

# STUCK INSIDE?

Here are some activities you can do if you or your family and friends are in quarantine because of the COVID-19 Pandemic.

Print the list below and check it off once complete. You can choose one or a couple of activities to do each day with your family. Let's make this situation an opportunity to reconnect with family and to reach others safely for Jesus.

<input type="checkbox"/> Write your story or draw a picture of how you are feeling. Share with each other.	<input type="checkbox"/> Draw a family tree. How far back can you go?	<input type="checkbox"/> Learn some songs and go for walk or visit neighbours and sing these songs to them. (Maintaining social distancing guidelines)
<input type="checkbox"/> Paper areoplane races. Whose goes the furthest?	<input type="checkbox"/> Do a chore you've never done before.	<input type="checkbox"/> Create an "I'm thankful for..." list or poster.
<input type="checkbox"/> Do a science experiment. <a href="http://www.mumsatthetable.com/5-easy-kids-activities-to-do-at-home">www.mumsatthetable.com/5-easy-kids-activities-to-do-at-home</a>	<input type="checkbox"/> Bake a cake or make some cookies, pack an afternoon picnic in the backyard.	
<input type="checkbox"/> Call a relative or friend that you have not spoken to for a while.	<input type="checkbox"/> Make cloud dough. 1 part hair conditioner 2 parts cornstarch/cornflour (food colouring optional) Mix and build.	<input type="checkbox"/> Look through YouTube together to find your top five songs of encouragement.
<input type="checkbox"/> Write a family newsletter and email it to extended family.	<input type="checkbox"/> Fill in the blank with your family's idea	<input type="checkbox"/> Create a 'wash your hands' song.
<input type="checkbox"/> Find 15 stories in the Bible where people were put in isolation eg. Daniel in the Lion's Den.	<input type="checkbox"/> Create a family obstacle course throughout the house. Time each family member to see who is the fastest.	<input type="checkbox"/> Watch all episodes of The Tuis. <a href="http://thetuis.tv">thetuis.tv</a> Make a plan to share Jesus with your neighbours in the street.

Head to our website for more resources and information [children.adventistchurch.com](http://children.adventistchurch.com)

