SELF-QUARANTINED:
THE ADULT ACTIVITY BOOK

BY GABRIEL THIBODEAU
a bitch is scared

guess what bitch

shit is real

shit is getting real

government let

me tell y'all

motherfuckers

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DIY TOILET PAPER

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

MATERIALS

- Scrap paper
- Blender
- 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.)

TP ALTERNATIVES

- Newspaper
- College diploma
- Child’s homework
- This printable

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WRITING PROMPT
WRITE AN APOLOGY IN THE VOICE OF VANESSA HUDGENS

Dear World,

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Sincerely,
Vanessa Hudgens
QUARANTINE YOGA
TRY THE POSES BELOW TO STAY ACTIVE WHILEindoors

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

DAILY SPLIFF
SOUR GRAPE DRINK
MOMMY CANDY
DRINK IT DOWN
WE'RE SCREWED
LET IT BURN

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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*

*MIGHT BE CORONA, THOUGH. PLEASE BE CAREFUL, STEVE! © Gabriel Thibodeau for mcsweeney's
COUNT THE CURES

FIND AND CIRCLE ALL THE CURES TO COVID-19 BELOW

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COSMIC COLORING

COLOR THE PLANETS YOU WOULD RATHER LIVE ON

PLUTO (DWARF PLANET)

URANUS

NEPTUNE

SATURN

JUPITER

MARS

VENUS

MERCURY

THE SUN

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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
<table>
<thead>
<tr>
<th>COMMUNICATION CARDS</th>
<th>FOR QUARANTINED SPOUSES WHO ARE DOING GREAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO</td>
<td>I SAID NO, JIM</td>
</tr>
<tr>
<td>THIS DOESN'T TASTE LIKE MY MOM'S RECIPE, HUN</td>
<td>JUST EAT IT, LOVE OF MY LIFE</td>
</tr>
<tr>
<td>I'M WORKING</td>
<td>THIS IS ME WORKING, BETH</td>
</tr>
<tr>
<td>WHERE DID YOU PUT THE REMOTE?</td>
<td>UP YOUR ASS</td>
</tr>
<tr>
<td>WHERE ARE MY PILLS? THOSE AREN'T FOR YOU</td>
<td>I'M SORRY OR WHATEVER</td>
</tr>
</tbody>
</table>
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