

# Spring Virtual Care Package

Congratulations Bulldogs, you've made it halfway through the semester!

While we would usually be taking a break right about now, this year things are a bit different. Just because we aren't going on trips or able to spend as much time with friends as we would like doesn't mean we can't do some fun things!

This virtual care package will provide resources for you to have some fun, find adventure where you're at and take some well deserved breaks!  
(While social distancing of course!)



# The Great Outdoors

*Use these resources to get outside and get moving!*

1. [The Bulldog Mile](#): Get out and take a walk in the spring weather on campus! Follow the paws and see what you can discover right under your own nose!
2. [Grays Lake](#): Just 3 miles off campus is Gray's Lake, a fun spot to ride your bike or go for a walk!
3. [Papajohn Sculpture Park](#): Just 3 miles off campus is the Papajohn Sculpture Park. Located in Downtown Des Moines it is a great place to snag a new Instagram photo.
4. [Bike Share](#): Did you know that at 30th and Carpenter you can rent a bicycle? Through BCycle you can grab a bike and go for \$3 an hour!
5. Explore Dogtown! (Check out the [Dogtown Dash!](#))
6. [Smash Park](#) in West Des Moines has lots of outdoor game options! Stop by for a game of bags or shuffleboard!
7. Visit [Saylorville Lake](#): Located just north of Des Moines, Saylorville has great walking and biking paths and lots of great picnicking areas!
8. Go for a Picnic! Grab a blanket and your to go box from Hubbell and sit in the grass for a fun meal!

# The Great Indoors

*Use these resources to have fun from the comfort of your own room!*

1. Netflix/HBO/Disney+/Hulu Party with Friends! Download the Google Chrome browser extension [here!](#)
2. Plan a Virtual Game Night with friends using [Play-ingCards.io](#) or [backyard.co](#)
3. Have a 1 person dance party! Find a Spotify station you love and just dance!
4. [GroupX](#) online classes through Recreational Services!
5. Virtually explore an [art museum!](#)
6. Have a Zoom Meeting with a [Goat!](#)
7. Check out the Cincinnati Zoo's [Home Safaris!](#)
8. Build a blanket fort with your roommates!
9. Explore a [virtual escape room!](#)
10. Watch a virtual reading of [Shakespeare's plays](#)
11. Take a [National Parks](#) tour online! Explore new places without leaving your futon!
12. Take a Coursera course on the [Science of Wellbeing](#)
13. Paint with [Bob Ross!](#) Grab some paint and a canvas and paint some happy trees with Bob!

# Recipes to Try

*Here are some fun recipes to try from your residence hall room. Who knows...You might be the next Gordon Ramsay!*

## Breakfast

1. [Blueberry Muffin with Streusel Topping](#)
2. [Breakfast Potatoes](#)
3. [Coffee Cup Quiche](#)

## Lunch/Dinner

1. [Greek Brown and Wild Rice Bowls](#)
2. [Dressed Up Meatballs](#)
3. [Italian Style Veggie Wraps](#)

## Dessert

1. [Oreo Balls](#)
2. [Peanut Butter Chocolate Pie](#)
3. [Easy Salted Butterscotch Popcorn](#)

# Self Care

*Beyond the [Drake Counseling Center](#) (which is a great place for you to get some self care in!), here are some fun ways to take care of yourself so you can be your best version of you.*

1. Become a [plant parent!](#) Adding plants to your living space is a great way to bring some color and fun to your room, plus the added responsibility of taking care of the plant gives you a sense of purpose!
2. Meditate: There are TONS of apps out there for you to use! Try [Headspace](#), [Insight Timer](#) or [Calm!](#)
3. Try a sensory deprivation pod! [Fadeaway Flotation](#) in West Des Moines is a great local option!
4. Journal: Journaling has so many benefits! Learn more about how to start journaling, [here!](#)
5. Drink some water!
6. Get some sleep! Try the app [Sleep Cycle](#) for better sleep!
7. [Pet a dog!](#) There are health benefits to petting animals!
8. Get outside! Go for a walk or hang in a hammock!
9. Read a book for fun! The [Cowles Library](#) has options for casual reading as well as research!
10. Cook your favorite meal. Use the student kitchen to make your favorite comfort foods!

# Coloring Pages

One way to relax is through coloring! It's not just for kids these days! Below you will find links to some fun coloring pages you can print and color!

1. [Crayola](#) Adult Coloring Pages
2. [Just Color](#)
3. [Art is Fun](#)
4. [Drake Together](#) Coloring Pages! (Griff Coloring Pages!)



# You've Got This.

While we do our best to adjust to our new normal, whatever that may be, don't forget to take time for yourself.

You've got this and we've got you. Don't forget about the [campus resources](#) that are here to support you in every way possible throughout your time at Drake.

Keep working hard and don't forget to mask up, Bulldogs!