



18 Family Activities During Self-Isolation

As the coronavirus pandemic spreads, self-isolation or quarantine is one of the key strategies in “flattening the curve” of infection rates. These 14-day isolation periods involve individuals or families staying within their homes, and not having physical contact with those outside. With the prospect of school and daycare closures, as well as workplaces shutting down or moving to remote working, many more families around the world face the prospect of long days ahead. The following are some activities that the entire family can participate and with the spring season also upon us, why not incorporate some of the spring cleaning activities too?

- **Dark hide and seek** - A variation on traditional hide and seek which is also lots of fun. Wait until the sun goes down and turn off all the lights in the house.
- **Photo albums** - Children are fascinated by photos of themselves and love re-living family memories together. They also enjoy seeing their parents as children and hearing stories about them growing up.
- **Draw your printable family tree** - Free templates are available online, be sure to involve the entire family on this project.
- **Play Board games and card games**
- **Bake-off** - Choose your favourite biscuit and/or cake recipes and hold a bake-off.
- **Art and craft night** - Find some simple craft activities the whole family can enjoy.
- **Go on a neighbourhood walk or go hiking** - See how many different kinds of plants and flowers you all can identify.
- **Puzzle** - Choose some difficult and some easy puzzles to work on as a family.
- **Make home movies** - Sing songs, perform plays, read radio dramas, record favourite stories.
- **De-clutter and organize** - Everyone can help cleaning out the junk, keep only the essentials.
- **Wash the windows inside and out** - Clean the curtains and blinds, dust any light fixtures and replace any burnt-out bulbs. A room
- **Deep cleaning the kitchen and bath** - Wipe down or paint the cupboards, clean the grout between tiles, clear everything off the counters. Re-caulk tubs, showers and sinks and polish the fixtures.
- **Replace the batteries** in your Smoke Detector and Carbon Monoxide Detector.
- **Take stock of your medicine cabinet and pantry** and toss anything that has expired.
- **Clean your refrigerator** - especially your fridge's coils - use your vacuum.
- **Cleanup wardrobes** and donate those clothes that you and your family no longer wear.
- **It's definitely a good time to clean out your garage** and remove all the clutters and junk.
- **Create your very own Family Christmas Cards** - What better ways to involve the entire family for something this special?

If you have more ideas to share, please email them to us now!