



LITTLETON HIGH SCHOOL

Home of the Lions

International Baccalaureate Diploma Program

Stay at home CAS ideas

Creativity

1. These are unprecedented times, start a journal (either physical or digital) documenting your experiences. Use photos, drawings, poems, creative writing, interview your family, etc.
2. Learn a new skill or craft. Try knitting, sewing, scrapbooking, jewelry making, furniture making, metal working, etc. Learn to cook by making meals for your family. Do some landscape design and update your yard.
3. Create a web site to showcase your artwork, poetry, or creative writing. Share it with your friends and family.
4. Take an online tour of an art museum. Write an essay about what you learned.
5. Take an online painting class or learn to play a new instrument through online videos.

Activity

1. Home workouts, start a couch to 5K program, there are many free exercise classes on YouTube. Track your progress electronically or with videos.
2. Challenge friends and family to a plank challenge. Who can hold it the longest? Soccer juggling? Use videos to inspire others.
3. Host a Zoom yoga session with your friends

Service

1. Write thank you cards for hospital staff and grocery workers who are tirelessly working to keep us safe.
2. Create a Covid 19 awareness video and share it on social media. Focus on the importance of social distancing, washing your hands, etc.
3. Tutor your peers via video conferencing, help younger siblings with their distance learning.
4. Create a video for the South Metro Fire District
<https://drive.google.com/file/d/1GSWLZ1nJkQcFULybRNd20RyEVSo7L-Xg/view>
5. Sew masks for family, friends, or a local organization
<https://www.coloradomaskproject.com/how-to-help>
6. Work with a local group to organize the donation of food to the elderly