



Quar

an

Zine

part

one



So... today is May 22,
2020. It is Months into
quarantine, and a global
pandemic. But small
things make it okay,
Sometimes life even
feels fun. Here are
some of the things
I've been doing

to ride out
quarantine:



CRAFTS!

zines!



Send a care package!



draw
flowers!!



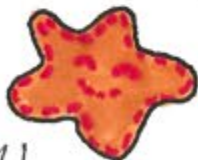
paint
my
stapler!



Portraits!



sew a
pillow!



dream about...the future!

read tarot



daydream abt hanging with loved ones



daydream abt Smooching!



future tattoos/
piercings



Plan itineraries
for future trips



What are you
going to do
when quarantine ends?

- *picnic w/ friends!
- *go thrifting!
- *go to a concert!
- *go to a party!
- *feel the sweat of Strangers!!!

COOK!



Other things to try...

- reorganize your room or the pantry!
- online shop from small businesses or depop!
- self care apps like Guardians: Unite the Realm
- try a youtube dance workout!

Whatever you do, try not to dwell... that does not help.

With these tips + the support of your loved ones, I hope you're doing okay!

Love,

Kai ❤️

Be Social!



by Kai M.
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