



EDUCATION



- Check out the CYP Group for Education Resources (<https://www.facebook.com/groups/515235949103385/>)
- E-Library (<https://www.navymwr.digitallibrary.org/>)
Read a book, rent a movie, take a class
- Take free online classes
- Learn a new language, musical instrument, or skill (Practice photography, sketching, or painting.)
- Research destinations for next year's travel

CONQUER YOUR TO-DO LIST



- Deep clean your house
- Closet clean out – Sort, try on, toss or donate!
- Pantry clean up – Get creative with the ingredients in your pantry
- Meal plan for the next week, month, or year (look up new recipes you'd like to try)
- Work on or update your budget or savings plan (Great resources available over the phone from MFSC or at jbphh.greatlifehawaii.com/support)

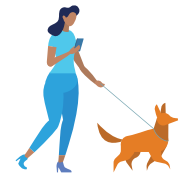


BE SOCIAL (FROM A DISTANCE)

- Reach out to friends or family you haven't talked to in awhile
- Plan a virtual hang out or play date
- Support a small business by ordering take-out or delivery

GET MOVING

- Take a virtual work out class (Yoga, HIIT, Pilates, Calisthenics)
- Run around the backyard (If you have one)
- See how many push-ups or sit-ups you can do without stopping
- Try the Navy Operational Fitness program. Search for NOFFS on your app store
- Stretch



MORE FUN

- Teach your pet a new trick
- Foster an animal while you're working from home
- Check out museums virtually at #MuseumMomentofZen
- Build your family tree (research your genealogy)
- Take some time to relax. Practice self-care (put on a face mask, meditate, take a bubble bath)
- Share how you're staying strong and remember to tag us (see below) hashtag #greatlifehawaii #mygreatlifehawaii



LOOK OUT FOR E HUI ME MWR; GATHER WITH MWR FOR STAY PUT AND PAINA, CREATIVE CORNER, LIVE WORKOUTS AND MORE.

