

SELF-QUARANTINED: THE ADULT ACTIVITY BOOK

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CARDI B LETTER TRACE

USE A PENCIL TO TRACE OVER EACH LETTER

a bitch is scared

guess what bitch

shit is real

shit is getting real

government let

me tell yall

mothafuckers

DIY TOILET PAPER

FOLLOW THE STEPS BELOW TO MAKE YOUR OWN TOILET PAPER USING COMMON HOUSEHOLD SUPPLIES

MATERIALS



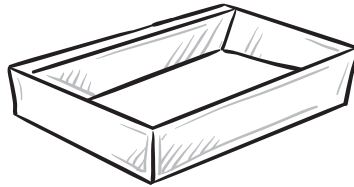
SCRAP PAPER



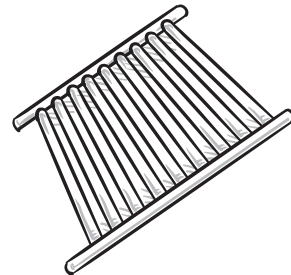
BLENDER



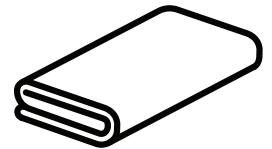
WATER



SOME SORT OF TUB



MESH SCREEN CUT FROM PATIO DOOR



TOWEL

1 TEAR SCRAP PAPER INTO SMALL PIECES AND PLACE THEM IN THE BLENDER.

2 POUR 2 CUPS OF HOT WATER INTO THE BLENDER.

3 BLEND TO MAKE PULP.

4 PLACE THE SCREEN OVER THE TUB.

5 SPREAD THE PULP OVER THE SCREEN IN AN EVEN LAYER.

6 PLACE A TOWEL OVER THE SCREEN AND PRESS TO STRAIN WATER.

7 ALLOW TO DRY FOR A QUICK 24 HOURS, AND THERE YOU HAVE IT! TOILET PAPER (SORT OF!)

8 WASH YOUR HANDS. A LOT. (SERIOUSLY.)

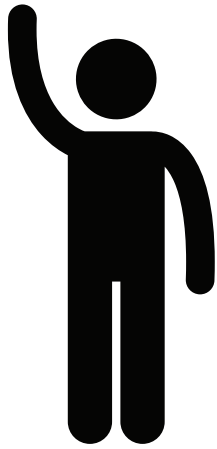
DON'T FLUSH!

TP ALTERNATIVES

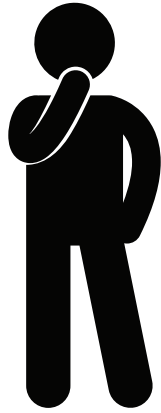
- NEWSPAPER
- COLLEGE DIPLOMA
- CHILD'S HOMEWORK
- THIS PRINTABLE

QUARANTINE YOGA

TRY THE POSES BELOW TO STAY ACTIVE WHILE INDOORS



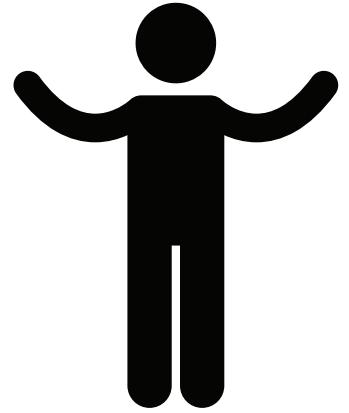
BYE BYE
WORLD



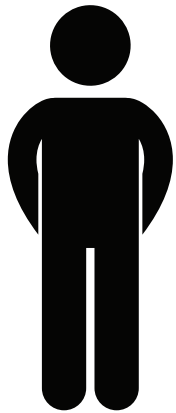
JOINT
SMOKE



BOOB
HONK



DAFUQ IS
HAPPENING



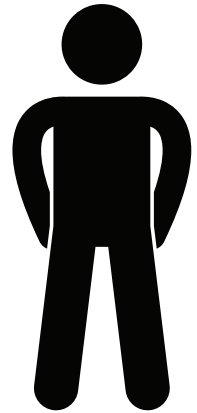
STANDING
BUTT TOUCH



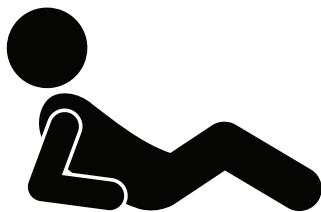
VIDEO GAME



DOWNWARD
VIDEO GAME



WARRIOR
BUTT TOUCH



INVISIBLE
PILLOW



HELLO
KNEE



LOOK AT
MY KNEE

SAVE ME SCRAMBLE

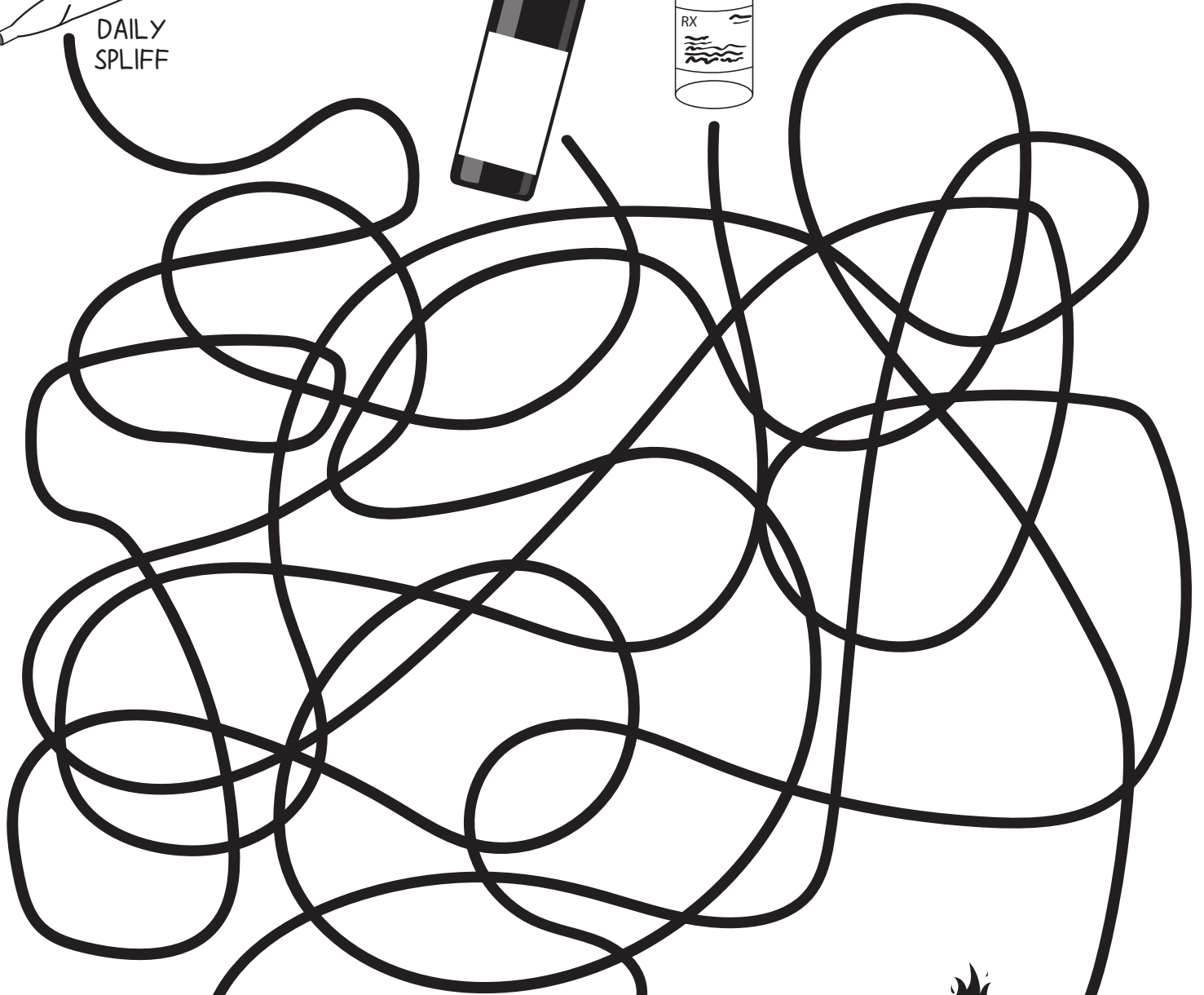
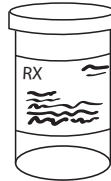
TRACE THE SCRAMBLED LINES TO CONNECT EACH COPING MECHANISM TO ITS MATCHING TOOL



SOUR GRAPE
DRINK



MOMMY
CANDY



DRINK
IT DOWN



WE'RE
SCREWED



LET IT
BURN

CAUSE CONNECT

DRAW LINES TO MATCH THE SYMPTOMS ON THE LEFT TO THE CAUSES ON THE RIGHT

FEVER

COVID-19
(CONSULT A
DOCTOR)

FATIGUE

DID YOU PUNCH
A WALL AGAIN?

COUGH

COVID-19
(BE CAREFUL,
BRENDA)

STOMACH
PAIN

PROBABLY A BUG
BITE, CAROL

SORE
KNUCKLES

COVID-19
(YOU IN
DANGER, GIRL)

SHORTNESS
OF BREATH

I MEAN, SAME
(WHO ISN'T TIRED?)*

ITCHY ARM

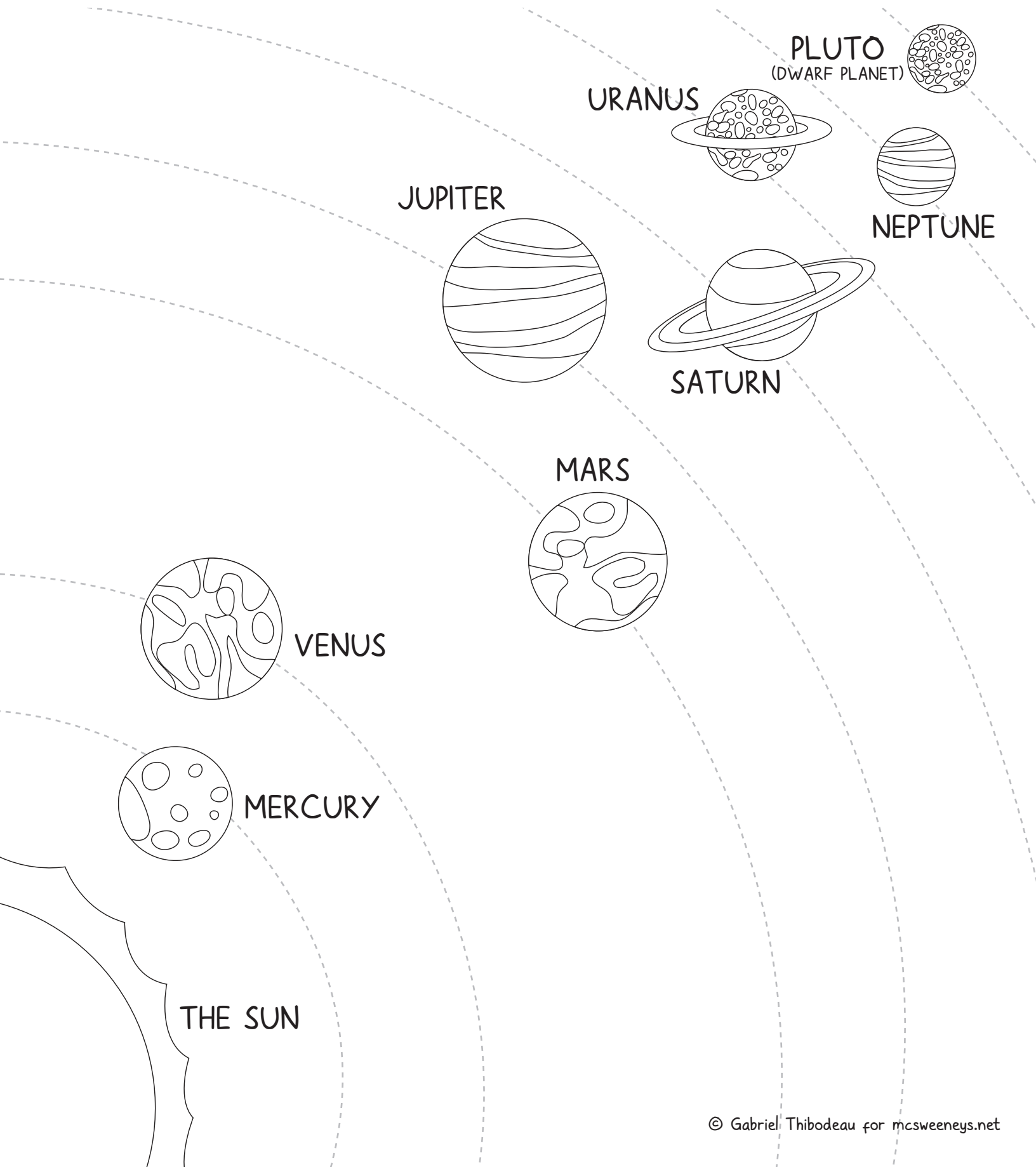
EATING THAT
THING IN THE BACK
OF THE FRIDGE*

COUNT THE CURES

FIND AND CIRCLE ALL THE CURES TO COVID-19 BELOW

COSMIC COLORING

COLOR THE PLANETS YOU WOULD RATHER LIVE ON



PLUTO
(DWARF PLANET)

URANUS

NEPTUNE

JUPITER

SATURN

MARS

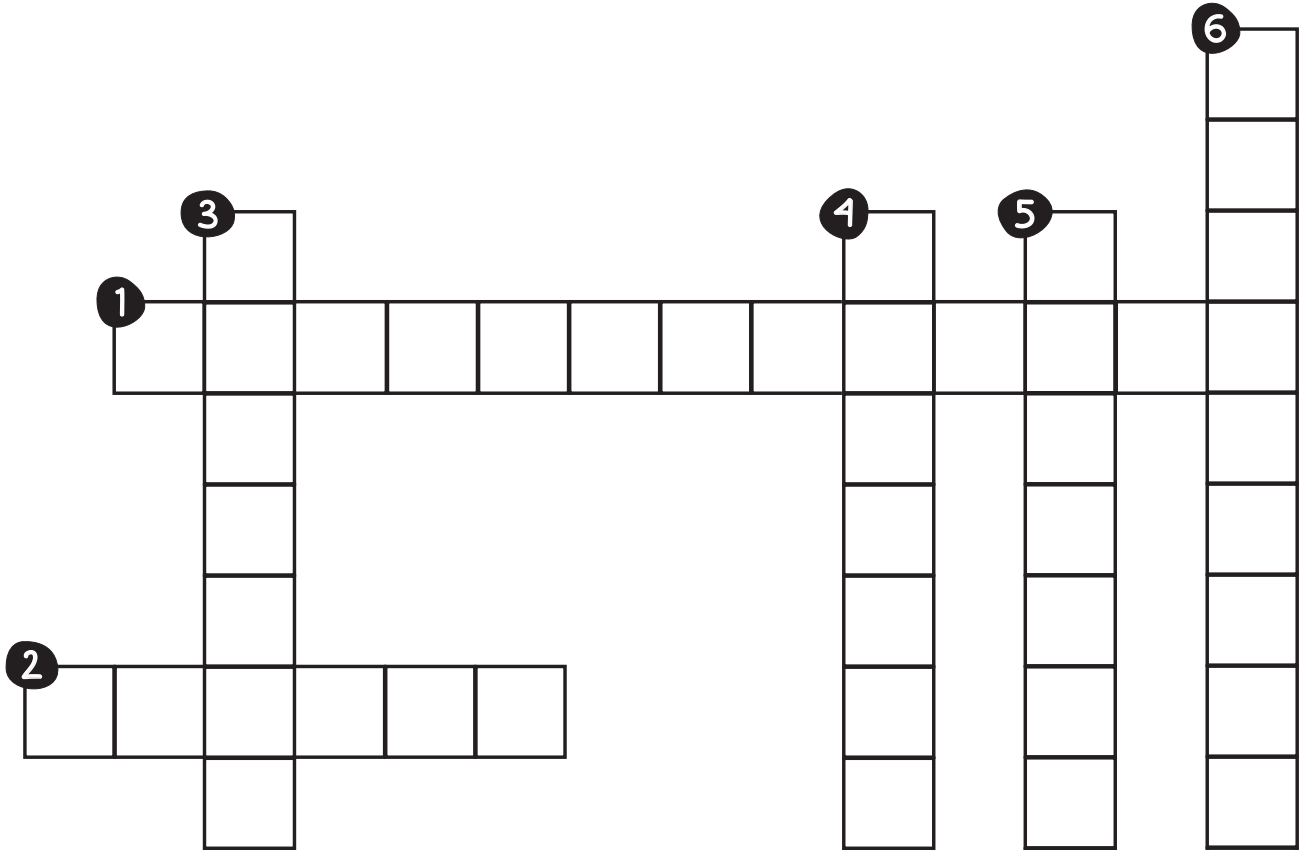
VENUS

MERCURY

THE SUN

QUARANTINE CROSSWORD

COMPLETE THE CROSSWORD WITH JOB TITLES OF SOME OF THE PEOPLE WHO ARE SAVING YOUR FUCKING LIFE



ACROSS

- 1 BRING YOU YOUR DIRTY-ASS MAIL
- 2 CARE FOR YOUR SICK ASS AT THE HOSPITAL AND MEDICAL CENTERS

DOWN

- 3 GET WAY MORE CREDIT THAN NURSES
- 4 KEEP YOUR ASS FROM STARVING
- 5 BRING YOU YOUR OTHER SHIT
- 6 THE FIRST TO RESPOND WHEN YOU'RE FREAKING THE FUCK OUT

COMMUNICATION CARDS

FOR QUARANTINED SPOUSES WHO ARE DOING GREAT



NO

I SAID NO, JIM

I SWEAR TO
FUCKING GOD

THIS DOESN'T
TASTE LIKE MY
MOM'S RECIPE, HUN

JUST EAT IT,
LOVE OF MY LIFE

HAVE YOU
ALWAYS SMELLED
LIKE THIS, DEAR?

I'M WORKING

THIS IS ME
WORKING, BETH

ENOUGH ABOUT
IDRIS ELBA

WHERE DID YOU
PUT THE REMOTE?

UP YOUR ASS

THAT'S NOT A
HELPFUL THING TO
SAY, CARL

WHERE ARE MY
PILLS? THOSE
AREN'T FOR YOU

I'M SORRY OR
WHATEVER

IF YOUR MOTHER
STAYS HERE I WILL
WALK INTO THE SEA