

## **Spending Spare Time during the Quarantine**

In most countries of the world people are staying at home, as part of the efforts made to curb the spread of the Coronavirus. This is an opportunity for many to resist boredom by trying to be creative.

A group of celebrities appeared, after emerging from the womb of crises, with productions that were immortalized in history, as they spent isolation times during periods of plague, exile or wars in the production of some of the most prominent creations of mankind.

The success of some characters in offering something distinct while in isolation may give us some hope and encouragement, and remind us that useful things might come out of difficult periods.

### **Being in the quarantine makes us feel lonely and bored. Therefore, we offer some suggestions that can help us spend spare time, dispel boredom and maintain mental health.**

- Arranging a structured daily schedule for the family, that includes fixed sleeping hours, sports, and meals (quantity, quality).
- Following-up school homework and e-classes.

### **Various activities inside the house**

- **Heritage Revival:** Talking to children about The Palestinian Heritage (get photos from the Internet).  
Singing and rituals (marriage, social customs of the old days), proverbs, inherited stories, especially children's stories, peasant dialect, farming tools, household utensils, countries names, family history (family tree), old games (Seven Stones, Taq-Taq-Taqieh (Duck-Duck-Goose), etc.), archaeological sites, and embroidery.
- **Games** such as puzzles, Lego, chess, playing cards, snakes and ladders, Hakem-Jallad (ruler or executioner), guessing game (a name of a person, animal, plant, thing, country), setting a small tent, playing with modelling clay.

- **Reading** books, novels, and stories, encouraging and developing the talent of writing.
- **Art:** drawing (on dishes or stones), coloring, cutting and pasting, making a kite, etc.
- **Talents:** Develop talents such as sewing, clothing design, learning another language, photography, preparing photo album, playing a musical instrument, etc.
- **Communication:** Constant communication with friends and relatives through social media.
- **Planting:** Interest in planting in the garden or in plastic containers inside the house.
- **Involving children in housework,** making sweets and cooking.
- **Watching TV** (documentaries, movies, series), listening to songs (dancing, dabkeh).
- **Searching for** information on different topics such as animals, plants, countries, seas, etc. (Any topic that is desirable for your children.)
- **Writing a diary:** Self-expression by writing a daily diary on a special notebook.

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