

**Larry S. Helms**  
& Associates  
**INSURANCE SERVICES**

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March 2020

## Stuck at Home?



We're all aware of the current situation. And a lot of us are stuck at home, maybe with the kids. How do we stay busy and entertained?

Below are just a few ideas. We do NOT have to stay inside hanging onto every news show and report all day. It's been proven time and again, we need to take a break from bad or stressful news.

Take this opportunity to get some things done and have some fun!

### Fun at Home

**Go OUTSIDE!** Even with all the rain, we still have some sunny days and warm temperatures to work with.

- Take a walk - and take the dog.
- Play catch.
- Ride your bicycle.
- Hopscotch.
- If you have horses, go for a ride.
- Picnic.
- Scavenger hunt - look for specific bugs or plants.
- Depending on the temperature, backyard camping.

- Burgers on the grill.
- The list goes on...and on...

**If you have to stay indoors**, turn the TV and internet off for a while - especially the news.

- Board games.
- READ a book.
- Family jigsaw puzzle day.
- Painting.
- Indoor picnic - you might even order from your favorite LOCAL restaurant as a way of supporting them.
- Hand-made cards for Grandparents.
- Sock Puppet Theater!
- Watch an old movie as a family - or watch a scary movie.
- Cook as a family - let the kids learn how. How about home made pizza?
- Crafts - learn how to make something.
- Find an online exercise or yoga class you can all do.
- Do you have an entertainer in the family - time for a fashion show!
- Have a create it yourself costume contest.
- Indoor scavenger hunt.
- Age appropriate science experiments. Check with your child's school for resources and instructions.
- The list goes on...and on...

## To-Dos at Home

### It's Spring

**Work on the yard.** Prep the flower beds and shrubs.

**Get those yard tools** out and ready - the lawnmower and weed eater.

**Clean out the car.** If you have small children, make it a scavenger hunt for all the stuff they've dropped.

**Clean out the garage**, attic, or basement. Spring is a great time to throw things out. Remember to hit those hall closets.

**Remember you Senior neighbors.** Take the kids and do some yard work for them.

**Fix things!** We all have that "list" of things - a door knob or squeaky chair.

If you're stuck at home anyway, get some things done early and be ahead of the curve.

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## April 9th will be Unicorn Day!

What mythological creature has been more beloved over the centuries than the unicorn? Symbols of purity and enchantment,

For all the roles they've played in literature, cinematography, and art as a whole, unicorns more than deserve their own day!

Read More: [www.daysoftheyear.com/days/unicorn-day/](http://www.daysoftheyear.com/days/unicorn-day/).



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## Do you have questions about your insurance?

### Do you have the insurance you need?

Have you had any life changes that might affect your insurance coverage?

**Call us today! We'll look at what you have and answer your questions.**

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