



Let's make the best of this hiatus to connect, contribute and be compassionate!

- Get outside for at least an hour everyday
 - enjoy the sunshine while going on a walk, run or bike ride around the neighborhood
 - clean up debris or fallen limbs in the yard, even better, do it for an elderly neighbor
 - do a neighborhood clean-up (with Mom or Dad) and pick up any litter in the street or sidewalk. Don't forget to wear gloves 😊

- Check in with an elderly neighbor
- Call a relative who may be living alone or living in a nursing home
- Go through your closets and donate clothes that no longer fit you.
- Help mom and dad by doing an extra chore (or two) around the house.
- Start a reading challenge at home! How many books can you read in this two-week period?
- Practice your culinary skills! Is there a new recipe or food that you've been wanting to try?
- Help a younger sibling learn to read, practice sight words or memorize multiplication tables.
- Learn a new language with [duolingo](#)
- Organize and re-arrange your room with a new layout

- Learn a new skill: watch a tutorial video to learn a new skill
- Get creative! Draw, paint, or sculpt a new piece of art! Don't forget KHK is looking for greeting cards or birthday cards for children fighting cancer and the elderly.
- Practice your instrument or learn to sing a new song!