

# 25 Things To Do In Home Quarantine

During this hard time for humanity, in many countries the safest way you can help with the COVID-19 spreading is simply by staying home.



- ☐ Learn a new skill
- ☐ De-clutter your house
- ☐ Get fit
- ☐ Cook
- ☐ Catch up on reading
- ☐ Research
- ☐ Meditate
- ☐ Take some time for yourself
- ☐ Be with family
- ☐ Look for ways you can help
- ☐ Re-think your life
- ☐ Do some yoga
- ☐ Fix things in your house
- ☐ Sleep
- ☐ Go shopping online
- ☐ Catch up on work
- ☐ Make a vision board

- ☐ Have a dance party by yourself
- ☐ Take in slow living
- ☐ Re-decorate your home
- ☐ Get nostalgic
- ☐ Call up your loved ones
- ☐ Have a photoshoot
- ☐ Journal
- ☐ Experiment with routines

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