

# SOLO ACTIVITIES

To support social distancing

- [Solitaire](#)
- Read! Start that murder mystery you've been wanting to try.
- [Painting](#) / Drawing / [Coloring books](#)
- [Knitting](#) / [Crocheting](#)
- [Puzzles](#)
- Journal or write poetry
- Movies / TV shows (use streaming sites like Netflix, Hulu, AmazonPrime, Freeform, Magellantv, etc)
- Learn a language (use [Duolingo](#) or [iTalki](#))
- Stay connected with loved ones via phone, email, video, or letters
- Practice some new cooking or baking [recipes](#)
- [Scrapbook](#)
- [Yoga](#) (try free videos on [YouTube](#) or [Do Yoga With Me](#))
- Use [YouTube](#) to learn a new skills
- Get in touch with your inner child and build some [Lego](#) structures
- [Origami](#)
- [Activity Books](#) (or create a [New York Times](#) account to access these activities for free)
- Explore music on streaming platforms, like Spotify, Pandora, or YouTube
- Watch some inspiring [TED Talks](#)
- Visit the [New York Public Library](#) remotely
- Listen to podcasts (ie. Spotify, Deezer, Apple Podcasts and Google Podcasts)
- Meditate