

Staying Strong, Active, Neighbourly and Energetic	A 0-10	B 0-10	Today's Choices
1. Make a list of friends and family to talk to, and call some today. Practice virtual hugging			
2. If you are sick or in self-isolation, use your phone or social media to ask for help			
3. Grow food! We're going to need it. Dig a new garden bed to grow healthy organic food			
4. Pay attention politically to the rapidly changing responses to the crisis. Become involved			
5. Take this chance to learn about a Green New Deal, to build an economics of kindness			
6. Learn how to use Zoom, and set up a Circle of Friends to meet daily			
7. If a friend struggles with OCD, anxiety or mental illness, give them special attention			
8. If you belong to a club, group or church, plan a Zoom meeting for your members			
9. Print Viral Kindness cards and distribute them among your neighbours			
10. Can you offer childcare for healthcare workers? Post your offer on Facebook			
11. Join or form a COVID-19 Mutual Aid group			
12. Keep your children's minds, hearts, minds, bodies and imaginations active			
13. Call a family meeting to discuss becoming 100% climate & nature-friendly by 2025			
14. Arrange a time to play Scrabble online with a friend, and search for other on-line games			
15. Start a daily meditation or mindfulness routine			
16. Set time aside to ask yourself what your personal goals are for the next six months			
17. Take a daily walk. Nature is open 24/7			
18. Join an online choir and sing your heart out with thousands of others			
19. Start a daily exercise routine, to keep fit and build your immune system			
20. Check that you have sufficient prescription drugs for the next two weeks			
21. Check that you have the medicines you'll need if you get the COVID-19 virus			
22. Check on your finances, and the new government emergency programs			
23. Learn a new skill. But which? List five possibilities and choose one			
24. Choose a realm of life you'd like to study, and decide on the best way to study it			
25. If you are an activist for any kind of positive change, set aside time to persist			
26. Explore the world of on-line courses, choose one to start with			
27. Set a time to use 52 Questions to deepen a chosen partnership			
28. Check your food and pet supplies – do you have enough for two weeks?			
29. Choose five books you'd like to read, and dig in. Ask your neighbors to share			
30. Set up a Tiny Library table where you can give books to your neighbours			
31. Find an online cookbook and start planning meals from recipes. Try vegetarian or vegan			
32. Order take-out from a local restaurant, to keep them in business			
33. Plan a camping trip. Get out of the city and into the peace and quiet of Nature			
34. Celebrate the Arts. Explore the world of classical music			
35. Make a list of movies to watch – but maybe limit your viewing to a few hours a day			
36. Start assembling your household emergency preparedness kit			
37. If you run a business, consider becoming a Benefit Corporation			
38. If you have spiritual or religious inspiration, set time aside for prayer and reading			
39. Share uplifting stories on social media, to dispel negativity, worry and fear			
40. Make a list of your favorite family puzzles and games, and choose one to play today			
41. Explore the world of podcasts, take time to listen to one			
42. Practice not touching your cellphone for a whole hour			
43. Can you give blood? There's an urgent need for it.			
44. Make a list of procrastinated household jobs, and start one. Time for decluttering?			
45. Make a list of procrastinated garden and yard jobs, and start one. Make way for beauty			
46. Watch a good YouTube massage video, then offer your partner a session			
47. Visit a local park. Set a goal to learn the names of the trees			
48. Explore 'Volunteers Wanted' in your local paper, and ask if you can help			
49. If you are getting up there in age, take the time to write your will			
50. At 7:30pm every night open your window and sing your heart out, bang pots and pans			