**HAWP’S 14-DAY QUARANTINE WELLNESS GUIDE**

**DAY 1**
- **MORNING**: Try a guided meditation (10-minute mind)
- **AFTERNOON**: Listen to music and create playlists
- **EVENING**: Attend virtual events

**DAY 2**
- **MORNING**: Do an online workout
- **AFTERNOON**: Try these journaling prompts!
- **EVENING**: Video chat with a friend

**DAY 3**
- **MORNING**: Journal
- **AFTERNOON**: Go on virtual tours of museums from around the world
- **EVENING**: Watch a movie

**DAY 4**
- **MORNING**: Start your day with a guided mindfulness activity
- **AFTERNOON**: Go on virtual space tours
- **EVENING**: Join a live Zoom workout class with Brandeis Athletics

**DAY 5**
- **MORNING**: Follow a guided drawing activity to practice mindfulness
- **AFTERNOON**: Decorate your bedroom
- **EVENING**: Host a virtual game night with friends

**DAY 6**
- **MORNING**: Go on virtual space tours
- **AFTERNOON**: Do an online workout
- **EVENING**: Support a local restaurant near you and try a new takeout food

**DAY 7**
- **MORNING**: Create coloring pages
- **AFTERNOON**: Listen to a podcast
- **EVENING**: Live stream the northern lights
<table>
<thead>
<tr>
<th>DAY 8</th>
<th>DAY 9</th>
<th>DAY 10</th>
<th>DAY 11</th>
<th>DAY 12</th>
<th>DAY 13</th>
<th>DAY 14</th>
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<td><strong>MORNING</strong></td>
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<td>DO AN ONLINE WORKOUT</td>
<td>TRY A STRETCHING EXERCISE</td>
<td>TRY A GUIDED MEDITATION (10-MINUTE MIND)</td>
<td>Video chat with a friend</td>
<td>Create a photo collage</td>
<td>TRY USING ADOBE SPARK</td>
<td>TRY A GUIDED MEDITATION (10-MINUTE MIND)</td>
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<td><strong>AFTERNOON</strong></td>
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<td>Discover a new music artist</td>
<td>Video chat with a friend</td>
<td>FOLLOW A RECIPE AND MAKE A SNACK</td>
<td>VIRTUALLY EXPLORE NATIONAL PARKS AND THE OUTDOORS</td>
<td>WRITE A LETTER TO YOUR FUTURE SELF</td>
<td>DO AN ART PROJECT</td>
<td>GO ON A VIRTUAL SCENIC TRAIN RIDE</td>
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<td><strong>EVENING</strong></td>
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<td>Journal</td>
<td>Revisit a TV show you used to love</td>
<td>JOIN A LIVE ZOOM WORKOUT CLASS WITH BRANDEIS ATHLETICS</td>
<td>END YOUR DAY WITH A GUIDED MINDFULNESS ACTIVITY</td>
<td>COOK A NEW RECIPE WITH THE FOOD IN YOUR PANTRY</td>
<td>Host a virtual watch party with friends</td>
<td>REFLECT ON YOUR TIME IN QUARANTINE</td>
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