

## ACTIVITY RESOURCE GUIDE

Dear Colleagues,

As we proceed through this unprecedented time, many of us find ourselves with a commodity we've often wished for but have rarely had – time. While many aspects of this 'time' are challenging, we encourage each of you to make the most of and cherish each precious second.

We (and the people we share our lives with) can use these resources to make this time entertaining, amusing, gratifying and fulfilling. We hope this guide will provide inspiration for you and your family to strengthen your bond and create joyful memories.

We are incredibly thankful for each of you and your commitment to our patients and our community. Thank you for all you do and for your tireless devotion.

Many blessings to you and your family.

*\*As you review this guide's information, note that all text in **bold, teal** font has a website. Click on these to be routed directly to the respective website.*

In addition to this guide, CHI Memorial is conducting three weekly contests for employees and their families in April (at least 12 opportunities to win). Employees (on behalf of for the first two activities) will have a chance to win a \$25 Walmart gift card. Forms for each contest will be emailed and placed on Mnet.

1. Children under age 10 may compete by coloring a healthcare image
2. Family members age 10 and older may submit a story with the title, "My Family's Healthcare Hero"
3. Employees may submit a "Sacred Story"

All submissions must be submitted to [Autumn\\_Bhushan@memorial.org](mailto:Autumn_Bhushan@memorial.org) by April 8, 15, 22, & 29 to be eligible for weekly prizes.

Contest winners will be announced weekly. Stories and artwork may be shared on Mnet.



# Chattanooga & Virtual Experience Resources

## Locals Only

**Locals Only** is offering free delivery to the following zip codes: 37402, 37403, 37404, 37405, 37406, 37411, 37415, 37421. Call (423) 551-4438 or order online.

They have puzzles, paint by numbers, tapestry kits, gardening seeds, board games, snacks, and more.

## Chattanooga Visitor's Bureau

The **Chattanooga Visitor's Bureau** will share virtual experiences with #ConnectChatt. Follow @VisitChatt on social media for daily live and digital experiences. Check often for new info.

## Bluff View Art District

Explore a **Virtual Tour** of this historic district.

## Charles H. Coolidge Heritage Center

Find virtual exhibits and an **Online Scavenger Hunt**

## Chattanooga Zoo Live Streams

Meerkats | Snow Leopard | Spotted Genet | Cotton Top Tamarins

## Chattanooga Scavenger Hunts\*

Follow links to download each scavenger hunt.

Innovation District | NorthShore District

Riverfront District | Southside District

*\*For fun only. Not currently eligible for a prize.*

## Chickamauga and Chattanooga National Military Park

Click [here](#) to find the list of areas that are currently open or check out a 360° Virtual Tour of the park.

## Reflection Riding & Nature Center

Tune into **Facebook Live every Monday** for programs for kids (lessons aligned with Hamilton County Standards for pre-K, Kindergarten and 1st grade).

## Creative Discovery Museum

Access online activities like **Distance Learning** and **Biofuels Lessons** Online and join **Facebook Live** broadcasts including story time, Culinary Corner kitchen lessons and other hands-on, play-based activities to do at home.

## Lookout Wild Film Festival

Enjoy all the **outdoor adventure and conservation films** from the comfort of your couch.

## Ruby Falls

Go behind the scenes with **Facebook Live Tours**

## Songbirds Guitar Museum

Catch up on the latest behind-the-scenes episodes from the **Songbirds Podcast**.

## The Chatterry

**The Chatterry** is a nonprofit learning collective located in Chattanooga, TN. They offer online classes that are fun and affordable for adults. Classes range from calligraphy to mastering Excel and financial planning.

## Upcoming Virtual Experiences

- 4/3 | 2-3 p.m. | **Facebook Live Virtual Concert with Lon Eldridge**
- 4/6 | 2-3 p.m. | **Facebook Live Virtual Concert with Ryan Long from Opposite Box**
- Virtual Concerts are being offered many places. A few are **NPR**, **Billboard**, and **Consequence of Sound**
- **Follow @VisitChatt** on Facebook for live music broadcasts from Chattanooga artists.

## Tennessee Aquarium Live Streams

- **Aquarium at Home: Download activity sheets and links to Aquarium video series**
- **Facebook Live Moment of Zen broadcasts**
- **Secret Reef Cam**
- **Penguins Rock Cam**
- **River Otter Falls**



## Virtual Field Trips

Let **We Are Teachers** take you on a field trip where permission slips won't be needed. Virtually visit Atlanta and San Diego Zoos, Yellowstone National Park, Boston Children's Museum, The Smithsonian, The Louvre, and even Mars!

# Personal Growth & Hobbies

## Personal Growth & Development

- Take time to reflect: What have you accomplished in the last year? What are your goals for next year?
- Try out at-home aerobics or yoga videos. Consider downloading a fitness app with curated workout playlists.
- Use Skype, FaceTime, Google Hangouts or Marco Polo to video chat with your long-distance friends.
- Write actual letters to family, friends, and service people who you remember went out of their way for you.
- Channel your inner logophile. Find the **word of the day** and pepper it into your conversations.
- Learn a new language with **Duolingo**, or a similar app.
- Write a short story, self-help book, or get started on that novel. You could also start a journal or a blog.
- Finally get around to fixing that broken door knob and loose tile or cleaning scuffed up walls.
- Rearrange your furniture to make it seem like your home is a totally different space.
- Rearrange your sock drawer. Better yet, go through this process with your junk drawer and supply shelves.
- Try on all your clothes and determine whether they “spark joy” à la Marie Kondo. Make a little extra money by selling items to online thrift stores (like **ThredUp**) or contribute to your community by donating what you no longer need.
- Read Robert Jordan’s 14-book “**The Wheel of Time**” series before it airs on Amazon.
- Get a free trial of a streaming service and watch as much as you can before it expires.
- Watch the films that won Oscars or Independent Spirit Awards for best picture.



### *log-o-phile*

A person who loves words & enjoys having an expansive vocabulary

Beacon Health Options Employee Assistance Program is available at 877.679.3819

## Hobby Time

- Actually try to reproduce something you see on Pinterest. Was it a fail? Try again.
- Bring out the Legos. Build a house inside your house.
- Complete a jigsaw, Rubik's Cube or crossword puzzle!
- Get into comics with digital subscriptions (like **Marvel Unlimited**)
- If it won't bother your neighbors: dust off that old instrument and practice.
- It's a great time to start a garden. Whether you create a small herb garden inside or a more robust fruit and vegetable garden outdoors, this hobby will increase personal, physical, and financial health.
- Get crafty: knit, crochet, origami, calligraphy, paint, print free **coloring** or **zentangle** pages, adult **paint by numbers kits**
- Look at yourself in the mirror. Attempt a self-portrait with pencil and paper.
- Perfect an old family recipe.
- Create the most attractive charcuterie board possible, only using foods you already have.
- Learn to beatbox and impress everyone with your skills.
- Teach your dog new tricks.



# Family Activity Ideas

## Family Fun

Read Harry Potter books. Then watch the movies.

Make a **photo book online**. These make great gifts for Mother's and Father's Day, or you can get ready for Christmas!

Go viral in the good way by making a super-cool TikTok.

Get all dressed up and host your own fancy tea party (be sure to invite the dolls and stuffed animals).

Create an **indoor scavenger** or Easter egg hunt.

**Interview grandparents** or other loved ones and save the audio. Create a book with the info.

Play balloon tennis. All you need is a balloon, two paper plates, and two craft sticks. The game can now begin!

Practice shuffling playing cards. When casinos open back up, you'll be able to teach the dealer a thing or two.

Try moving in super-slow motion. It's OK to laugh at regular speed.

Throw a family pajama party and complete it with breakfast for dinner!

Remember the days of "Cat's Cradle" and "Yo-yos"? Teach your kids about the activities you enjoyed when you were their age.

Is it a fort night? Clear out the family room and camp indoors with blankets, popcorn and movies.

Write a play starring your loved ones. Be sure to video it!

Use sidewalk chalk to decorate your neighborhood with inspirational messages and hopscotch challenges.

Watch an episode of **Chopped** or Nailed It. Have your family recreate their own version. Let friends and family get in on the action by posting footage on Facebook and allowing them to vote.

Watch the "Star Wars" movies in this and only this order: Rogue One-IV-V-II-III-Solo-VI-VII-VIII-IX.

## *Take Time for a Reflection*

*Have you ever thought about all the names we have for God? The Bible has over 100. Here are a few:*

*Abba: The God who is our Daddy, Adonai: The God who is in charge*

*El Roi: The God who sees, Elohim: The God who creates*

*The names for God are another way of describing his character and telling us what God is doing in the world.*

*If I were to give a name to God, it would be "The One Who Understands." Whatever you are going through right now, God understands. Whatever you are afraid of, God understands. Whatever you long for, whatever you hope for, whatever barriers you think you have to overcome, God understands. He is with you, holding you up, carrying you when you can't walk any further. Why? Because He loves you!*

*"Don't be afraid, I've redeemed you. I've called your name. You're mine. When you're in over your head, I'll be there with you. When you're in rough waters, you will not go down. When you're between a rock and a hard place, it won't be a dead end — Because I am GOD, your personal God, The Holy of Israel, your Savior.*

*That's how much you mean to me! That's how much I love you!"*  
*from Isaiah 43 The Message*

*What is your favorite name for God? Where do you see God at work in your world? Try using that name in your prayers today. Thank God for the ways He is working for you, for all of us. Take a moment to soak in all the love He has for you. And rest assured that no matter what you are going through, God understands!*  
*Betsy Kammerdiener – Mission Leader, CHI Memorial*

