

QUARANTINE PHOTO BOOK CHALLENGE

Instructions: Take 1 picture per day while we are all doing our part to flatten the curve by staying socially distant! You may have to get silly or creative for some but that's the point--to take a break from our tough emotions to find joy and comfort in what we can find in the life around us.

When you have taken all of the pictures, turn them into a photo book so you can remember the memories you made and beauty you found despite these really difficult times.

Family Pictures

Silly faces
Snuggled together
In your favorite comfy outfit
Around the table at mealtime
With your heads hanging off the bed
Enjoying your favorite quarantine treat
As a band with kitchen utensils as instruments
With your toilet paper rolls

Inside Your House

A view from a window
Something dirty
That same thing all cleaned up!
Doing a random act of kindness

Outside Your House

The sky in the morning
The sky in the evening
A bird's nest
A cool bug
Exploring a new place
Your house at sunset
Enjoying your favorite outdoor activity
Putting a letter in the mailbox to a friend or family member

Other people (while socially distanced!)

Your neighbors on their porch
Extended family on the porch
Friends on their porch
Classmates on their porch