

What did you do during Coronavirus?

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INTELLECTUAL ENRICHMENT

1. Read a book a week
2. Ivy League hopeful? Start now for free [HERE](#).
3. Learn about space from NASA [HERE](#).
4. Study an Opera--Free from the Met [HERE!](#)
5. Attend a lecture at UC Berkeley [HERE](#).
6. Develop a new skill such speaking a foreign language
- Try using the [HelloTalk](#) App
7. Tour museums [HERE!](#)
8. Learn the fancy Excel features (Pivot tables? VLookup?)
9. Solve a NY Times crossword puzzle-- work your way up to the tough weekend ones!
10. Coronavirus inspired academic contests in Art, STEM, Writing
 - [Crown Education Challenge](#)
 - [50 Competitions every student needs to know](#)
11. Compete in a Virtual Science Fair:
 - [Super Science Fair](#)
 - [Amstat Virtual Science Fair](#)
12. Chemistry games problem sets for teachers & students [HERE](#).
13. Solve away on Art of Problem Solving
14. ASA Data Visualization Poster Competition [HERE](#).
15. Compete in a writing contest (many out there)
 - [Young Arts](#)
 - [Ayn Rand](#)
 - [AFSA](#)
 - [We Are Teachers](#)
16. See if [National History Day](#) competition in your area is continuing and consider competing
17. Take an Online College Class

18. Learn something new on Khan Academy
19. Take a Coursera class (Try Yale's most popular about the Science of Happiness [HERE](#).)
20. Deeply explore something you glossed over in an AP Class
21. Take a Columbia University course on Viruses [HERE](#).

When the Great Plague of London was going around in 1665, Cambridge University shut down and Isaac Newton was forced to stay home. During this time, he invented calculus, parts of optic theory and allegedly, while sitting in his garden, he saw an apple fall from a tree that inspired his understanding of gravity and the laws of motion.

- @sarablakely

Read more [HERE](#).

CREATE

22. Create an at-home scavenger/treasure hunt for your younger sibling(s)
23. Create a website that informs or shares about your favorite topic
24. Host an online cooking class/demo over zoom, skype, hangouts, facetime
25. Make art which reflects your coronavirus experience
26. Make daily playlists to help people beat the quarantine blues
27. Design or buy a mural which everyone in the home can help color

28. Create a YouTube channel that teaches the world how to stay home for 14 days (Yes, this can include TikTok clips!)
29. Create an Online Business--and become aware of opportunities our new normal creates
30. Create a podcast about something you love
31. Write your autobiography
32. Create or re-vamp a website for a local business
33. Create a newspaper, and get your friends to write for it-- don't forget the comic strip :)
34. Write book executive summaries
35. Watch TED talks-- give/film your own!
36. Organize a virtual TED talk day with your friends as the presenters
37. Submit work to an visual art contest (many to consider)
 - [Living Oceans Foundation](#)
 - [Young Arts](#)
38. Make a Portfolio of your work...whatever it may be: music, dance, theater, photography, writing, design, public speaking, drawing, basket weaving
Example: [HERE](#)
39. Write music
40. Write a play- "Cast" it and do a read through over Zoom (*this is called a Table Read and all actors do it!*)
41. Write a book
 - A kids book about something you wish you could teach the young you
 - Poetry
 - illustrate a book with famous poetry
 - Turn a classic into a kids' book (1984? Animal Farm?)
 - A biography on someone you admire
42. Design and Write a Good News Blog (we need it now!)
Get contributors
43. Design a game - online, board/dice for family, or educational game for younger sibling
44. Design an App
45. Make a recipe book or video book with meals you can make with easy to keep staples (rice, beans, quinoa)
46. Design and host your very own game show - get online contestants
47. Make a Pinterest page (tips for high school students/ recipes/blogs to read, etc.)
48. Design something for Easter/Passover - decorations, foods, cards, eggs
49. Upload fun baking videos
50. Make Youtube tutorials: instrument, coding, baking, art, jewelry making, hair design
51. Sell things you make: Soap, Jewelry, Tee-shirts, Headbands or clips
52. Edit a Wiki
53. Write book reviews for school newspaper/blog/ friends
54. Create a book review YouTube channel
55. Design your own version of something that is: March Madness
56. Build Something

LEARN SKILLS

57. Learn how to cook or bake from a parent, or a famous chef [HERE!](#)
58. Create a veggie garden or compost heap
59. Develop some useful habits [HERE](#).
60. Become Disney Imagineer [HERE](#).
61. Take or give online music lessons
62. Learn or teach Code
63. Garden- Spring is here!
64. Take on home improvement projects
65. Take apart a broken appliance and make it work again
66. Learn about Car maintenance & mechanics

PERSONAL DEVELOPMENT

67. Use this time to think about kids who are always isolated for different reasons - physically, mentally. What could you do about it now that you've walked a few steps in their shoes?
68. [Develop your resume](#)
69. [Create a Student Linked In Profile](#)
70. Start Journaling
71. Write a blog about your political views

72. Start meditating/mindfulness (you can read about this online-- or talk to me!)
73. Listen to 100 podcasts in 30 days
74. Redesign your room to create a student office aka carve out your study space:
 - [The Spruce](#)
 - [HGTV](#)
 - [Room Sketcher](#)
 - [Decozilla](#)
75. Learn a new thing each day and have a fun way to document it. Video diary? Blog? Illustrate? Journal?
76. Learn something from YouTube
77. Learn to limit your phone screen time to 2 hours. 1 hour?!
78. Give yourself an exercise goal
 - Yoga every day
 - Do a headstand
 - Run a 5K
 - Learn to meditate
 - Check out free offers right now on the apps from Peloton, Gold's Gym, DownDog
89. Help adults learn how to use uber eats (or any useful technology/app)
90. Call local non-profits and see how you can volunteer remotely
91. Do a porch pick up neighborhood food drive to supply a local pantry
92. Create a thank you card campaign to send medical workers support through mail
93. Reach out to local animal shelters and see what their needs are. Solve one!
94. See if you can volunteer virtually or outside for a local political candidate
95. Support a neighbor (or parent!) by doing yard work
96. Start a dog walking service
97. Sweeten your neighborhood by baking and porch delivering donated goodies (mark for allergens!)
98. Research Virtual Internships
99. Tutor Online (Volunteer or Paid, Learning or Teaching)
100. Leave notes in the mailbox of older people on your street/neighborhood to tell them to call you if they need help during this.
 - Bring garbage to the curb
 - Deliver food
 - Help with online shopping

FAMILY TIME

79. Interview a grandparent about your family's history
80. Learn to speak your parent's native language
81. Be the primary chef for your family
82. Teach your younger siblings science projects [HERE](#).
83. Create and Teach a school curriculum to your younger siblings-- have fun with it!
84. Scan family photos and share online or via mail with family
85. Make a video or make a photo book with family recipes
86. Make a photo journal/video/short film/family documentary/mockumentary

ENGAGE WITH YOUR COMMUNITY

87. Pick up groceries/take out for your elderly neighbors
88. Lead a chair yoga session virtually for the older folks with mobility issues stuck at home [HERE](#).
101. Find places/causes that need a social media consultant
102. Start an online book club
103. Find a way to connect with other teens elsewhere in the country/world who are going through the exact same thing with isolation right now
104. Start a virtual circle time for neighborhood kids
105. Do a virtual art class - drop off kits, do video tutorials
106. Hold a Virtual Social Hour
107. Organize an apartment balcony social hour, or like in Italy, a singalong, or concert
108. Think of ways to find and help artisans living in underdeveloped areas sell their products for market price
109. Organize an online game tournament with friends and community members (you'd be surprised how many of your favorite games have online versions)

- 110. Transcribe videos for accessibility
 - 111. Be a Social Media Ambassador for an organization or cause that is important to you
 - 112. Start a virtual Math Circle
 - 113. Write an OpEd about something important to you in your community, school, or about that is happening now
 - 114. Foster dogs/cats
 - 115. Start a petition about something you're passionate about (change.org)
 - 116. Weekly/Daily Dinner and a book/movie for family or a virtual dinner party with friends
 - Godfather and Lasagna
 - Harry Potter and Butterbeer
 - Great Gatsby and canapes
 - Julie and Julia Boeuf Bourguignon
 - Lady & the Tramp- Spaghetti & Meatballs
 - Big Night - scrambled eggs
 - Harry Met Sally - apple pie
 - Ratatouille - duh
 - Mystic Pizza - same.
 - Like Water for Chocolate - Mexican wedding cookies
 - Forest Gump - shrimp anything
 - 117. Look for where there is a need, a gap, a new opportunity to help during this time.
 - 118. Or you can check out virtual opportunities like these:
 - Ideas of from Amnesty
 - UN's Virtual Volunteer Site
 - Help kids who are not getting meals from school [HERE](#).
 - Fundraise for a cause you care about
 - Feed the Children - policy advocate
 - Red Cross - digital advocate
 - Smithsonian Idealist - coding, graphic design, writing
 - www.Allforgood.org
 - www.Volunteermatch.org
 - www.Serve.gov
 - Sparked - micro-volunteering for current projects
 - Contact local goodwill for virtual needs
 - Make greetings cards for Cards of Light for local elders
 - Basic Kindness - creates awareness about food and housing security
 - Mind Bubble HS Tutoring
 - www.LearntoBe.org
 - Paws for Life- Create Thank you notes and letters to be sent to animal welfare supporters
 - VolunteerCrowd App
 - ExpressYourself - radio host and reporter positions
 - Email your mayor or community director to see if she knows of needed volunteers
 - 119. Organize your friends to do good--this is your generation's moment!
- And of course...**
- 120. Explore colleges virtually!**
- Examples:
- Case Western Reserve University
 - Johns Hopkins University
 - Northwestern University
 - Oberlin College
 - Use this [tool](#) to see what colleges are offering as online visit and info options.
 - Many colleges have their own [YouTube](#).
 - Make sure to look at the school sponsored tour. There are lots of random drone tours out there!
 - Most colleges have social media accounts for their admission offices and various areas of interest. These can be fun and interesting to follow. (Instagram & Twitter)
 - [YouVisit](#) is another great resource.
 - [Campus Reel](#) is mainly student videos (fun!)
 - [College Websites!](#) Sign up to receive information from them about online offerings.
 - [Collegewise Webinars!](#) Check them out.