

# TREAT YO' SELF!



It's official: social distancing is nobody's favorite thing. Even the introverts are starting to get cabin fever. When we feel bored and stuck, it's easy to turn to food for entertainment. But... after the snacks are gone, will we feel less bored? Probably not. We've compiled our list of the top 10 things you can do at home to treat yo' self with no snacks necessary (even treats like this ice cream sundae)!

1

## Tour a museum

If you've been wanting to visit the Louvre, there has never been a better time! Virtually, that is. Check out this [list](#) of museums offering free virtual tours.

2

## Get crafty

Turn your home into your very own art museum! Many artists are streaming tutorials online, and the projects require little or no purchase. If you don't know where to look, [start here](#).

3

## Read all about it

Pick a headline and without reading the attached story, use it as a writing prompt. The weirder, the better.

4

## Disney+ & Zoom

Feeling nostalgic? Watch a favorite movie from your childhood with a friend via Zoom (or whatever communication platform you prefer).

5

## Start a windowsill herb garden

All you need is a window, an old egg carton, some soil, and seeds!





6

### Get your dance on

The world's best ballet stars are just as bored as the rest of us, so they're streaming classes for free! Check out a crowd favorite [here](#).

7

### Host a festival of living pictures

Get a group of your friends together, and host a virtual contest where everyone gets assigned a classic painting to recreate in real life using items you can find at home.

8

### Become the next TikTok sensation

It may sound goofy, but let's face it: TikTok is just plain FUN!

9

### Take in a Broadway show

From the safe social-distance of your home, you can stream a number of musicals via [BroadwayHD](#). To sweeten the deal, they are offering a 7-day free trial right now.

10

### Make it fashion

Why wear boring old pajamas for dinner when you can dress fabulously? Choose a night to be your fashion night, and dress up for dinner!

**That's our list, but what's on yours? There are so many ways to get creative and treat yo' self! Share your ideas with us using the hashtag #NStreatyoself.**



**Log in to [naturallyslim.com/login](https://naturallyslim.com/login)** from your smartphone or computer to watch this week's lessons.

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