



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	<input type="checkbox"/> Sign-up online for the InspireMore feed: https://www.inspiremore.com/ <input type="checkbox"/> Take a camera outside and photograph everything that looks beautiful to you. <input type="checkbox"/> Practice deep breathing while listening to nature sounds. <input type="checkbox"/> Draw or paint a scene outside your window.
Expand your mind	<input type="checkbox"/> Check out Facebook's Expand Your Mind Show: https://www.facebook.com/ExpandYourMindShow/ <input type="checkbox"/> Shock your mind and your taste buds and try a new food, drink or recipe.
Get your life in order	<input type="checkbox"/> Take a couple of "before" photos of one room in your house (bedroom, kitchen, bathroom). <input type="checkbox"/> Then organize and clean that room. <input type="checkbox"/> 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	<input type="checkbox"/> Enjoy something <u>you</u> created in the past—a Facebook post, a video, a drawing, or a project. <input type="checkbox"/> Disconnect for a while and write your thoughts in a journal or notebook.
Stretch your imagination	<input type="checkbox"/> Check out a PBS show you haven't seen before: <ul style="list-style-type: none"> <input type="checkbox"/> https://www.pbs.org/wgbh/masterpiece/shows/endeavour/ <input type="checkbox"/> https://www.pbs.org/wgbh/masterpiece/shows/howards-end/ <input type="checkbox"/> Your choice: _____
Do something for someone else	<input type="checkbox"/> Ask 2 or 3 other ILO self-advocates what they're grateful for and why. <input type="checkbox"/> Ask someone to tell you about the thing they love the most in life and why. <input type="checkbox"/> Ask others what they do not to feel so isolated.

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