



New Life Isolation Assistance: Corona Crisis Aid

What to Do When You Don't Know What to Do

Most of us have more time on our hands than ever before. There are fewer options outside the home, and some of us are not even able to leave the house. So here are some ideas that might make the time more valuable and more enjoyable.

If it's just you and God:

- 1. Connect, Connect and Connect Again.** If you have a phone, call some people you know would love to hear your voice or need to hear any voice. If you can face time, well that is even better. And when the conversations stop, everyone loves a personal, hand-written note or a card. However you do it, connect and encourage someone else, and you will be the better and stronger for it.
- 2. Kondo Closet Cleanout.** Most have heard about Marie Kondo's joy evaluation of the wardrobe. Pile it up in the middle of the floor, and if does not bring you joy, give it to Goodwill so it can bring joy to someone else. Perhaps a better variation would be if it does not bring joy, and you have no need for it, let it go. I have some garden shoes that I use to pick up dog droppings. They don't bring me joy, but I need them. So share the joy, and hand those hand-me-downs on down the line.
- 3. Where There's a Will There Are Happy Survivors.** If you have a will, update it. If you don't have a will, write out a simple one on paper stating what you wish to happen after you are no longer here. If you can get it notarized, do so. If not, mail it to your family and ask them to help you get it filed. But after it is completed, don't die.
- 4. Free Trials In Time of Great Trial.** Most streaming sources provide a free trial period. It needs to be the right service that does not make pornography part of their regular programming. Sign up for the free period, but be sure and cancel before the free trial runs out. But during that free trial,

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be sure you binge watch and download as much as you can. Then, it's on to the next streaming service that offers free trial viewing.

5. **Arts and Crafts.** Pull together rope, ribbon, string, buttons, and anything else that is colorful. Now make something wonderful from it all. Either glue it into a sculpture, or glue it onto a page. Maybe the material becomes the name of a grandchild or a niece or a nephew. Or, just skip the collection of stuff, and with anything from crayons to oil paints, create some art. Modern or Mickey Mouse, just make it magnificent.
6. **The Reflective Life.** A reflective life tends to get better and better. Now that you have some time, reflect on the past year or decade or last week. Get a simple journal and write down your reflections. What were your challenges? How did you overcome them? What did you learn? Where was God in all of it? What do you know about God? How has that impacted your life? Maybe finish by writing an encouraging note to yourself for the days ahead.
7. **Color Your World by Coloring Your Curls.** So you are isolated. What a fun time to try a new hair color. Green seems to be a great choice for spring. If you don't want to color your own hair, try cutting it into a new style. Sure it will be horrible, but you will have an excuse to stay in the house. And since it seems this crisis is going to last longer than anyone ever dreamed -- well, it will have time to grow out.
8. **Learning Online.** Get on YouTube and find a set of videos that can teach you something new. It could be new language or just a few phrases of a new language. It could teach you how to draw, which is a great idea since all you need is a pencil and some paper. If nothing else, search on how to use the camera in your phone so you can be a much better phone photographer.
9. **Poetry in Motion.** If you feel a bit down or emotional, well, that is the perfect time to write some poetry. They don't have to rhyme, but they can be wonderful if they express emotion, or make you or someone else laugh. If you do want to rhyme, there are rhyming websites that can help you with that. You might write a poem for each of your friends or family members. When you write it out very neatly and give it to them, it may be crummy by all English teacher standards, but they will love it that you thought of them and went to all that trouble.
10. **Virtual Beauty.** Take a virtual tour of one of the great museums of the world. Many have increased their options, and you get some great information on some beautiful works from the hands of others. My thought is that if you take one virtual tour, it won't be your last. They really are amazing.

If the whole family is back home:

1. **Fire Drill Thrills.** So now that everyone is home, there might be a little more friction with everyone in close quarters. So, have a meeting and talk about what to do in case of a fire. Then practice. It could save your life and the lives of all of the family. Then, once everyone is out in the yard, load up and head for the country, a river, a lake, a trail to walk or a mountain to climb. If not those options, maybe there is a local park. Take a ball and a Frisbee and have some fun outside.

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- 2. Comedy Night.** It is everyone's job to show up with a funny video, story, joke, cartoon or picture. Everyone shares their funny contribution, and each one is evaluated on a scale of one to ten -- and the winner gets to be a winner. Then you start a story that is supposed to be funny and absurd. Each person adds one to five sentences to the story line in the funniest, most creative way possible. Here is the way it could go:

Story Teller #1: The other day I was walking along a pond and an entire flock of geese flew over my head and landed in the pond.

Story Teller #2: Unfortunately they had just eaten an entire store house of corn from the farm up the road, and before they landed in the pond, they pooped on my head.

Story Teller #3: After I asked God if he was mad at me, I went back to the house to take a shower to get the goose residue off of me. Sadly, when I walked in to the house, a rabid dog had gotten in and immediately fell over dead.

(Well, if you don't get how to do this, you might want to forget this idea altogether.)

- 3. Dance, Dance, Dance.** If you are older, dancing involves the entire brain to hear the music, know the beat and follow the steps. If you are younger, well everyone loves someone who can dance. You will be a dancing hero. You don't have to be great, you just need to be willing to follow directions. Great music, brain workout, and exercise: Can't beat it.
- 4. The No Brainer Trainer.** Announce that you have just been certified as an exercise trainer and yoga Grand Puba. Then make it up as you go along, and lead your gang in exercises that everyone knows. But you give the exercises much better names and make up a few new ones. I developed the sideward role which is merely laying on your side and rolling. Sounds a bit simple, but the kids seem to love it.
- 5. Plan It On the Planet.** Call a meeting and ask the family to tell everyone else one or two places that they would like to be considered for a future vacation, or at least a family trip. Eliminate the ones that are out of the range of the budget. Vote on the rest and pull out the calendar and set the date. Then brainstorm some ways that the family might cut some costs, or raise some money to afford the trip, or have more freedom on it.
- 6. Conceal and Search.** Well, what I really mean is Hide and Seek. Who does not love a good game of Hide and Seek? You may not have played it in years. Review the rules and get everyone hiding and seeking and it will be a new experience with an old game for everyone.
- 7. What I Like About You.** Pull everyone together. Turn on a recorder on someone's phone. Take turns with each person telling every other family member a few very important things.

Tell what you love about the person. Recall a moment and share a time that you never forgot because it was so powerful or so funny. Name three strengths that each person possesses. Take a guess at where you think the person may be in 10 years.

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8. **Puzzle Yourself.** How about an old or a new jigsaw puzzle. It is a brain restoring exercise, and it reduces stress. It can also produce some strong bonding moments if everyone gets involved. While everyone is working to put the pieces together, it might be a great time to ask family members what their goals are or how they see their life coming together. If you are brave, ask what they might like to see change within the family.
9. **Playing Dress Up.** Encourage each person to dress up as weird and strange as possible. Then take a walk down the street or downtown and see if your strange family can attract some attention and have some laughs and fun. You could walk up to a drive-through with all the family on foot. Stay safe, but look outrageous.
10. **Opposites Day.** In this opposite's day, everyone commits to using their non-dominant hand all day. Be sure the day also includes everyone writing a note with their opposite hand. Write it to yourself, and also write one to another person. And pray that these last days will cause all of us to trust God more and lower our anxiety!

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