

# COMBATING COVID-19 BOREDOM

COVID-19 is creating unique challenges for everyone. We know that the pandemic and social distancing have taken a toll on the community. We hope that these activities help make you smile!

## Be Virtually Social

For those with access to the internet, there are many options for virtual activities.

- Use social media to explore local virtual events such as trivia nights, Storytime with the library, stand-up comedy, and more!
- Use a video conferencing app to have virtual parties, game nights and meetups with your friends and family.



## Explore New Hobbies or Revisit Old Ones

Take some time to work on the fun things you've had on your to-do list! Here are just a few examples:

- Read a new book
- Write a story
- Do fun crafts
- Start running again
- Learn to cook
- Learn photography
- Create social media videos



## Take Advantage of Special Opportunities

In an effort to promote social distancing, many professionals and organizations are providing free content.

- Take advantage of Social Distancing specials for streaming services and video games.
- Take virtual tours of museums, theme parks, national parks, and cities around the world.
- Join live-stream classes created by professional chefs, gyms, universities, and musicians.



For more information about local resources, call 417-893-9609 or visit [www.facebook.com/Jamie.C.H.A](https://www.facebook.com/Jamie.C.H.A)

