

It's time to celebrate fall, ya'll!



- 1. It's time to pick apples.** Apples are in season over the next few weeks, get out there and pick some Gala and Golden Delicious and enjoy.
- 2. Get lost in a corn maze.** Pack some masks, visit a farm and do a corn maze. Make sure to have some apple doughnuts after.
- 3. Hike through the woods.** Fall is the time to put on those hiking pants and explore nature preparing for winter.
- 4. Make your own candy.** Make fudge or peanut brittle or caramel apples. If you do it in advance, you can share the treats with neighbors and friends.
- 5. Halloween at home.** Why not have a Halloween movie night with popcorn and already-made or purchased candy?
- 6. Host a best costume contest.** Have an extended-family Zoom contest on who can make the best Halloween costume, have everyone vote for a winner.
- 7. Baking warms the house.** Bake a fall treat, pumpkin bread or apple pie and fill your home with the smell of cinnamon and nutmeg.
- 8. Feed people you don't know.** If you have enough to eat, please make giveaway bags with nonperishable foods, masks, adhesive bandages and socks for people on the street, or donate to your local food bank.
- 9. Autumn leaves.** Collect the most striking autumn leaves with your kids and help [press their treasures](#) in wax paper.
- 10. Feed the birds.** Make a bird feeder and hang it in your yard.
- 11. Create a fall advent calendar.** This calendar can be for your family or quaran-team, with one fall-themed activity each day through Thanksgiving: Try a new recipe, read poems about fall, bob for apples or watch a horror movie.
- 12. A weekly Zoom date.** Set up a regular video call with friends or family (or both).
- 13. Set up a regular card game.** This may seem like a repeat of the video call.
- 14. Collect recipes.** COVID, Thanksgiving? Since plans are up into the air anyway, why not try some new traditions? Ask your friends and family for their favorite holiday recipes, share your own, update your Turkey Day menus, make a family recipe book.
- 15. Write a letter.** People love getting mail, and letters can be short and include something nice you want to say to them.
- 16. Send a postcard.** It's a quick and easy way to connect.
- 17. Get more sleep.** Easier said than done. Go to bed sooner rather than later. Make sure to ban the use of electronics in the bedroom.
- 18. Get more exercise.** It doesn't have to be a huge change, walk 3X week/30 minutes.
- 19. Try family night charades.** Use Zoom to get a big enough group together, you can have junior-level categories for the young ones and separate topics for the adults.
- 20. Pick a kids' game.** Pick any game your kids love, Monopoly or CLUE anyone?

Let's thrive not just survive the autumn of 2020! Need help staying positive this fall, EAP counseling is confidential and FREE! Call the **COVID Counseling helpline 800-801-4182**, or **402-354-8000** or email eap@bestcareeap.org to schedule an appointment.