

30 DAYS of activities

TO CLEAR YOUR MIND DURING QUARANTINE

Notes: _____

1 organize your kids' photos	2 make a new recipe	3 organize your <i>spring</i> wardrobe	4 text 5 people telling them why you are <i>grateful</i> for them	5 take a drive with your favorite playlist	6 build a massive indoor fort & have a movie night	7 go for a <i>long</i> walk	8 start a new book
9 download the app "houseparty" and play with friends	10 organize your nightstand drawer	11 start a <i>grateful</i> journal	12 organize your kids artwork/school stuff & place in separate labeled bins	13 spring yard clean up	14 diy <i>spa</i> night once kids are in bed	15 create a pinterest board for <i>summer</i>	16 <i>diy</i> something or <i>learn</i> something new
17 try a new workout	18 at home pedicure & manicure	19 <i>deep</i> clean/wash all curtains & bedding	20 create a list of shows/movies you want to watch	21 listen to a new podcast	22 start a garden	23 <i>play</i> a board game	24 have a tech free day
25 learn a new dance	26 <i>rearrange</i> a room	27 go through your beauty products and clean out	28 <i>meditate</i> for 15 minutes (headspace app)	29 make a <i>picnic</i> lunch in the yard	30 write someone a letter, <i>on paper</i>	LYNZY & Co.	