



Daily Activities Checklist

We all know that creating a schedule can be really helpful, especially while we are practicing social distancing and spending more time in our homes. We also know that it can be really fun to try new things that can jumpstart our imaginations for what health might look like at home! This document, which will continue to be updated throughout the season, is a Checklist of Daily Activities to help us continue to “Work the Wheel” and practice growing our strengths. It is broken into Morning, Afternoon, and Evening sections and by the eight different strengths on the Wheel. We hope you have fun while practicing your Wheel-work this season!



FAMILY SUPPORT

MORNING

- Develop a morning ritual to greet the day. Invite your family to participate!
- Make someone in your household breakfast in bed or prepare their favorite morning drink (tea, coffee, hot chocolate, juice, etc.).
- Make eggs several different ways for your family or roommates: sunny side up, scrambled, over easy, poached...
- Have a family dance party at breakfast!
- Write a positive note on a family member's bathroom mirror.
- Send a hand-written note to someone. Wash your hands beforehand!
- Write your grandparent a handwritten letter! Visit [The Postman's Knock](#) for tips.
- Make a phone date with those who are medically fragile.
- Call someone in your life who feels like a parental figure and ask them questions about their childhood: "Tell me about your first kiss!"
- Play [QUINGO](#) with your family!

AFTERNOON

- Teach your dog a new trick!
- Write a silly joke on the toilet paper for others to find!
- Start a new craft with a family member, either in person or over FaceTime!
- Create a family tree of either your chosen family or the family you were born into.
- Make a DIY cooking video with your family!
- Pull out 3-5 ingredients that you have in the pantry and challenge a family member to create a delicious dish for the whole family.
- Catch up with extended family on Facetime.
- Call an older relative and ask them to tell you about a difficult time they lived through, and ask about what helped them to survive and heal.
- Write a note to someone to say that you consider them part of your chosen family.
- Look at old photos.

EVENING

- Eat dinner together with your family.
- Invite everyone to share a memory of a time when they couldn't stop laughing.
- Check out or [Strengths at Home Resource](#) for family dinner conversation starters.
- Create a scavenger hunt for younger siblings with clues and small surprises around your house or yard.
- Host a family fashion show, where everyone wears at least one piece of clothing belonging to someone else.
- Play the [Sources Board Game](#) with your family.
- Host a long distance movie night with people in and outside of your family on [Let's Gaze](#).
- Tell a family member you love them before going to bed.



POSITIVE FRIENDS

MORNING

- Text 3 friends a picture of your morning cup of coffee.
- Invite friends to download the [LongWalks App](#) for guided group journal entries to keep in touch with how you're doing mentally and emotionally.
- Learn a few moves and lead a yoga or workout class via FaceTime, Zoom, or Instagram Live.
- Post a #whathelpsus Instagram story about what is helping you with Anger, Anxiety, or Depression during COVID-19! Tag 10 friends and challenge them to do the same.
- Create a Tik Tok dance about what's giving you strength, and challenge your friends to do the same!
- Challenge a friend to a laugh-off. Send a Marco Polo, video, or voice message with your best laugh, and follow up with, "Tag, you're it!"
- Kindness to Comedy: send a positive message to a group text of friends, then follow it with a hilarious meme, GIF, or video.
- Write an old-fashioned postcard or letter to a friend and send it in the snail mail. "Just sayin' hey!"

AFTERNOON

- Ask your Positive Friends to subscribe to a daily text from you. Subscriptions could include dad jokes, cute animals, funny babies, memes, etc.
- Cribs COVID-19 Edition: give your friends a tour of your house or room!
- Start a neighborhood scavenger hunt.
- Marco Polo an old friend.
- Watch a makeup tutorial on Youtube with a friend and then try to recreate the look. Facetime each other to show the end product!
- Challenge your friends to see who can get a [QUINGO](#): Sources of Strength Quarantine BINGO!
- Make a virtual care package for a friend with online cards, poems, or animal videos. Include a personal note about what you enjoy about them.
- Host a virtual coffee house on Zoom to discuss how you are leaning into your strengths during quarantine.

EVENING

- Eat dinner with your Positive Friends on Zoom or Facetime.
- Make a shared playlist with friends on Spotify.
- Send someone who may feel less connected a text or Marco Polo asking them how they're doing and wishing them a good night.
- Share your Nintendo Switch player code or your favorite gaming code with a friend and battle it out!
- Host a virtual trivia night where participants text the "host" their answers.
- Host a virtual games night on the [HouseParty App](#)!
- Share your Netflix password with a Positive Friend.
- Host a long distance movie night with friends on [Netflix Party](#). After the movie, pick a character and talk about what strengths they showed and what strengths they could have taken better advantage of.



MENTORS

MORNING

- Send a mentor a baby animal video, a TED Talk, or an article on a topic you know they enjoy! Remind them to take care of themselves as well.
- Reflect on someone who once gave you tough feedback that challenged you to become a better person. Send them a thank you note through email, LinkedIn, or Facebook to tell them about the positive impact they had on you.
- Be a mentor to a younger family member by making a pillow fort with them.
- Take a moment to consider someone you would like to get to know better in a mentoring relationship. How might you take the first step?
- Email your teachers and ask them to begin each online class assignment with the question, "What are you thankful for today?"
- Ask a mentor for a book recommendation! Plan to chat with them about the book once you have finished reading it.

AFTERNOON

- Write a thank you note to a person who has had a positive impact on your life.
- Pick one at-home hobby you want to master (woodworking, cooking, painting, building, sewing, fitness, music, etc.) and make a list of the people and resources who can help you get there.
- Make a list of all the skills you've ever learned and the people who helped you learn them.
- Reach out to one person you follow on Instagram who you admire and ask them for advice!
- Watch a TED Talk by a thinker you admire.
- Create an art project (collage, mosaic, poem, painting, etc.) representing the ways a mentor has added to your life. Then share it with them!
- Reach out to a mentor to ask how they are leaning into their strengths at home.

EVENING

- Ask the best cook in your home (or online!) to teach how to make something new for dinner.
- Be a mentor to a younger family member by teaching them a skill that you have.
- Be a mentor to a younger family member by helping them manage their Big Emotions of Anger, Anxiety, or Sadness.
- Text or email a mentor or Trusted Adult, thanking them for their support and wishing them a good night.



HEALTHY ACTIVITIES

MORNING

- Think of 3 things you are thankful for as soon as you wake up!
- Put your phone away, stand in a sunny place, and take 5 deep breaths!
- Brush your teeth with the opposite hand! This kicks the brain into gear and makes for a day of accomplishment.
- Check online to see what musicians are having free Instagram Live concerts! Follow the #LiveFromHome hashtag.
- Make a list of all the things you want to accomplish today.
- LAUGH! LAUGH! LAUGH!
- Paint-along with Bob Ross on Netflix!
- Plant flowers! Naturing is nurturing!
- Put up Christmas lights at your house to spark joy for you and your neighbors.
- Watch the Panda Cam at the [National Zoo](#)!
- Try a new makeup tutorial on YouTube.
- Trim your hair!

AFTERNOON

- Take a book to a sunny spot in your house or yard. Soak in that Vitamin D!
- Host a virtual or in-home Karaoke party!
- Reorganize your room and rearrange your furniture! Create a space that you're excited to spend time in.
- Complete a home improvement project.
- Order prints of your favorite memories and hang them in your room.
- Step outside and breathe a little fresh air! Soak in that sunshine.
- Try a new hobby like knitting, playing an instrument, or balloon folding.
- Find an Instagram Live workout or a Youtube workout channel and try a new workout.
- Stretch out and breathe deep with [Yoga With Adriene](#) on YouTube.
- Follow Liana Blackburn on Instagram for free daily dance classes [@dailydancerdiet](#)
- Follow designer Julie O'Rourke on Instagram for daily stay-at-home crafts [@rudyjude](#)
- Join in for illustrator Mo Willem's livestream doodle every Monday at 1pm! [@mo.willems.studio](#)
- Sign up for the [Adobe Creative Cloud](#)! Adobe is waiving its fee for 60 days. Get your InDesign or Illustrator on!
- Take a virtual tour of your favorite museum on [Travel + Leisure](#).

EVENING

- Try a new recipe! [@basically](#), and [@healthyish](#) are a great place to start!
- Watch the sunset.
- LAUGH! LAUGH! LAUGH!
- Color a free coloring page from [The Spruce Crafts](#).
- Host a nightly dance party! Invite friends, family, and neighbors to join via Zoom, FaceTime, or Skype.
- Snuggle up with a pet.
- Download the [This Is Sand App](#) to make sand art on your phone!
- Reread your favorite book before bed.
- Stretch for 15 minutes before going to bed.



GENEROSITY

MORNING

- Take your dog on a walk!
- Clean a section of your room or house. Folding laundry, wiping counters, it all helps!
- Ask your parents how you can help them today.
- Make a list of friends in the healthcare or food service industry and Venmo them a couple bucks for "thanks for what you do!"
- Send someone a [GrubHub](#) gift card to give them a warm meal while still social distancing.
- Make a drugstore or grocery store run for an elderly friend, family member, or neighbor.
- Download the [NextDoor App](#) and see if your neighbors need anything that you can help provide (food, a grocery run, extra TP, an encouraging note, etc.).
- Offer to walk the pets of an elderly or sick neighbor. Don't accept tips!

AFTERNOON

- Smile at yourself in the mirror and tell yourself that you are STRONG.
- Donate money to your local food bank.
- Find a local nonprofit that needs extra help and figure out how you can help.
- Write a short note or email of appreciation to someone who has been out on the front lines: city employees, policemen, firefighters, social workers, or healthcare workers.
- Put a roll of TP in a neighbor's mailbox or on their doorstep with a sweet note.
- Ask a roommate or family member how you can support them.
- Support local businesses who are delivering food and doing curbside service.
- Take part in a local initiative pairing volunteers with those in isolation.
- Create a colorful and hopeful banner to post outside your house or neighborhood.
- Decorate your door or windows with uplifting pictures or quotes.

EVENING

- Do the dishes without being asked!
- Pull in the neighbors' garbage cans, then wash your hands!
- Take the trash out without being asked.
- Clean the kitchen without being asked so that you can start the next day fresh.
- Send out a group text asking your neighbors if anybody needs anything from the grocery store!
- Before you go to bed, journal about one positive event that happened today. This helps your brain remember the good.
- Practice generosity to yourself by writing down 50 things that you love about yourself.



SPIRITUALITY

MORNING

- Write down your dreams when you wake up!
- Watch the sunrise from your window or yard.
- Practice journaling for a half hour when you wake up.
- Start the day with some meditation!
- Develop a yoga practice.
- Send a text to 3 people you're grateful for and tell them why you appreciate them in your life.
- Look online to watch or join a teaching, ceremony, prayer, worship gathering, etc. in your faith practice or as a way to learn about how others practice their faith.
- Download great journaling pages from [Christie Zimmer](#).
- Download the [Jour App](#) for daily mindful journaling prompts!
- Do a visualization exercise about the future! Here is one from [Kathleen Kulikowski](#).
- Watch Shawn Achor's TED Talk on [The Happiness Advantage](#).

AFTERNOON

- As a lunchtime conversation or practice, have everyone in your home share 3 things they are grateful for today.
- Watch Brené Brown's TED Talk on [The Power of Vulnerability](#) with a friend or family member.
- Watch a video that has always made you laugh.
- Blast some sacred or good-vibe music.
- Follow the Instagram hashtag #LiveFromHome as musicians post concerts from their living rooms. Lift your spirit through song.
- Listen to an Instagram Live recording of one of your favorite bands.

EVENING

- Light candles for those you love and miss (and blow them out before bed!).
- Attend one of Brené Brown's 15 minute church services on her IG Live [@brenebrown](#)
- Listen to [A Grounding Meditation](#) with Hillary McBride.
- Look at the stars for 10 minutes.
- When you are lying in bed, practice deep breathing and reflect on the ways you want to make a difference in the world tomorrow.
- Play a guided meditation from the [Calm App](#) or [Insight Timer](#) before you go to sleep.
- Write down 3 things you are grateful for before you go to sleep.



PHYSICAL HEALTH

MORNING

- Wash your hands to "[Love on Top](#)" by Beyoncé.
- Drink water to start your day strong!
- Spa day! Take the time to comb your hair, take a bath, and make a homemade face mask.
- Brush your teeth!
- Take vitamin C.
- Take any medications you need and remind someone else to do the same!
- Add golden milk to your coffee!
- Pick up an elderly person's medications at the pharmacy drive-through (or someone who is medically fragile).
- Follow [The Cureable Blog](#) for some free tools to support your brain and body if you experience chronic pain.
- Make homemade house cleaner with water, vinegar, fresh lemon, tea tree oil, & lavender.

AFTERNOON

- Wash your hands to "[Somewhere over the Rainbow](#)" by Israel Kamakawiwo'ole.
- Wipe down all the handles and electronics in your home (doors, remotes, phones, etc.).
- Practice mindful eating! Take time to learn about nutrition and what makes your body strong.
- Get your heart pumping with a free workout with [PopSugar Fitness](#) on YouTube.
- Take more Vitamin C!
- Get moving and participate in Sources of Strength's Social Dis-DANCE Challenge. Follow our [Social Distancing Dance Party](#) playlist on Spotify!

EVENING

- Wash your hands to "[Stayin Alive](#)" by the BeeGees.
- Challenge a group of friends or family members to a floss competition. Who can floss everyday for the longest amount of time?
- Take MORE Vitamin C!
- Drink herbal tea.
- Brush your teeth again.
- Check in on loved ones to make sure that they are taking their medications!



MENTAL HEALTH

MORNING

- Wake up and tell yourself 3 things you are excited about for today.
- Start the day with meditation!
- Start your day strong by making your bed and changing into your favorite outfit.
- Create a list of goals that you can accomplish today. Give yourself a high five, a pat on the back, or a verbal "well done" for each thing you accomplish throughout the day.
- Write down things you love about yourself on your bathroom mirror in lipstick or a dry-erase marker.
- Make a heat-map of your week: how are you feeling day-to-day?
- Color in the [Tangled Ball of Emotions](#) coloring sheet to keep track of your emotions today.
- Schedule a video session with your therapist.
- Clean up and organize a cluttered spot in your home.
- Take a 30 minute break from your phone.
- Download the [SuperBetter App](#) for video game-style challenges that can help you grow physically, mentally, and emotionally stronger!
- Share the National Suicide Prevention Lifeline with 3 people: 1-800-273-8255.
- Make a vision board. Say 3 of your goals and dreams out loud!

AFTERNOON

- Create a fun or interesting #WhatHelpsUs video to show how you are coping with Anger, Anxiety, and Sadness. Post your video on Instagram, use the #WhatHelpsUs hashtag, and tag @sourcesofstrength. Challenge 10 friends to do the same.
- Text 2 people asking how they are moving through hard emotions, and share how you are moving through yours!
- Make a happiness recipe book. List all the things (big and small) that bring you joy: the sound of laughter, bubble baths, traveling, petting your dog, sunshine, going to the beach, etc.
- Make a list of 3 activities that calm you down and 3 activities that give you energy. Try to do one of those things by the time you go to sleep!
- Pet your dog!
- Do a free yoga workout with [Lululemon](#).
- Download the [Stop, Breathe & Think App](#) for help with guided meditations, deep breathing exercises, mental or emotional check-ins, and reflective questions.
- Add the National Suicide Prevention Lifeline to your phone: 1-800-273-8255.

EVENING

- Do mindfulness meditation before bed.
- Put your headphones on, sing out loud, and dance!
- Make a mental stress-sandwich before bed. Start by naming one positive part of your day. Then state your day's challenge or stress. Finally, finish by focusing on another positive portion of your day.
- Play a guided meditation from the [Calm App](#) or [Insight Timer](#) before you go to sleep, and check out these apps for free resources on dealing with difficult emotions.
- Leave your phone outside of your room to allow you to sleep better.
- Can't sleep? Try to name every single thing you are grateful for.

