

The Page and the Epistle

UNCATEGORIZED

FEATURE: DISTANCE LEARNING AND STAYING SANE

APRIL 17, 2020 | PAIGE BOLLINGER | 5 COMMENTS

By Savannah Schiebel '20 and Sam Myrick '20

Distance learning is now up and running and has proved to be a challenging endeavor for everyone to get used to. Perhaps you are still struggling with being away from school and not being able to leave your homes. We have been speaking to students and hope to give you all some advice on how to stay sane during these times of *insanity*. Get off your bum, put down your video game, turn off the Tik Tok, and listen up you hooligans! Here's what our community is telling you to do:

Tip #1: Get outside! Run! Walk the dog! Breath air! PHOTOSYNTHESIZE!

We all need a change of scenery throughout the day, and getting outside is the best way to do this. You can take your dog for a walk, start running, or simply get your tan on. Going for drives and bumpin' some sick beats, even if you can't get out in public, is a great way to have some space from your family and enjoy different scenery.

Tip #2: Break out some puzzles and board games.

Challenge your brain to be a better brain, a bigger brain, the biggest brain of all brains! These are great ways to spend time with family, have a good laugh, and stay away from technology for a little bit. Examples: Monopoly, Scrabble, Clue.

Tip #3: Mail wacky letters to your friends

Of course you can Zoom, call, text, and Snapchat your friends, but what could be more fun than doing it the more old-fashioned way and sending something through the mail? You can mail more than just paper. Try sending books, movies, magazines, or artwork to bring a smile to your friends' faces.

Tip #4: Clean out your stuff!

You've definitely been putting off cleaning out your drawers and cabinets and that corner in your closet. What better time to be proactive on this than during a quarantine in the spring because it's time for SPRING CLEANING, LADIES (and Gents).

Tip #5: Bake cookies in fun shapes.

Cookies are a lot of fun to make with your family, but even more when they're shaped like various animals and crazy designs. They're easy to make and will fuel your quarantine gains.

We hope this has given you guys some ideas on how to stay active during quarantine. Try to make these five things habits, and your days will be more enjoyable and fulfilled. We miss you all! Stay safe!

5 THOUGHTS ON "FEATURE: DISTANCE LEARNING AND STAYING SANE"



Laurie May

APRIL 27, 2020 AT 1:46 PM

Love these suggestions! Especially the wacky letters to friends! Thank you for not saying "During these unprecedented times...." 😊



Delores

MAY 21, 2022 AT 3:24 AM

Why is it I always really feel like you do?



Brock

MAY 25, 2022 AT 1:57 AM

That's very good point



Leila Slawson

JULY 14, 2022 AT 4:39 AM

I seriously love your website.. Very nice colors & theme. Did you create this site yourself? Please reply back as I'm trying to create my very own site and would like to learn where you got this from or what the theme is called. Cheers!



샌즈카지노

AUGUST 15, 2022 AT 12:45 PM

Im obliged for the article. Much thanks again. Awesome.