

A GUIDE TO:

# STAYING CREATIVE IN QUARANTINE



## REVAMP YOUR WARDROBE

Try putting together new outfits or reworking old clothes. For example, you could give your denim a more distressed look, tie-dye a white shirt, or make scrunchies out of extra fabric.

## WRITE IN A JOURNAL

For the majority of us, today's circumstances are unlike anything we have ever lived through. Keeping a journal is worthwhile in that it will allow you to recall specific details about this time. It also gives you an opportunity to let out the many emotions you are probably dealing with right now.



## LEARN TO COOK

Why not use this time to get crafty in the kitchen? Try following a funky recipe or even coming up with your own. Once you're comfortable, try cooking a meal for your family.

## SET UP YOUR PLAYLISTS

Listening to music is a great way to pass the time and keep your spirits up in quarantine. Try sorting your favourites into a series of playlists for different settings.

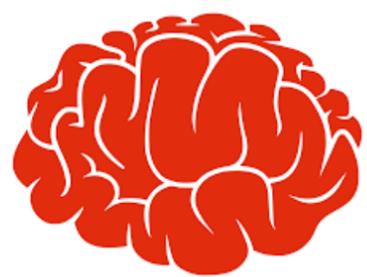


## MAKE A POST-QUARANTINE BUCKET LIST

If social distancing has taught us anything, it's to never take the joys of everyday life for granted. Try making a list of things you are excited to do once restrictions are lifted.

## LEARN A NEW SKILL

Try using this time to learn something you have always wanted to. Whether it be painting, learning a new language or anything in between, now is the perfect time to give it a go.



WHAT ARE YOU WAITING FOR? GET CREATIVE!

DON'T FORGET TO SOCIAL DISTANCE & DO YOUR PART TO  
#STOPTHESPREAD

This guide is brought to you by the Peer Tutors of Gleneagle Secondary School

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