

# 6 THINGS TO DO ALONE OR WITH LOVED ONES TO FIND INSPIRATION DURING THE COVID - 19 PANDEMIC

Dr. Candice McDonald



## Create a Family Recipe

Now is the perfect time to try out the favorite family recipe! If you don't have one, borrow one! Be sure to make a recipe card with photos and/or a fun video to document the process to virtually share with other family members! The question is, will you fail it or nail it?



## Draw the World

Come up with a drawing prompt, study it, then close your eyes, and spend 60 seconds creating your best Picasso while blind!

Set the clock for 20 minutes, then draw or paint a portrait of how you see the other person. When you are all done, show each other your masterpieces, virtually or in-person!



## Dream for the Future

Make a list of three things you dream of for the future. Add photos, doodles or other visuals to represent your dreams.

Next, create an action plan of the steps you plan to take to achieve each dream. Be sure to add dates to when you plan to achieve each step by.



## My Hollywood Life

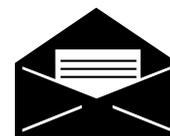
Pretend you were casting roles for your life story. Make a list of what actors would play you and the others in your story at the different stages of life. When you are finished, decide who in your life gets an Oscar!



## Become a Poet

Write a poem about last night's dinner, the family pet, or take turns coming up with a writing prompt.

Then host a poetry hour, virtually or in-person, to recite the completed masterpieces.



## Send Snail Mail

Write and mail random letters of cheer and positivity. Include an inspirational quote of encouragement. Don't know one, you can borrow mine: "Eyes forward, Stay focused keep moving!"

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