

**The  
Ultimate Guide  
to Being a  
Quarantine  
Queen**

**By: Troop 25411**



# Playlist

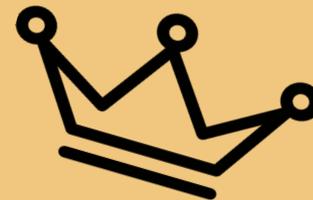
By: Kathleen



The activities in this guide are meant to make you feel empowered and help you get through quarantine. One of the best ways to change your mood and pass time is to listen to music. So we put together a playlist that will do both! Listen to it by yourself, or listen to it while you are doing some of the next activities.

The Ultimate Music For Being a Quarantine Queen:

<https://open.spotify.com/playlist/6f0Gu9h8zvPBsfLka8gO5L?si=W-uKDukWRAu5JI168e-C5A>





# Yoga

By: Gabriella

Yoga is one of those things that is simple, easy, and not too long with some super beneficial results. Doing yoga helps you by improving your energy, metabolism, athletic performance, flexibility, and even improve your mindset. Even one or two poses can calm and relax you, which can be especially helpful right now.

# Yoga poses for stress relief

⇒ Bow pose



1. Lay on your belly with your hands along side your torso, palms up
2. Exhale and bring your knees so that the heels are curled over your bottom
3. Grab your ankles, keeping your knees the same width apart as hips
4. Inhale, lift your heels away from your bottom and hips upward, press your shoulder blades against your back, and your shoulders from your ears
5. Hold for 20 secs, exhaling as you release

⇒ Child pose



1. Kneel with your legs together and move into sitting on the heels of your feet
2. Lean forward until your chest touches your thighs and your forehead touches the mat
3. Stretch arms out forward with the palms of your hands down
4. Hold position for five breaths in and out or 30 seconds to a minute

# Yoga poses for better posture/back relief

## ⇒ Cat-Cow stretch (Inhale) 🐄✳️🐄

1. Start in a normal table-top position with your knees underneath the hips and hands planted with wrists underneath shoulders
2. Tilt your pelvis so that your tailbone sticks out and your belly drops down
3. Tilt your gaze upward so that you're looking at the ceiling



## ⇒ Cat-Cow stretch (exhale)

1. Tip your pelvis forward, letting it move your spine up so it naturally curves up
2. Draw your lower abdomen towards your spine
3. Drop your head so that your gaze is to your lower abdomen
4. Repeat whole exercise for 5-10 breaths, making sure that you're moving your whole spine



# IHI Exercise

By: Mya

Exercising not only helps you lose weight or gain muscle but it can also help boost your mood and energy AND it helps you get better sleep. I will give you a few workouts that are easy and won't take much time. If it's too easy increase the reps and make sure your form is good.



# Butt and Leg Workout

\*make sure you stretch out your entire body before working out\*

30 donkey kicks on each leg

30 backward lunges each leg  
Repeat forward

30 sec high knees

30 sec superman



30 squats

30 sec wall sit

30 sec mountain climbers

30 sumo squats



# Stomach and Arms

30 sec elbow to knee

20 V-ups

1 min V-hold

30 crunches

20 sit ups

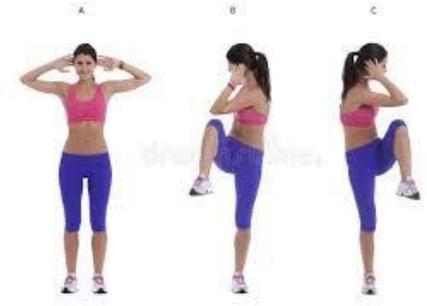
20 push ups



V form for V-ups and V-hold



Russian twist form



Elbow to knee form

30 Russian twists

30 sec mini arm circles

1 min plank

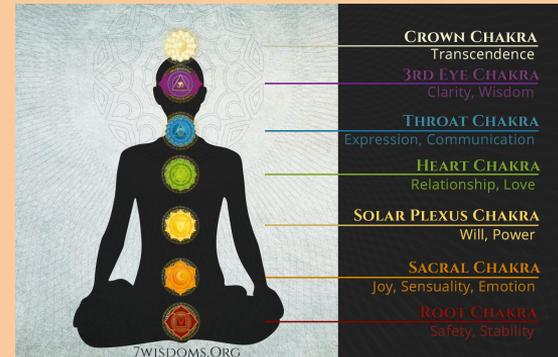


Plank form

# Meditation/ Spirituality

By: Serena

While taking care of your physical body is important, maintaining a healthy mental and spiritual state is an essential part of self-care. We are going to focus on balancing our seven chakras. Take a moment to examine the chart below, as it will help later:



# Simple meditation practice...

1. Begin by sitting comfortably (you do not have to close your eyes). This does not mean you have to sit perfectly upright, but in a way that is comfortable and will allow you to relaxed.
2. Next, allow your mind to be relaxed. Do not stop yourself from thinking, rather, allow your thoughts to flow in and out of your mind without actually engaging in them.
3. After you are in a relaxed state, focus in on your root chakra. Picture its color (red) and location on your body (base of spine). Repeat the following mantra in your mind, "I am strong, supported, and abundant."
4. Moving on to the sacral chakra, focus in on the color (orange) and location (below stomach), while repeating, "I am in control of my reality."
5. Next, the solar plexus chakra. Focus on the color (yellow) and location (center of abdomen). Repeat, "I am worthy of pursuing my passion and purpose."
6. Heart chakra: color (green) and location (center of chest). Repeat: "I am love, I give love, I am open to love."
7. Throat chakra: color (blue) and location (throat). Repeat: "I am in alignment with my truth. I speak with clarity and intention."

# Simple meditation practice (cont'd)...

8. Third eye chakra: color (purple) and location (head). Repeat: "I am connected to my spirit and I trust my intuition."
9. Finally, picture the crown chakra color (white) and location (top of head). Repeat: "I am one with myself, and what I believe in." Slowly come out of your meditation and focus back in on the real world.

# Easy Desserts

By: Sofia



Being in quarantine leaves us with a lot of spare time to try new things. Baking has been a popular way to cope with the inevitable boredom. It can be very fun, especially when done with family, and you add another dish to your cooking repertoire. Of course, the best part is getting to eat your creations, so here are some yummy desserts to make!

# Flourless Oatmeal Chocolate Chip Cookies

- 1/2 cup (1 stick) unsalted butter, softened
- 1 cup creamy peanut butter
- 1/2 cup granulated sugar
- 1/2 cup dark brown sugar
- 2 large eggs
- 1 teaspoon vanilla
- 3 cups old-fashioned oats (be sure they are gluten-free oats if you want the cookies to be gluten-free)
- 1-1/2 teaspoons baking soda
- 1/2 cup chopped walnuts
- 1 cup dark chocolate chips



- Preheat oven to 350°F.
- In the bowl of an electric mixer fitted with the paddle attachment, beat the butter, peanut butter, sugar and brown sugar until smooth. Add the eggs and vanilla and beat until well combined. Add the oats and baking soda and mix on low speed until just combined. Stir in the walnuts and chocolate chips.
- Using a 1 ounce cookie scoop, drop two-tablespoon sized portions of dough a few inches apart onto lightly greased or parchment-lined baking sheets. Slightly flatten the top of each scoop of dough with the palm of your hand.
- Bake cookies for 10-12 minutes or until golden brown. Let cool for 5 minutes on baking sheets before transferring to a wire rack to cool completely. Enjoy!

# Flourless Chocolate Banana Bread

- 3 medium ripe bananas (about 1-1/4 cups if mashed)
- 2 cups oats (rolled or quick-cooking)
- 1/2 cup unsweetened cocoa powder
- 1/4 cup honey
- 2 large eggs
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/4 cup cold water
- 1 cup chocolate chips



- Preheat oven to 350°F. Lightly grease a 9×5-inch loaf pan with non-stick cooking spray and set aside.
- Add all ingredients, except the chocolate chips, to a blender and blend until smooth and well combined. Stir the chocolate chips into the batter.
- Pour the batter into the prepared loaf pan. Garnish the top with more chocolate chips, if desired. Bake for 35-40 minutes or until a toothpick inserted in the center comes out with moist crumbs on it.
- Let loaf cool completely in the pan. Store bread in an airtight container at room temperature for 2 days or in the refrigerator for up to 6 days. Enjoy!

# Two-Ingredient Lemon Bars

- Box of Angel food cake mix
  - Must be the one-step, just-add-water kind, and must NOT be gluten free
- 21 oz Lemon pie filling
- Powdered sugar (optional)
- Combine angel food cake and lemon pie filling
- Pour into a 9x13 pan
- Bake for 30 minutes at 350 degrees
- Enjoy!

## Equipment

- Large Bowl
- 9 X 13 Baking Pan
- Cooking spray or Parchment Paper

*Note: Do NOT follow the instructions on the angel food cake mix!*



# Banana and Berry Hemp Seed Pudding

## Serves 3

- 2 just ripe (not overripe) bananas, (peeled // if too ripe, the flavor can be overwhelming)
- 2 cups of berries (fresh or, if frozen, thawed)
- 2 Tbsp light coconut milk (or almond milk)
- maple syrup or pitted dates (optional // to taste)
- 2 Tbsp hemp seeds
- 2 Tbsp chia seeds
- 1/8 tsp ground cinnamon



- Add bananas, berries, and coconut milk to a food processor (a blender works too) and mix to combine. Then taste and adjust sweetness if needed, adding either maple syrup or pitted dates (optional) and blending to combine.
- Next, add hemp seeds, chia seeds, and cinnamon, and pulse to combine. Transfer to 3-4 serving dishes .
- Cover and refrigerate to chill for at least 2 hours, preferably overnight. Will keep in the refrigerator for 3-4 days. Enjoy!



# Skin care

By: GraceAnne



In these times it's normal to lose touch of a consistent skin care routine. The following masks will help you fight against dry, oily, and tired skin! There's also a recipe to prevent acne. These masks don't have to be done everyday, but when you feel your skin needs it. They can be made from ingredients around your house and take about ten minutes to make. Remember to have fun!

# Homemade face mask recipes for...

## ❖ Dry skin:

- 1 avocado
- 2 tablespoons plain yogurt
- 1 tablespoon olive oil
- 1 tablespoon honey

## ❖ Acne-Prone Skin

- 1 mashed banana
- 1/2 teaspoon baking soda
- 1/2 teaspoon turmeric powder

## ❖ Oily skin:

- 1/2 cup cooked oatmeal (cold)
- 1 egg
- 1 tablespoon lemon juice

## ❖ Tired skin:

- Juice of 1 lemon
- 2 tablespoons sugar
- 1 tablespoon olive oil



# Hair care

Bed head lasting longer than you expected? Don't worry, we have a solution.

By: Esther



## •Bed Head Hair Care Recipes•

### *Rejuvenating curly hair mask•*

#### *•Ingredients•*

- *Aztec clay face mask*
- *Water or apple cider vinegar*

#### *•Instructions•*

- *Make the mask mixture according to the package (enough to apply to your hair)*
- *Apply to your hair, separating in sections*
- *Cover with a shower cap or plastic bag (beauty on a budget love)*
- *Leave it on for 30-50 minutes while you watch Jane the Virgin :)*
- *Take a shower, wash it all off*
- *Style your hair as you would ( with leave in conditioner and styling gel, Cantu is a great product! Taking the time to section and style your hair pays off!)*
- *Enjoy your curls!*

# Moisturizing hair mask

## ●Ingredients ●

- 1 Egg
- 1 Tbsp of honey
- 1 Tbsp of olive oil
- 2 Tbsp of mayonnaise

## •Directions•

- Mix ingredients and apply to your hair
- Let sit for 30-60 minutes
- Wash out of hair, let dry, and see the results!!!!





# Hairstyles

By Erin



Now that you have healthy hair from our haircare, here are some great hairstyles for you to try out, but first here are some styling tips:

- French braids tend to work better on smooth hair
- While Dutch braids work better for thicker, frizzier hair

# Step by step

## French Braids and Dutch Braids

- The first main difference is when you are French braiding you go over, and when you are Dutch braiding you bring the strands under
  - ◆ So if you want the braid to be more pronounced, I would suggest trying Dutch braids.
  - ◆ These hairstyles I am going to show you are, some that will turn out better if you already know how to braid; that is because I could not insert videos

## 2 Dutch braids into a half up half down



**1st**, brush all your hair out and make a straight part, wherever you would like (I prefer the middle for this style)



**2nd**, feel free to straighten any pieces you feel are frizzy. I only did this because my sister wanted me to



**3rd**, separate your hair into 3 small sections, because the smaller/the tighter, the better it will look



**4th**, while you are braiding make sure you are keeping it tight, and straight



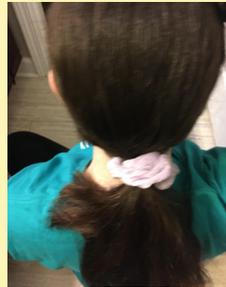
**5th**, once you finish the first braid, either tie it off, or have the person hold it



**6th**, then repeat the exact same steps (3, 4, & 5) on the other side



**7th**, hold up your two braids, and brush all of the remaining hair, so it will be smooth



**\*tip** I like putting all the hair I just brushed into a ponytail before I rubber band the braids so it will lay flatter

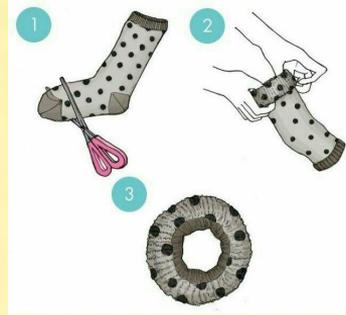


**8th**, finally connect your two braids into a hair tie, let the ponytail out, and any other finishing touches you would like



# DIY sock donut bun

First Grab a old crew sock, and cut off the toe part. Second roll it up into a donut (you just continue to fold the top over). Third put your hair into a ponytail. Fourth slip the donut over the ponytail. Fifth lay all your hair over it. Sixth slid a rubber band over it, and finale it you have any ends left you can Bobby pin them, tuck them into the hair tie, or add a scrunchie/hair tie over top.



## How to make the sock into a donut



# Fashion Diy

By: Sophia

Make a fun custom t-shirt in five easy steps. For this diy you need an old T-shirt and some scissors



# Step one

Take your old t-shirt and

Crop it to your desired

Length



# Step two

Cut one inch slits on the

Side of the t-shirt you can

Do as many as you want but

I cut four slits. Make sure you

Do the same on the other

Side of the t-shirt



## Step three

With the extra fabric

Cut tiny strips of fabric

For each section on the

T-shirt



## Step four

Using the strips of fabric

You cut loop them

Through the slits and tie

Into a knot



# Step five

Trim the extra fabric from the knots and your custom T-shirt is finished

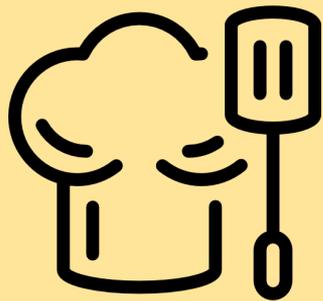


# Vision Boards

By Grace

Vision boards are an easy way for you to visualize your hopes and dreams and get you one step closer to achieving your goals. They're fun and aesthetically pleasing, and can be made online or on paper, with magazine clippings or design websites. Put whatever you want on your board, from favorite quotes to project ideas to things you'd like to try this year. While you're stuck in quarantine, take some time to think about what you want to do when it ends, and don't be afraid to dream big!

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DIFFICULT ROADS  
OFTEN LEAD TO  
BEAUTIFUL  
DESTINATIONS.



F.R.I.E.N.D.S



"You are never too  
old to set another  
goal or to dream a  
NEW DREAM."

C.S. LEWIS



THERE IS NO FORCE  
MORE  
POWERFUL  
THAN A WOMAN  
DETERMINED  
TO  
RISE

# The End!!

Congrats! You are now the Ultimate Quarantine Queen!!! Remember to share this with friends and family, so you all can have a blast while staying distant.

Love,

Girl Scout Troop 25411

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