

# The Bridges Guide To A Quarantine Summer!

Summer 2020 isn't cancelled just yet. Here are nine things to do when you're stuck at home with nothing to do.

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With COVID-19 keeping us all in our homes, it's clear that Summer 2020 isn't going to be like the others. Although most of our usual summer plans are off the menu, here are some great activities to enjoy while maintaining social distancing!

## **START WRITING IN A JOURNAL!**

If nothing else, quarantine has provided us with the time to reflect on ourselves. So what's a better time to start journaling than now? The best thing about keeping a journal is that its contents are entirely up to you. Whether you want to write about how you feel, your goals, or even create a schedule to plan out your time, journaling is the way to go. All you need is a pen, paper and a little bit of time!

## **LEARN OR RELEARN AN INSTRUMENT!**

Playing, or even listening to music, is an excellent outlet for stress and boredom. Whether you do a cover of a song or make your own music, learning how to play an instrument will be a great use of your time. It won't be easy, but practice hard, and you'll come out of quarantine with an awesome skill! If you don't have an instrument at home, a good way to start is by learning how to read sheet music and basic music theory!

## **GET FIT!**

The importance of exercise cannot be understated. This summer, make the most of the outdoors and your health by going on regular walks and bike rides. Spending time outside will refresh your mind and give you a chance to explore your neighbourhood. There will always be a new sight to see and a new area to explore, just remember to maintain social distancing rules and be aware of your surroundings!

## **LEARN HOW TO PROGRAM!**

Programming is an essential skill to have, regardless of your career. The great thing about programming is that it forces you to solve problems and think outside of the box. Through programming, you can create websites, apps, and several other softwares. You can also learn new languages, frameworks, technologies, and more!

### **PLAY GAMES!**

What more is there to summer than having fun? Play all those games you've put off because of work and de-stress. Whether it be playing cards or video games, take this time to relax and spend time with your friends and family. You can also take it a step further and organize an online gaming night with friends!

### **SPEND TIME OUTSIDE!**

Spending your time confined by four walls, especially during these uncertain times, can be frustrating and affect your mood negatively. Switch things up by working or relaxing in the backyard, or if you live in an apartment, your balcony! Doing something as simple as grabbing a book and a chair, and taking them outside can go a long way. Nature and fresh air will help you relax and focus on the task at hand.

### **EXPERIMENT WITH PHOTOGRAPHY!**

The great thing about photography is that just about anyone with a camera can dabble in it. Play around with camera angles and lighting and discover your ideal way to take pictures. You can even take it a step further and experiment with photo editing! Photography, like all forms of art, is very interpretive. Every image you take carries a different meaning, so indulge in your creativity and figure out what you like!

### **READ BOOKS!**

It's almost impossible to overstate the benefit of reading new books that interest you. Reading books will always be a great pastime. Not only are they entertaining, but they also help expand your knowledge and vocabulary! The best thing about books is that there is a great variety of genres and types of literature. Whether you like fiction or nonfiction, poetry or prose, there is something for everyone!

### **GET A JUMP START ON YOUR CAREER!**

The great thing about having an endless amount of free time is that it gives us the ability to follow our passions. Use this time to learn new skills and hobbies that will allow you to explore your ideal career. You can do this by taking summer courses, borrowing career-related books from the library, or online platforms like LinkedIn Learning!