



OGDENCLINIC

INSIDE | GUIDE

A resourceful guide to help you manage quarantined life inside your home.

HOME ACTIVITIES

BY AGE GROUP

AT HOME

EXERCISE TIPS

RECIPES



AT HOME ACTIVITIES | WITH KIDS

-LIFESAVING ideas from Pinterest

Pinterest has put together a board called “Stay safe. Stay inspired.” which is full of ideas that will help you entertain your kids at home.

Check it out: [Stay safe. Stay Inspired by Pinterest](#)

-Good news for Disney+ users

Disney released *Frozen 2* and *Star Wars: Rise of the Skywalker* to their streaming service 3 months earlier than their anticipated date. In addition, their recently released film Disney Pixar’s *Onward* will be available extremely early on Disney+ on April 3.

EASY IDEAS at HOME:

- Draw or paint
- Build a fort
- Make slime
- Family talent show
- Plant seeds/ garden
- Bake a treat
- Decorate/rearrange bedroom
- Learn a magic trick
- Host a board game tournament
- Play dress up
- Write a letter to a loved-one
- Have a movie night



- Obstacle course
- Watch a YouTube yoga tutorial for kids
- Do a treasure hunt in the yard
- Go on a walk, hike, or bike ride
- Go on a photo scavenger hunt
- Create a dance routine
- Host a “mini olympics”
- Roller skate
- Jump on the trampoline



AT HOME ACTIVITIES | WITH KIDS

-Duolingo

Learn a foreign language for free with Duolingo! Open the app, and it's like a game. It uses pictures, your smartphone's microphone and video clips to help you learn words, recite them and write them out as well. [Try Duolingo](#)

-PBS Learning Media

PBS Learning Media has curated free interactive lesson plans and educational videos for ages k-12. [Try PBS Learning Media](#)

-Scholastic

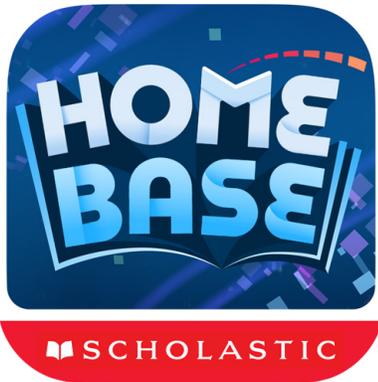
Scholastic is offering free online courses on their "learn at home" website, with content available for pre-kindergarten to grades 6+. [Try Scholastic](#)

-Audible

Kids can listen to audio books for free on Audible. [Try Audible](#)



HELPFUL APPS



SCHOLASTIC HOME BASE



DUOLINGO



KHAN ACADEMY



AT HOME ACTIVITIES | ADULTS

HOBBY

-LIFESAVING ideas from Pinterest

Pinterest has put together a board called “Stay safe. Stay inspired.” which is full of ideas that are catered specifically to adults. Check it out: [Stay safe. Stay Inspired by Pinterest](#)

EASY IDEAS at HOME:

- Learn to hand-letter
- Make a seasonal wreath
- Watercolor or paint
- Alter or hem clothes
- Knit or crochet
- Try a challenging recipe
- Meditate
- Write a short story
- Play your favorite game
- Make a candle-lit dinner
- Write a letter to a loved-one
- Have a movie night
- Play a musical instrument



EDUCATIONAL

-Reading: Start the 100 Novel Challenge

Now is as great a time as ever to dive into reading. Blogger Mikaela Miller from [jamico.com](#) created an amazing list of over 140+ amazing classic books to read. Check out her list and crack a book open today: [The 100 Novel Challenge](#)

-Online Learning

Online learning is an amazing opportunity for adult learners. You can find inexpensive and free ways to learn.

1. Start an online community education course. Check out local programs from [Weber State University](#).
2. Free online courses from [Harvardex](#). Want to “go to” Harvard? Now’s your chance!
3. [Lynda.com](#) Get a 30-day free trial of courses on design, web design, and more.
4. [Skillshare](#) is an online learning community with thousands of classes on topics including illustration, design, photography, video, freelancing, and more. Try 2 months free!

-Listen to Educational Podcasts

Listening to educational and inspiring content can help you get through the day.

Educational podcasts:

1. TED Talks Education or TED Talks Daily
2. The Daily Diagnosis
3. Stuff You Should Know Podcast
4. Overheard at National Geographic

-“YouTube University”

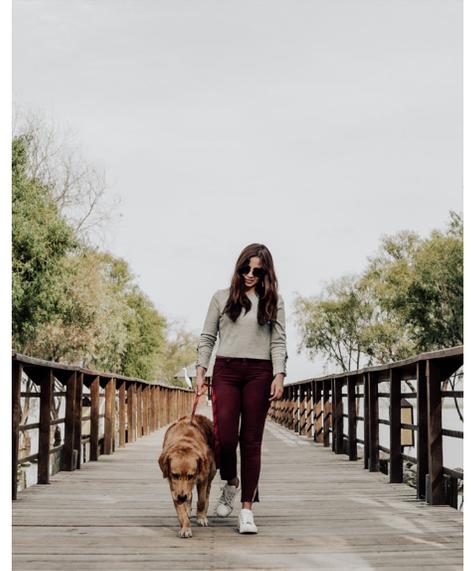
There are a lot of skills that can be learned with video tutorials from YouTube. If you are a great self teacher, refine your skills by practice with the help of videos on YouTube.



HOME *FITNESS*

ACTIVE EASY EXERCISE

- Spring clean
- Work on a long-overdue DIY project
- Go on a walk to your favorite small business and pick up a curbside order
- Volunteer to walk a dog from the animal shelter
- Hike a local trail
- Create a custom at-home workout
- Plant a garden/ do yard work
- Redecorate/ rearrange a room in your house
- Add a fresh coat of paint to a room
- Do a “steps challenge” and try to surpass your daily steps average
- Stretch



ACTIVE HIGH LEVEL EXERCISE APPS



NIKE TRAINING CLUB APP

The Nike Training Club app helps you reach your fitness goals with expertly designed workouts from our world-class Nike Master Trainers. NTC provides **free** workouts for everything from bodyweight-only sessions, invigorating yoga classes, targeted training programs, and full-equipment home workouts for all fitness levels.



FIT ON APP

Lose weight & get fit anytime, anywhere with **free**, personalized workout plans. Never pay for fitness again!

Achieve your health and fitness goals with unlimited access to the best workout classes - from cardio to strength training to HIIT, yoga, Pilates, dance and more!



5K Runner

Go from couch potato to 5K runner with this free app. This app breaks down run and walking intervals into doable training to run a 5k!

Get in shape and lose weight in 8 weeks

FOOD FOR THOUGHT

RECIPIES



ONE POT BURRITO BOWLS

This recipe from Jamielyn Nye from the blog [iheartnaptime](#) is an easy and delicious one pot meal! This dinner recipe is made in one pot in 30 minutes... making clean up a breeze. Perfect for busy week nights!

[Visit her blog for full instructions and more meal ideas!](#)

1 Tablespoon olive oil
1/2 cup red bell pepper
1/2 cup diced sweet onion
1 pound lean ground beef
1/3 cup Medium Thick n' Chunky Salsa
15 ounce can black beans , rinsed and drained
15 ounce can corn, drained
14.5 ounce can diced tomatoes
4 ounce can diced green chilies
1 cup jasmine rice
1 Tablespoon taco seasoning
1/2 teaspoon chili powder , use 1-2 tsp if you like more spice
2 cups chicken stock , or vegetable broth works too
1 cup shredded cheddar/jack cheese
S&P to taste

INSTRUCTIONS

In a large pan, heat the olive oil over medium heat. Saute the onions and red peppers. Add in hamburger and cook until browned. Drain grease. Stir in salsa, black beans, corn, tomatoes, green chilies, jasmine rice, taco seasoning and chili powder. Pour in chicken stock and then bring to a light boil. Cover the pan and reduce heat to low. Cook for an additional 15-20 minutes, or until the rice is all the way cooked.

3-INGREDIENT PEANUT BUTTER COOKIES

Recipe from [Life in Flavor](#)

1 cup of smooth peanut butter
1/2 cup of granulated sugar
1 large egg

INSTRUCTIONS

Preheat the oven to 350 degrees F. In a bowl, stir the ingredients together until well combined. Once mixed, take

spoonfuls of dough and roll them into balls. Place them on a nonstick cookie sheet or one lined with parchment paper.

Take a fork and press down on the balls of dough to make a pattern across the top.

Bake for 8-10 minutes or until the bottoms are golden brown. Do not over bake.

Leave to cool for 1-2 minutes and enjoy.

EASY | DIY | WASHABLE | REUSABLE

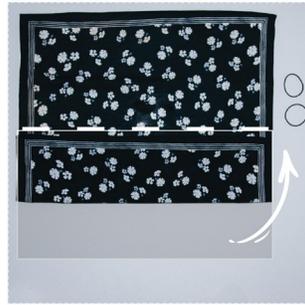
CLOTH FACE MASK

According to the CDC, COVID19 can spread from a person before they have symptoms. Take action to slow the spread by wearing a cloth face covering in public spaces in addition to other preventative measures.

This simple covering can be made with a scarf, bandana, or cloth napkin and two elastic bands.



1. Start with cloth and two elastic bands.



2. Fold bottom half toward midline.



3. Fold top half toward midline.



4. FLIP.



5. Fold top half toward midline.



6. Fold bottom half toward midline.



7. Slide elastics on both ends.



8. FLIP.



9. Fold left side toward midline.



10. Fold right side toward midline.



11. FLIP and wear with elastics behind ears.



12. Stay safe. Wash in between uses.

