

# Buzz 75: Safer at Home Edition

#Buzz75



#TogetherWithYou



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hashtags **#Buzz75** and **#TogetherWithYou**  
to earn prizes! Prizes earned at 5, 15, 30, and 60.

## Socialize (at a Distance)

1. Hand-write a letter to a family member or friend
2. Make greeting cards for a nursing/care facility
3. Check-in with neighbors, especially elderly
4. Plan a virtual party or hangout over Zoom, WhatsApp, or another app
5. FaceTime with family or friends
6. Try the Netflix Party extension or something similar to watch movies together
7. If you live with others, have technology-free time
8. Schedule a virtual lunch or coffee date with a friend
9. Host a virtual game or trivia night
10. Find an exercise buddy and FaceTime workouts with each other.

## Relaxing

11. Practice Yoga
12. Bake cookies or another dessert
13. Drink a cup of coffee or tea
14. Take a nap
15. Doodle, draw or paint
16. Color a picture
17. Write in a journal
18. Read a book
19. Meditate
20. Give yourself or someone else a manicure or pedicure
21. Try a new hair style
22. Listen to music
23. Stretch
24. Look through old photos or home videos
25. Learn to knit, crochet or do another craft
26. Make a scrapbook
27. Watch a sunrise or sunset
28. Eat a snack
29. Find a new favorite quote or saying
30. Cuddle with a pet or stuffed animal
31. Create a self-love list

## Adventurous

32. Make a TikTok
33. Watch live streams of animals at the zoo
34. Go on a virtual museum tour
35. Visit a local or state park
36. Take a photo of your hometown's attraction
37. Try a new recipe
38. Make a list of fun things to do when COVID-19 has passed
39. Take a hike or go for a bike ride
40. Have an indoor beach party
41. Participate in a virtual 5k
42. Rearrange your furniture or redecorate
43. Learn a new language
44. Make a vision board
45. Grow an indoor plant or start an herb garden
46. Have kids at home? Plan an indoor scavenger hunt, build a fort, or host a tea party

## Productive

47. Go for a walk or run outside, anything for a little fresh air and exercise
48. Do some spring cleaning
49. Prepare a home-cooked meal
50. Learn something new on LinkedIn Learning
51. Declutter and organize a closet or another space
52. Update your resume
53. Make a list of personal and professional goals
54. Prep some healthy meals or snacks for the week
55. Research summer internship or volunteer opps
56. Create a monthly budget and track spending
57. Delete old emails
58. Update your social media profiles
59. Declutter your mind by doing a brain dump
60. Start your day by identifying the 3 most important things to accomplish

## Entertaining

61. Order delivery or carryout from a local restaurant
62. Watch a favorite movie
63. Do some online window shopping
64. Buy gift cards from a local business to use at a later date (help them stay afloat)
65. Complete a crossword puzzle
66. Play a board game, card game, or do a puzzle
67. Listen to a podcast
68. Scroll through Pinterest
69. Watch a documentary
70. Try making something crafty
71. Make a personal bucket list
72. Take some selfies
73. Read a magazine
74. Catch up on celebrity gossip
75. Sing and dance to your favorite song



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