

# 14 DAY QUARANTINE CALENDAR FROM HEALTH AND WELLNESS EDUCATION

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

MORNING



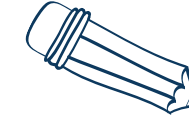
TRY THESE JOURNALING PROMPTS

START YOUR DAY WITH A GUIDED MINDFULNESS ACTIVITY



CREATE YOUR OWN COLORING PAGES

GO ON VIRTUAL SPACE TOURS



FOLLOW A GUIDED DRAWING MINDFULNESS ACTIVITY

TRY AN AT-HOME WORKOUT

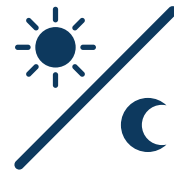


MAKE A PLAYLIST



AFTERNOON

SET UP A LOOSE ROUTINE FOR YOURSELF



DECORATE YOUR BEDROOM

GO ON VIRTUAL TOURS OF MUSEUMS AROUND THE WORLD



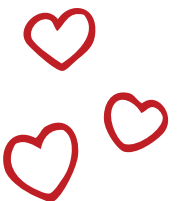
CHECK OUT AN AUDIO OR E-BOOK FROM THE LIBRARY



TRY THESE JOURNALING PROMPTS



DO SOME DOODLING OR DRAWING



TRY OUT A LOVING KINDNESS MEDITATION

EVENING



GET DEEP ON VIDEO CHAT

CHECK OUT VIRTUAL CAMPUS EVENTS ON PRESENCE

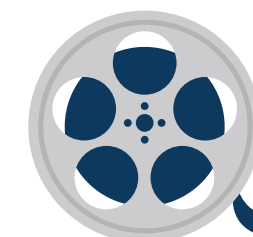
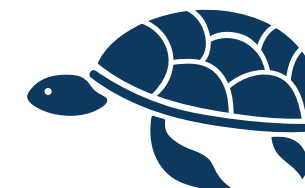


HOST A VIRTUAL DANCE PARTY WITH FRIENDS

TAKE A STRETCH BREAK

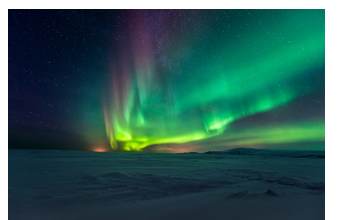


VISIT AN AQUARIUM LIVE STREAM



WATCH A MOVIE

LIVESTREAM THE NORTHERN LIGHTS





# 14 DAY QUARANTINE CALENDAR FROM HEALTH AND WELLNESS EDUCATION

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

MORNING

TAKE SOME PHOTOGRAPHS



WRITE A HAIKU

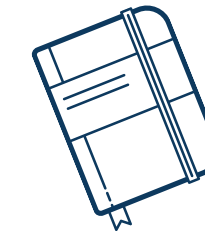
DISCOVER A NEW MUSIC ARTIST



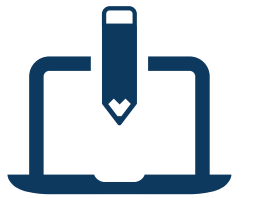
START YOUR DAY WITH A GUIDED MINDFULNESS ACTIVITY



FOCUS IN SMALL BURSTS WITH THE POMODORO TECHNIQUE



TRY THESE JOURNALING PROMPTS



REFLECT ON YOUR TIME IN QUARANTINE

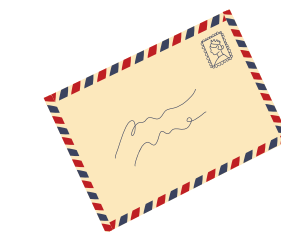
AFTERNOON

LISTEN TO GOOD PLAYLISTS



VIDEO CHAT WITH A FRIEND

TRY OUT A SELF-COMPASSION BREAK



WRITE A LETTER TO YOUR FUTURE SELF



CREATE YOUR OWN COLORING PAGES



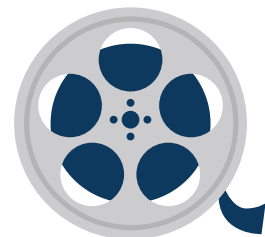
WRITE ABOUT A TIME YOU FELT AWE

LISTEN TO A PODCAST

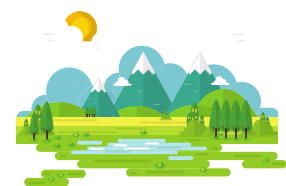


EVENING

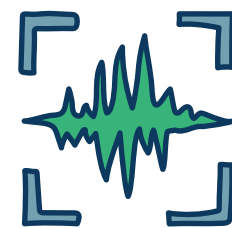
REVISIT A TV SHOW YOU USED TO LOVE



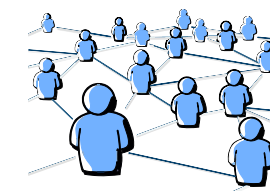
WATCH A MOVIE



VIRTUALLY EXPLORE NATIONAL PARKS AND THE OUTDOORS



SEND VOICE NOTES TO FRIENDS



HOST A VIRTUAL WATCH PARTY WITH FRIENDS

CHECK OUT DLINQ'S DIGITAL STUDENT RESOURCES



DO AN ART PROJECT

