

The List of Things You CAN Do

Want to add an event or idea to this list? Fill out [this form](#)!

INDOOR THINGS TO DO

- **Autonomous Activities**
 - Check out these [puzzles, coloring pages, and more](#) from University Relations
 - Create a time capsule to remember this semester in 5 or 10 years
 - DIY (do it yourself) – make your own scrunchie or lip balm
 - Go through your clothes and either donate unwanted items to charity or swap with a friend
 - Grab coffee or tea with a friend
 - Introduce yourself to five new people by the end of the week
 - Learn a TikTok dance
 - Learn to knit (on your own, or with a friend!)
 - Make a free workout reservation at the on-campus gym at [campusrec.umw.edu](#)
 - Paint, sketch, or color a picture
 - Play chess or checkers
 - Start a book club
 - Do a Random Act of Kindness (February 17 is Random Act of Kindness day!)
 - [Check out some of these ideas](#) (while keeping in mind MMDC)
 - Swim in the on-campus indoor pool (reservation required at [campusrec.umw.edu](#))
 - Rent e-books and audiobooks from your local library through apps like OverDrive or Hoopla
 - You can also download the Like Wise app to get recommendations based on books you enjoyed
 - Work your way through [this list](#)
 - Take advantage of everything the [Center for Career & Professional Development](#) has to offer:
 - Update your [resume](#)
 - Complete a [career assessment](#)
 - Check out other resources in their [toolkit](#)
 - Consider applying for an [internship or internship grant](#)
 - Check out [Handshake](#) for job and internship opportunities
- **Scheduled Events**
 - Check out the [events calendar on myUMW](#)
 - Check out the SAE Weekly, which gets sent out via email every Monday with information about opportunities and upcoming events.

OUTDOOR THINGS TO DO

- **Autonomous Activities**
 - Dress up and take staged photos with a few friends
 - Go for a bike, scooter, longboard, rollerblade, or skateboard ride
 - Go for a hike at Old Rag
 - Find hidden treasures in your town through Geocaching (look up the app!)
 - Check out all the [coffee shops](#) in Downtown Fredericksburg
 - Listen to a podcast. Pick any topic that fits your interests: health/wellness, entertainment, news, stories, interviews, etc.
 - Play KanJam, Cornhole, Ladder Golf, or other lawn games (email sae@umw.edu to reserve outdoor games)
 - Practice outdoors with a club sport team
 - Set up a picnic on campus to enjoy in the fresh air
 - Talk a walk or jog on campus or the local Canal path
 - Throw a frisbee, kick a soccer ball, or toss a ball back-and-forth on Ball Circle, Jeffy Square, etc. (contact Campus Rec for a free frisbee!)
 - Time your travel from the Bell Tower to the Fitness Center and work to improve it
 - Visit the local Farmer's Market on the weekends
 - [Volunteer to help the community through CCE](#)
- **Scheduled Events**
 - Check out the [events calendar on myUMW](#)
 - Check out the SAE Weekly, which gets sent out via email every Monday with information about opportunities and upcoming events.
 - Attend an outdoor fitness class hosted by Campus Rec (sign up in advance at campusrec.umw.edu)
 - For all fitness classes, pre-registration on the Member Portal campusrec.umw.edu is required. Registration for each class opens 7 days in advance. If you can no longer attend a fitness class, please cancel your registration. You can find more information about group fitness classes here: <https://students.umw.edu/campusrec/campus-recreation/active/group-fitness-classes/>

VIRTUAL THINGS TO DO

- **Autonomous Activities**
 - Join a student organization. Check out the [list of clubs and organizations on myUMW](#)
 - Follow these accounts on social media to see what UMW events are happening!
 - [@saeumw](#)

- @umwclasscouncil
 - @cpbumw
 - @umwcampusrec
 - @umwjfmc
 - @coarumw
- [Subscribe to the Positivity Post](#), a student-led weekly newsletter with good news
- Download the “Marco Polo” app and chat with friends or family
- Host a gaming tournament
- Learn a new language
- Netflix watch party
- Play JackBox games with friends through Zoom
- Check out [backyard.co](#) to video and text chat with friends while playing games virtually
- Play video games on your phone, computer, or console
- Schedule a D&D game night
- Sign up for a UMW personal trainer to do workouts on Zoom
- Volunteer virtually through CCE
- Zoom charades or Simon Says with friends
- <https://www.boredbutton.com/>
- **Scheduled Events**
 - Check out the [events calendar on myUMW](#)
 - Check out the SAE Weekly, which gets sent out via email every Monday with information about opportunities and upcoming events.
 - Attend a Zoom fitness class hosted by Campus Rec (sign up in advance at www.campusrec.umw.edu)
 - For all fitness classes, pre-registration on the Member Portal campusrec.umw.edu is required. Registering is how you get the Zoom class link each week ([video on how to access the Zoom link](#)). Instructors will only admit those on the pre-registration list for each class. Registration for each class opens 7 days in advance. If you can no longer attend a fitness class, please cancel your registration. You can find more information about group fitness classes here: <https://students.umw.edu/campusrec/campus-recreation/be-active/group-fitness-classes/>