

WHAT IS THERE TO DO?

This semester we have an important responsibility to keep each other safe, but this doesn't mean we can't also have fun! There are so many things to do, especially if you think creatively. We have compiled some ideas in this guide. If you have other ideas, please let us know at mcwell@nd.edu

and we will add them!

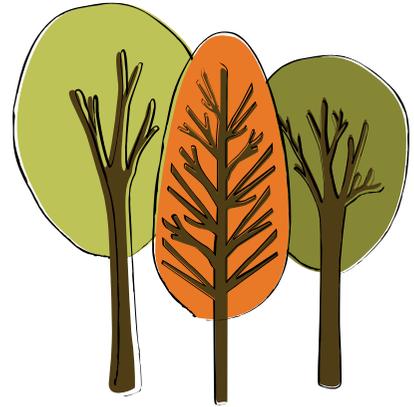
--GROW Peer Leaders



WHAT CAN I DO OUTSIDE?

Get some fresh air!

- Take a tree tour
(<https://green.nd.edu/resources/tree-tour/>).
- Walk to Saint. Mary's
- Explore the Stations of the Cross around Notre Dame's lakes
- Stargaze (try the Star Chart app!)
- Geocache
(<https://www.geocaching.com/guide/>).

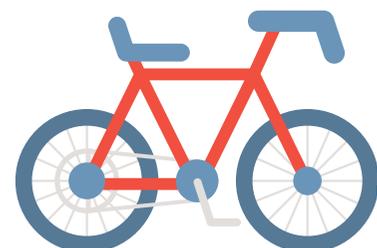


Try some outdoor games!

- McWell offers Bocce, Croquet, and Badminton
 - Cornhole and Spikeball are great as well!
 - Learn Kubb or another new game
- **Just make sure to keep masks on and sanitize after using communal equipment :)

Check out South Bend!

- Find entertainment, events, parks, and community centers on <https://sbvpa.org>
- Take a day trip to the Dunes (<https://www.in.gov/dnr/parklake/2980.htm>) or another nearby park
- Rent a bike and explore the Rivery Valley or Riverside Trail (<https://www.greeneearthbikerental.com>)



**Student
Well-Being**

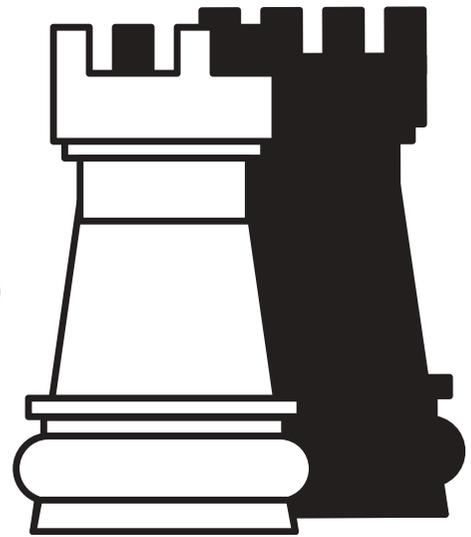
MCDONALD CENTER | GROW Peer Leaders



WHAT CAN I DO TO STAY CONNECTED?

Play games online with friends!

- Skribbl (<https://skribbl.io>)
- Chess (<https://www.chess.com/play>)
- Catan (<https://www.catan.com/game/catan-universe#>)
- Code names (<https://www.horsepaste.com>)
- Board Game Arena (<https://boardgamearena.com>)
- Compete over Zoom on Kahoot
- Word with Friends (app)
- Trivia Crack (app)
- Psych! (app)
- HouseParty (app)
- Jackbox (<https://www.jackboxgames.com>)



Have a watch party!

- Use the chrome extension to watch Netflix together (<https://www.netflixparty.com>)
- Use Zoom's screenshare function
- Choose a movie to watch at the same time with friends in your respective homes and chat while watching.

Create your own communi"tea"!

- Set a designated time with your roommates (or a Zoom call with other friends) to share some tea or coffee and unwind



**Student
Well-Being**

MCDONALD CENTER | GROW Peer Leaders



WHAT CAN I DO TO BE ACTIVE?

Sports on the Quads or at Ricci Fields!



- Soccer
- Lacrosse
- Tennis
- Golf
- Sand Volleyball
- Frisbee
- Football
- Bocce, Croquet, and Badminton (McWell offers sets for students to use!)

** Just be sure to wear masks and sanitize your hands after using communal equipment :)

Fitness!

- Yoga on the Quad (check out this 20 minute beginner video <https://www.youtube.com/watch?v=v7AYKMP6rOE>)
- RecSports Classes (<https://recsports.nd.edu/classes/>).
- Purchase Peloton digital for access to hundreds of online strengthening, HIIT, yoga, stretching, audio runs, and more! (here's a link to a 30 day free trial <https://www.onepeloton.com/digital/checkout/digital-30d>)
- Stream a workout video through Zoom with friends
- Go for a run or walk; try to increase your step count



**Student
Well-Being**

MCDONALD CENTER | GROW Peer Leaders



WHAT CAN I DO AT HOME?

Arts & Crafts!

- McWell offers small paint kits, gratitude kits, coloring pages, and kindness rock kits for students to take-out!
- Embroidery kits ([here's](#) a cute pack to do with friends)
- Pick up off the hook knitting ([here's](#) a kit)
- Try origami ([here's](#) a helpful website for beginners!)
- Teach yourself to sketch, try to master a self portrait or just start with drawing your hands



Pick up a new hobby!

- Start a book or movie club with friends
- Music-- create a collaborative spotify playlist with clever themes
- Learn a new instrument (you can buy an ukulele off of Amazon for less than \$50 and take free lessons online)
- Join a random new club
- Project a video game outside and have a video game tournament
- Try out a new board game with your roommates
- Start collecting something you like, and make a pinterest page to share

**Make sure to sanitize controllers or game pieces in-between use, physically distance and wear your mask!



**Student
Well-Being**

MCDONALD CENTER | GROW Peer Leaders



WHAT CAN I DO FOR MEALS?

Eat out!

- The following local restaurants have outdoor dining
 - The Lauber
 - Carmela's
 - Evil Czech
 - O'Rourke's
 - Cafe Navarre
 - Chicory Cafe
 - Jesus Latin Grill
 - PEGGS
 - South Bend Chocolate Company
 - more options [here!](#)
- Pick up takeout from a local restaurant or use GrubHub to deliver and have a picnic
- You can check reviews of restaurants' safety measures at <https://covidrestaurantreviews.com/>



*Wear your masks and stay physically distanced!

Improve your culinary skills!



- Learn cooking techniques through MasterClass (<https://www.masterclass.com/classes/thomas-keller-teaches-cooking-techniques>)
- For our off campus friends, choose 4 random ingredients and compete in a "Chopped" competition with your roommates
- Have a cookie decorating contest (if you're on campus you can reserve your hall's kitchen)



**Student
Well-Being**

MCDONALD CENTER | GROW Peer Leaders



WHAT CAN WE DO AS A COUPLE?

Date Night Ideas!

- Have a picnic around the lakes
- Invest in a card game for couples (a popular one is OUR MOMENTS Couples: 100 Thought Provoking Conversation Starters for Great Relationships available on Amazon)
- Enjoy a meal at a restaurant with outdoor dining
- Go on a bike ride
- Make a shared playlist representing your relationship
- Go for a walk and get to know each other better with these fun questions
- Work on a puzzle together
- Take an online class and learn something new together
- Get competitive- board games, sports, and more
- Indulge in an age old midwest tradition and go fruit picking, check out Lehman's farm
- Carve or decorate pumpkins for fall fun
- Create a bucket list of local things to do and see before you graduate, and start checking them off



**Student
Well-Being**

MCDONALD CENTER | GROW Peer Leaders

