ILO Ideas

*ILO's Weekly Ideas for Fun and Adventure
for those of us stuck at home for a while.*

Home-bound?...Explore the World from home!

Isolated?.........Reach out and touch someone (virtually or by phone)!

Bored?...Get creative and entertain yourself!

This is a great opportunity to do things that stretch your imagination, your knowledge, your creativity and to get your life in order. Here are a few ideas for this week:

Get inspired	❑ Sign-up online for the InspireMore feed: https://www.inspiremore.com/ ❑ Take a camera outside and photograph everything that looks beautiful to you. ❑ Practice deep breathing while listening to nature sounds. ❑ Draw or paint a scene outside your window.
Expand your mind	❑ Check out Facebook's Expand Your Mind Show: https://www.facebook.com/ExpandYourMindShow/ ❑ Shock your mind and your taste buds and try a new food, drink or recipe.
Get your life in order	❑ Take a couple of "before" photos of one room in your house (bedroom, kitchen, bathroom). ❑ Then organize and clean that room. ❑ Then, take a photo of it again and share the <u>before and after</u> photos with your family and friends. Ask them to rate you from 1-10.
Find your creative side	❑ Enjoy something <u>you</u> created in the past—a Facebook post, a video, a drawing, or a project. ❑ Disconnect for a while and write your thoughts in a journal or notebook.

Stretch your imagination	❑ Check out a PBS show you haven't seen before:
	   ❑ https://www.pbs.org/wgbh/masterpiece/shows/endeavour/
	   ❑ https://www.pbs.org/wgbh/masterpiece/shows/howards-end/
	   ❑ Your choice: _____

Do something for someone else	❑ Ask 2 or 3 other ILO self-advocates what they're grateful for and why. ❑ Ask someone to tell you about the thing they love the most in life and why.

Let us know how you did and send us suggestions for next week: jbrown@ilonow.org