their business social media page.
- Use chalk to draw colorful, encouraging messaging on the sidewalk or on the driveway.
- Tip robustly when scheduling a delivery to your home.

### **The elderly**

Brighten the day of someone living in a retirement community or nursing home. Make one of these DIY projects:

- Placemats with uplifting messaging.
- No-slip socks.
- Memory card games.
- A song book with lyrics (songs from the 1940s, '50s and '60s).
- Additional craft ideas for seniors and the elderly: <https://www.goldencarers.com/craft/>.

### **The homeless**

Repurpose gently used items and create gifts to make time spent at a shelter more comfortable.

- Create a "My Favorite Things" backpack. Collect items in gently used condition with things you love for someone who is close to your age. Place these items in a backpack. Make sure everything is washed and folded nicely.
- Make a craft box and pack it with instructions to make different crafts, plus all necessary materials.
- Download and print Happy Book materials and create several books to donate. Happy Book: [https://www.kiwaniskids.org/Libraries/KKids\\_magazine/Template\\_KKids\\_HappyBook.sflb.ashx](https://www.kiwaniskids.org/Libraries/KKids_magazine/Template_KKids_HappyBook.sflb.ashx).

### **Young children**

Provide preschools and child day care centers with learning tools. Donate these DIY projects and make learning fun.

- Make a matching game.
- Write, illustrate and create a comic book or ABC book.
- Create ABC or counting-numbers placemats covered in plastic so kids can practice printing.
- Make sensory toys — blocks with textured sides or rattles with interesting sounds.
- Read books online and share through social media. Check out book titles suggested through the [Kiwaniis Read & Lead program](#).

## Care for animals

Help shelter animals feel more comfortable. Make and donate these items to a shelter:

- Dog and cat beds.
- No-sew dog and cat blankets.
- No-sew dog chews.

## Care for family

Time spent with family can be even more meaningful by participating in fun activities together.

- Plan movie nights. Let each family member pick one movie per night. Invite friends in the community to stream the same movie, then host a Facebook Live discussion with everyone who watched.
- Work on a service project together. Use the lists above for inspiration.
- Create a calm/yoga room where family members can sit, be still, listen to music and meditate. These 10 meditation spaces will inspire you to create your own: <https://www.thespruce.com/meditation-spaces-that-inspire-4177495>.
- Take a free mindfulness course with your kids: <https://www.mindfulschools.org/>.
- Try one of these 50 family activities that don't involve screens each night of the week: [https://www.familiesfirstindiana.org/50-family-activities-that-don-t-involve-screens?gclid=CjwKCAjwsMzzBRACEiwAx4ILG\\_lymnGhzQ6UilMbvH6p3NXRrKVbi3oGs9SNgOI8Lomfk3q3LEtz-xoCr7YQAvD\\_BwE](https://www.familiesfirstindiana.org/50-family-activities-that-don-t-involve-screens?gclid=CjwKCAjwsMzzBRACEiwAx4ILG_lymnGhzQ6UilMbvH6p3NXRrKVbi3oGs9SNgOI8Lomfk3q3LEtz-xoCr7YQAvD_BwE).

## Care for self

Learn how to keep stress at a minimum and make time at home more enjoyable. Use these resources.

- Move every day to maintain a positive outlook. Try moving with a physical education teacher offering online classes at The Body Coach TV: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>.
- Organize an online book club. Read a book and connect online for discussion. Try Project Happiness Circles with book recommendations and discussion questions: <https://circles.projecthappiness.org/circles>.
- Rewire your brain for happiness. Participate in the 21 Day Happiness Habits Challenge (<https://circles.projecthappiness.org/library/167>) or enroll in the Project Happiness online course (<https://projecthappiness.org/get-involved/online-course>).
- Practice these tips for staying mentally healthy: <https://www.actionforhappiness.org/news/how-to-keep-mentally-healthy-during-uncertain-times>.
- Sign-up for Yale's popular Happiness class, currently available online for free: [https://www.cnn.com/2020/03/23/health/yale-happiness-course-wellness/index.html?fbclid=IwAR1RHcz6\\_7oEwbeX4dYr-mJ1a5zlyLeWiKUH9aiHFspg-xntgo1EdEzC-bE](https://www.cnn.com/2020/03/23/health/yale-happiness-course-wellness/index.html?fbclid=IwAR1RHcz6_7oEwbeX4dYr-mJ1a5zlyLeWiKUH9aiHFspg-xntgo1EdEzC-bE).