Things to do from home during quarantine

Plan an at-home service project

- Use online resources Instructables.com or Pinterest.com to make any of the Do It Yourself (DIY) projects mentioned below.
- Visit the K-Kids, Builders Club and Key Club International Pinterest pages for at-home service projects ideas and instructions.
- Before beginning a project, contact the organization or facility that will be the recipient of your service to confirm donation policy.
- If tackling a large-scale service project, connect with Kiwanis family club members virtually. Use Zoom to coordinate meetings. Invite family members off-site to take part and introduce them to Kiwanis service.
- Share your virtual service project ideas on social media to encourage others to act.

Care for the environment

Recycle and repurpose to limit the amount of trash impacting the environment.

- Create recycling bins using one of these 20 recycling bin ideas: https://www.diyncrafts.com/29250/repurpose/20-diy-home-recycling-bins-that-help-you-organize-your-recyclables.
- Repurpose plastic bags and containers. Get inspiration from these 15 stunning plastic bag crochet projects: https://www.diys.com/plastic-bag-crochet-projects/.
- Plant and harvest vegetables and herbs at home. Start small. Use these 10 tips to plant an indoor herb garden. When you’re ready, transfer what you learn outside: https://howtoculinaryherbgarden.com/indoor-herb-garden/.

Care for others

Neighbors

Let your neighbors know they are not alone. Brighten spirits by sending positive messages in creative ways.

- Paint rocks with uplifting messages and place them close to the road where people walking by will see them.
- Plant brightly colored flowers where neighbors walk most frequently. When flowers bloom, add signage with the message, “Pick what you need.” Do the same with vegetables and herbs.
- Make fairy garden doors and place them on the base of large trees facing the street. Add additional fairy garden accents daily to keep passersby guessing.
• Download the NextDoor app and connect virtually with people in your neighborhood. Post about positive happenings in the neighborhood.

COVID-19 frontline workers

Say thank you to those working on the front lines to keep people safe from COVID-19.

• Create a thank-you banner and place it in the yard to greet those delivering packages.
• Create a Facebook live ‘thank-you’ video and share the wonderful service someone provided. Link it to their business social media page.
• Use chalk to draw colorful, encouraging messaging on the sidewalk or on the driveway.
• Tip robustly when scheduling a delivery to your home.

The elderly

Brighten the day of someone living in a retirement community or nursing home. Make one of these DIY projects:

• Placemats with uplifting messaging.
• No-slip socks.
• Memory card games.
• A song book with lyrics (songs from the 1940s, ‘50s and ‘60s).
• Additional craft ideas for seniors and the elderly: https://www.goldencarers.com/craft/.

The homeless

Repurpose gently used items and create gifts to make time spent at a shelter more comfortable.

• Create a “My Favorite Things” backpack. Collect items in gently used condition with things you love for someone who is close to your age. Place these items in a backpack. Make sure everything is washed and folded nicely.
• Make a craft box and pack it with instructions to make different crafts, plus all necessary materials.

Young children

Provide preschools and child day care centers with learning tools. Donate these DIY projects and make learning fun.

• Make a matching game.
• Write, illustrate and create a comic book or ABC book.
• Create ABC or counting-numbers placemats covered in plastic so kids can practice printing.
• Make sensory toys — blocks with textured sides or rattles with interesting sounds.
• Read books online and share through social media. Check out book titles suggested through the Kiwanis Read & Lead program.
Care for animals

Help shelter animals feel more comfortable. Make and donate these items to a shelter:

- Dog and cat beds.
- No-sew dog and cat blankets.
- No-sew dog chews.

Care for family

Time spent with family can be even more meaningful by participating in fun activities together.

- Plan movie nights. Let each family member pick one movie per night. Invite friends in the community to stream the same movie, then host a Facebook Live discussion with everyone who watched.
- Work on a service project together. Use the lists above for inspiration.
- Create a calm/yoga room where family members can sit, be still, listen to music and meditate. These 10 meditation spaces will inspire you to create your own: [https://www.thespruce.com/meditation-spaces-that-inspire-4177495](https://www.thespruce.com/meditation-spaces-that-inspire-4177495).
- Take a free mindfulness course with your kids: [https://www.mindfulschools.org/](https://www.mindfulschools.org/).
- Try one of these 50 family activities that don’t involve screens each night of the week: [https://www.familiesfirstindiana.org/50-family-activities-that-don-t-involve-screens?gclid=CjwKCAjwsMzzBRACEiwAx4ILG_IymnGhzQ6UJILmBvh6p3NXRrKVbi3oGs9SNqOi8LomfK3q3LEtz-xoCr7YQAvD_BwE](https://www.familiesfirstindiana.org/50-family-activities-that-don-t-involve-screens?gclid=CjwKCAjwsMzzBRACEiwAx4ILG_IymnGhzQ6UJILmBvh6p3NXRrKVbi3oGs9SNqOi8LomfK3q3LEtz-xoCr7YQAvD_BwE).

Care for self

Learn how to keep stress at a minimum and make time at home more enjoyable. Use these resources.

- Move every day to maintain a positive outlook. Try moving with a physical education teacher offering online classes at The Body Coach TV: [https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6YQ](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6YQ).
- Organize an online book club. Read a book and connect online for discussion. Try Project Happiness Circles with book recommendations and discussion questions: [https://circles.projecthappiness.org/circles](https://circles.projecthappiness.org/circles).
- Rewire your brain for happiness. Participate in the 21 Day Happiness Habits Challenge ([https://circles.projecthappiness.org/library/167](https://circles.projecthappiness.org/library/167)) or enroll in the Project Happiness online course ([https://projecthappiness.org/get-involved/online-course](https://projecthappiness.org/get-involved/online-course)).