

Cabin Fever Survival Guide 2020

As we continue our social distancing, it is natural to start getting cabin fever – that feeling of being cooped up too long, bored, and itching to do *something* – anything! Below are some links and some ideas to help you get through this strange time. Maybe you'll even find a new hobby. Feel free to email me with more suggestions to add to this list! We're all in this together.

Connect with Your Friends

[Discord](#)

[Zoom](#)

Games to Play Online

[Settlers of Catan](#) – play the widely popular German board game online against other online players, bots, or arrange a time to play with your real-life friends and have Discord, Zoom, Skype or FaceTime up at the same time! This version is free, and it's incredibly high quality!

[Dominion](#) | [How to Play \(3 min video\)](#) – another popular German game – a card-deck building game.

[JackBox Games](#) – available on Steam, AppleTV, and video game consoles (for \$), these games can be a lot of fun! They take just a few seconds to learn, and they never fail to make me laugh. Set up a Discord/Zoom/Skype/FaceTime with your friends and play together. The person with JackBox will need to share their screen, and then you can each use your cell phone as a remote. You might even consider all pitching in a few \$ to cover the cost of the games!

[Ticket to Ride](#) – You can download an online version of the popular board game, Ticket to Ride, for \$9.99 here.

[Monopoly](#) – Here is an online version of classic Monopoly. My family always gets too competitive with this game, but if you and your people can handle it, here it is!

[Five Additional Digital Versions of Tabletop Games](#) – If you're willing to invest some time into learning some new games, here are five additional tabletop games with digital versions for you and friends to play.

[Online Classic Card Games](#) – There are so many card games available to play for free on this site, including classics like Euchre, Gin Rummy, Hearts, Crazy 8s... You can even play solo against computer bots!

[Pandemic](#) – This may hit a little close to home for some, but here's an online version of the board game Pandemic.

Games to Play Offline

[Double/Triple/Quadruple/etc. Solitaire](#) – (2+ players) Use just one deck of cards per person playing (the backs should all be unique). The set up is the same as regular solitaire, but during play, everyone puts their Ace piles in the middle and anyone can play on another player's piles. After someone gets all of their cards into the middle, sort the middle piles and award each player 1pt per card in the middle. Quick reflexes are a must!. I've played this many, many times. It's always a good time.

[Egyptian Ratscrew](#) – (3+ players) a fast-paced card game that works well for 3 or more players.

[Euchre](#) – (4 players) the classic, wildly competitive partner card game.

[Mau-Mau](#) – (2 players) the original "Uno", aka no special "Uno" deck needed here.

[Cribbage](#) – (2 players) This game might sound like it belongs to older generations, but it's actually a lot of fun. Takes a little practice to get the hang of the scoring (as with anything), but once you get it, it's fun and will keep your mind busy!

[Farkle](#) – (3+ players) a fun dice game

[Liar's Dice](#) – This is a dice game that involves bluffing and deception. It's easy to learn!

[Tennis](#) – perhaps the one sport you can play right now and still keep 6ft distance between you and your opponent!

[Contact](#) – (3+ players) a totally verbal game

[The Fishbowl Game](#) – an easy to learn, fun-filled memory game that combines Charades, Password and Taboo. This is a great family game!

[Party Games](#) – More family-style games to play in your living room, including Forehead Detective.

[The Family Photo Game](#) – My mom started this game over e-mail since my siblings live in different cities, but you can create a non-digital version as well. Each day during our quarantine, she sends a new family photo that she's scanned. The challenge is to guess (1) where your family is and what they are doing in the photo and (2) what year it was taken. Tally results for which family member guesses accurately first!

Create a Bingo Card – Choose a topic, maybe things you might expect to see pass your house in a given day or things you might hear family members say/see them do around the house, and fill in a blank Bingo card (templates [here](#), or you can draw your own). Compete with your family members to see who can get a "Bingo" first! I make these for road trips and always include "Mom gets nervous about Dad's driving." This game is sure to make you laugh!

Try Something New with Streaming Services

Netflix Party – Netflix Party synchronizes video playback and adds group chat to your favorite Netflix shows.

All the Cheat Codes to Netflix Movie Categories

List of Popular German TV Shows You Can Find on Streaming Services – big thanks to my friend that teaches German!

NYT: 50 Best TV Shows on Netflix Right Now

Miscellaneous Internet Finds

Twisted Sifter – a great collection of internet content – funny/inspiring videos, interesting articles, fascinating pictures/artwork, and more.

Wimp – like Twisted Sifter, but just videos.

GeoGuesser – you're dropped into a random location in the world; try to figure out where in the world you are, based on just the clues around you from Google Maps Street View

Museum Visits – Take a virtual tour of some of the world's greatest museums and heritage sites.

Google Arts and Culture – Content from over 2000 leading museums and archives who have partnered with the Google Cultural Institute

Take an online class for free – There are so many options [here](#) and [here](#), many for subjects you won't find in your average middle or high school. Try classes like "The Arts and Science of Relationships: Understanding Human Needs," "Fundamentals of Graphic Design," or "Introduction to Philosophy." There are music courses, archaeology courses, storytelling courses... So many incredible options!

Find a new Podcast – [here's](#) a beginner's guide that includes links to some recommendations

GoNoodle – Movement and mindfulness videos to keep you going

[Continue to use the public library while it is closed!](#) They've put together a great link with how to use their digital collections, including how to use free video read-alouds, research your family tree, watch streaming services, read e-magazines, and access e-books.

[Draw Every Day](#) - Get inspiration for drawing every day from these "lunch doodles"

Practice typing to try to increase your speed! Try some games [here](#)

No Tech Required

Many parks are still open! Double check the [Indy](#) / [State](#) parks websites, and get in a good hike (keeping 6ft apart of course).

Go for a run, bike ride, or walk - you'll be amazed how much getting out of the house and some fresh air can help!

Photograph your neighborhood - During a walk, take pictures of the things you don't notice every day - see if you can capture them from a new angle!

Learn some new [knots](#)

Read a book, or read a book to a younger sibling or pet!

Start a minimalist bullet journal - Ideas [here](#) and [here](#)

Draw - try out some new techniques [here](#), or draw a self-portrait

Draw any image (works well for photographs!) using the "grid method" - see this [tutorial](#); this makes a great handmade gift and is really easy to do, even if you don't feel like you're the best artist!

Do a puzzle

Pickle some vegetables like in the old days! - How-to [here](#)

Reorganize/declutter your room | [Feng Shui basics](#) | [Kon Mari](#) method to tidying-up

Make music - Play a musical instrument if you have one, or create a musical instrument out of things at your home!

[Ideas for down time rather than staring at your phone](#) - thanks to blogger ManMadeDIY

[Do Nothing - This is important too!](#)