

CONFINED?

TRY **B O R E B U S T E R S**®



**Banish boredom and reclaim you with our curated activities, tips and strategies to help you feel tucked safely at home!**



THE  TEAM

*Real Estate Driven By You!*



BERKSHIRE HATHAWAY  
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# ESCAPE + ROUTE AHEAD

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As **parents**, we wonder aloud if we're the only ones **searching for levity** to help put COVID-19 into perspectives, especially right here in our beloved Miami Beach. So what we can't physically come together as neighbors right now? Starting with the following BORE BUSTERS®, we can still **share tips** for managing quarantine. How are you **staving off complete meltdown** for your immediate and extended families? We are Jerome & Julie Soimaud (pronounced Swammo). We're the S Team; husband-and-wife real estate practitioners who just happen to be parents sharing the same fears, anxieties and hopes as our neighbors. We are here if and when you need us: (305) 299-5863 | [js@s-team.miami](mailto:js@s-team.miami)!

*Jerôme & Julie*

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# COMMUNITY + POWER



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**The Biscayne Bay Directory®** is a celebration of Biscayne Bay, its storied past and its amazing allure! When we launched [TheBiscayneBayDirectory.com](http://TheBiscayneBayDirectory.com) just a couple years ago, it was unfathomable that we'd be in for such global angst. We are especially proud of the **Forum** that connects communities, **making it easy to discuss** everything from the current COVID-19 pandemic to [history](#) to ecology. As we deal with ongoing quarantine, the [Forum](#) makes it easy to **share information** on matters affecting us right here in our beloved Miami Beach. We invite you to take advantage of this free online tool to stay connected, get/give support and bolster camaraderie. We're in this together!

*Jérôme & Julie*

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# ALL IN + THE FAMILY

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Welcome to BORE BUSTERS®! We sifted through hysteria to find need inventive yet practical ways to keep boredom at bay and sanity intact as we navigate this most disconcerting course. Banish boredom with everything from treasure hunts to virtual tours to **novel activities** that are not only great time killers but help **mask life lessons** behind fun. Like using empty cardboard boxes to erect a fortress or teaching your child to make his/her favorite dish (age dictating, of course) or coloring your way **around the globe**, one cultural organization at a time. Naturally, we share a few of our favorites and can't wait to find out yours.

[CLICK HERE FOR 125 IDEAS!](#)

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# ACTIVATE + BORE BUSTERS®



## SHAKE A VIRTUAL LEG

Who needs second mortgages and fighting crowds just to afford a great concert? Well, not when you can have the best seats for some amazing shows just for you, without leaving home! So go ahead, sit back, relax and [CLICK HERE](#) in preparation to catch some of your favorite stars, virtually.



## CRAFT & CARE WITH DIY SOAPS

Soap shelves empty? Wait, we're on lockdown. Not to worry, there's never been a more relevant DIY project than making your own [hand soap](#). Craft and care going hand-in-hand.

## WHALE OF A WATCH

Thanks to the marriage of nature and technology, with the beluga whale webcam set up at the [Georgia Aquarium](#), you too can be mesmerized by these amazingly graceful creatures. You and the entire family can have a whale of a time without stepping foot outdoors.



## DR. SEUSS ON CALL

No stethoscopes needed. Simply log onto Suessville and join Dr. Seuss's Word Challenge to read as many books as you can. Reading not your thing? Fret not thy head, they've got games and lots of other things for you instead.



## MEMORIES ON THE MENU

The ingredients for great family fun is all in this one. Grab your kids, their favorite recipes and get to baking or cooking up great memories and dare we say life skill.



## TOUCH OF COLOR

What lines? With [#ColorOurCollections](#), you get to unleash your inner Picasso as you and the family color free pages from museums and other keepers of culture. Simply download, print & color as many pages as you wish.



# M O R E + B U S T E R S ®



## LIVE ROYALLY

Pick a date. Design and deliver invitations to each member of the family. Cook your favorite meal. [Set the table](#) as though the queen herself had personally accepted your invitation. Break out the fine china you've been saving for this special occasion. Get "Best Dressed" ready and enjoy a your family with flair. Hey, and it's the perfect opportunity to brush up on those great table manners too. Take lots of photos too.



## THAT'S YOUR STORY

This is a great time to play Q&A. Create a setting that denotes comfort, ease, trust and fun, where kids-turned-journalists write and ask their questions of you. To help bring focus, you may want to use life events to help drive pertinent questions. Encourage dialogue and follow up questions. Encourage curiosity. Then turn the tables on them. Really get to know them, not as your children but as an individual beings, as adults in training.



## BETTER START SOMETHING

We've all been there: putting off trying this; doing that; waiting for that special occasion to wear an outfit. And whatever the reasons, now may be a good time to start stopping. No really, start stopping yourself from [learning](#) that new language or trying that new recipe. Heck, invent one or two or three! Like our Bison Burger with with Portobello, caramelized onions and blue cheese. Oh, and topped with an egg, over medium. A taste made in confinement haven. What are you cooking up?

## SING ALONG

We might not admit it too loudly but sing-alongs are popular for a reason. We are all undercover practitioners. Whether you prefer to sing along to your favorite movies or karaoke, there is hardly a more fun, inclusive family activity. Have one who refuses to sing? Where you might see party pooper we see videographer aka documentarian.



## HOLLYWOOD CALLING

This is a great time to spark or encourage the next director of movie star camouflaging as your child. Assign roles, do a casting, write a script, have a film schedule. [MAKE A MOVIE](#) using your smart phone. Then make like Hollywood and dress up for the premiere. This might be great to pair with that formal dinner and a show.



## IT'S TIME TO MAKE ROOM

What's that about procrastination? Well, what better way to use this time than to declutter those draws and closets we've always wished we had time for. And, get the kids in on this multi-sensory reward activity. Have them sort and package old toys and clothes to donate for the enjoyment of other kids. Now that's what we call a feel-good activity: Making room and teaching compassion.



# H E A R T H + A T T R A C T

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Welcome today! Yup, we've finally arrived at the day when **we can** go from Paris to Florence to São Paulo to London to Berlin to Mexico to New York to Amsterdam, to just about wherever...without getting off our, ahem, couches. Well, sort of. See, even with the global lockdown giving directives, several museums and other bastions of the arts are most ardently determined to **keep culture alive** by opening their doors—**virtually!** All you need is curiosity and a connection (to the internet). Check out [Travel & Leisure](#), and yes, we dare you to pick just three. Probably not unlike you, we want to see them all but will have to start our own tour with...

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### [BRITISH MUSEUM, LONDON](#)

This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. You can also find hundreds of artifacts on the museum's virtual tour.



### [VAN GOGH MUSEUM, AMSTERDAM](#)

Anyone who is a fan of this tragic, ingenious painter can see his works up close (or, almost up close) by virtually visiting this museum—the largest collection of artworks by Vincent van Gogh, including over 200 paintings, 500 drawings, and over 750 personal letters.



### [MUSÉE D'ORSAY, PARIS](#)

You can virtually walk through this popular gallery that houses dozens of famous works from French artists who worked and lived between 1848 and 1914. Get a peek at artworks from Monet, Cézanne, and Gauguin, among others.



# P U R P O S E + O N

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Because simply **surviving** is not an option, we turn up the volume for F sake. Fortitude is sometimes less than agreeable but hey, we find **dark nights** make for brighter days. By fine tuning a few Fs in our lives, we're navigating the uninvited and most wholly unwelcome newish normal (or is it new normalish?) with finesse and we dare say, **more fulfilled**. Well, at least for now. How are you faring?

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# F O R S E L F + S A K E

**FLEX**//Remember that everything passes–good and bad! That's our motto first, then we scour reputable airways to ensure we remain abreast of best practices in other countries in the grips of the pandemic. Remember, too, to check on your neighbors AND to ask for help.

**FROLIC**//Even if no one is watching, cue DJ Pandora and make believe it's 1999. We love dancing and since we can't go to our favorite joint–well, we bring the joint to us. With Pandora on shuffle, it's even better than fighting traffic or wading lines as we are literally transported from Haiti to Jamaica to Colombia to Cuba to Senegal to Miami...  
...without leaving our living room. It's hardly a betrayal to have fun.

**FREE**//Perhaps nothing is more satisfying than freeing your mind. A favorite is crossword puzzles and having virtual games and tournaments is simply icing on sundaes. **WARNING:** Has been known to arouse fierce competitiveness—even with and within your own self!

**FORAGE**//Wanna really see you as those closest to you do? With key ingredients of trust, curiosity and a yearning for growth, this exercise is good any time, and really lets you in how how your kids see you. Newsflash: It's not always how/what you think. **WARNING:** May lead to serious self reflection!

**FRAME**//Introduce you to your kids. No, really! Let them see you as the age they are...What was your favorite song/TV show/actor when you were that age? What was the trend/rage? Introduce you: in human form! Yup, because just as there is a tooth fairy, **PARENTS ARE ALL SUPER MACHINES** masquerading as real people.

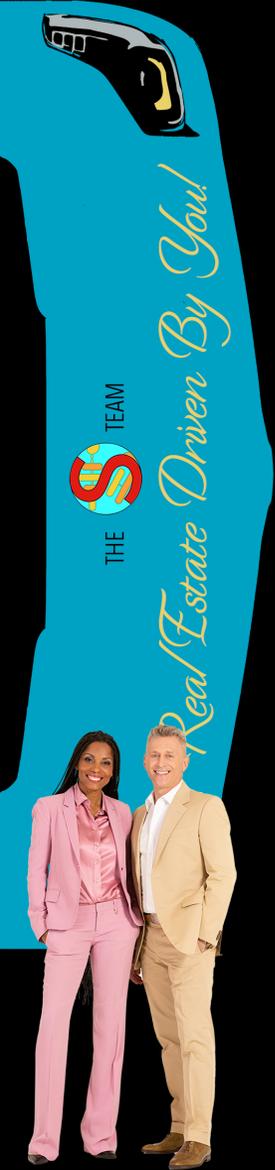


# CARE + TRADITION

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We **take** care-taking kind of seriously. And current confinement seems to be as good a time to amp up some of those self-care techniques we shelved. Join in trading self pity for self **care**, and share what helps you re-center **and recharge!** We all know that when we're unwell, the entire family ails. What are some of the ways your upbringing is influencing your self-care routine? Which traditions are you gifting your kids and grandkids?

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# FULL + THROTTLE

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**FREEZE**//As much as we can't wait for the confinement to be over, it might still be a good idea for you and your family to document your experience (daily, weekly). Take lots of accompanying photos and upload to a reputable online printer, and voila, you will have your own commemorative book, in your own words, to share with generations to come.

**FEEL**//A teaspoon of sugar might help the medicine go down, but since laughter is a known elixir, do we still need sugar? Never mind...LAUGH like your happiness is at stake. Feed your soul especially when uncertainty reigns.

**FOCUS**//The bad news is: we are all in this together. The great news is: WE ARE ALL IN THIS TOGETHER. We learned to literally release things beyond our control. That includes sensationalism and the chorus of apocalyptic augury. Not that we remain complacent, we simply choose to modulate the noise as we sift through hysteria to get usable information.

**FEED**//It's not selfish to want to take some of this "down time" to return to center. The stress and anxieties of the past weeks/days/hours can be enervating to say the least. It's necessary to take even a few minutes to take care of YOU. It's necessary to restore that which is depleted by angst. It's absolutely necessary to care for the caretaker.

**FAITH**//Nothing lasts forever and we've proven our resilience time and again. The sun always reemerges from even the most foreboding of clouds. This IS Miami. Though we may bend, we seldom break. We relish rebounds!

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# PREMIUM + UNLEADED

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**When's the last time** you saw an empty plastic bag standing upright—on its own? Well, since this confinement is rearing to turn us into metaphoric plastic bags, let's get to refilling. To anchoring, to bolstering. Unless, of course, you prefer flailing then flounder on, flounder on...If, like us, **you** crave a return to "normal" with faculties—and that doe-eyed love for our kids—in tact, read on! And remember **care enough to share** your tried-and-true techniques for maintaining your sense of "normalcy!"

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# BE KIND + UNWIND

## PRIORITIZE SELF CARE

Time alone is important too. When I begin to feel frustrated or annoyed with being in close quarters I have to remind myself that taking time to take care of me is important. Taking a bath, reading, or meditating are just a few ways I reset so I can come back and be the mom I want to be.

## KEEP UP WITH GOOD HABITS

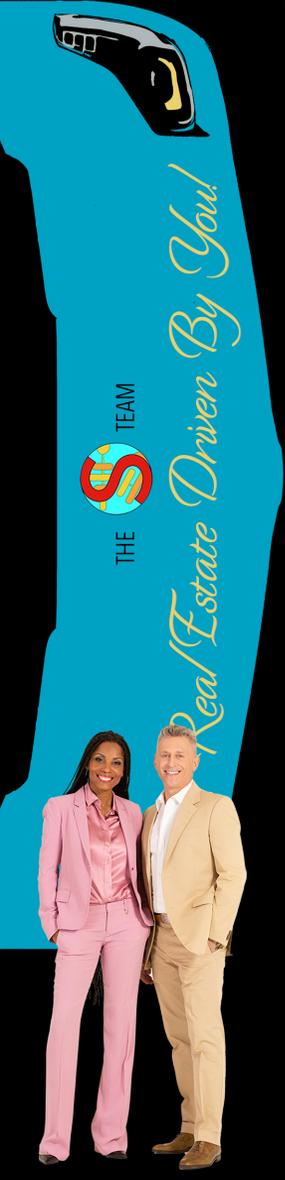
I don't want to let boredom and close proximity to the pantry interrupt healthy eating habits that I've spent months cultivating. Continuing with healthy eating habits will give me a sense of accomplishment and also keep me feeling as good as I can during challenging circumstances. That doesn't mean being rigid about a diet but rather keeping up with 80-90 percent of good habits. Good diet and exercise habits will also keep us healthier in the long run. I think we all needed a few days to adjust and have a pity party. But the work week has begun and this is the new normal so it is time to reclaim those good habits we've been working on since the start of the year (P.S. If you already abandoned your New Year's "get healthy" goals because life got too busy, now's your chance to reclaim them. No one will know you took a break.)

## ACHIEVE A SENSE OF ACCOMPLISHMENT

Forced time at home is out of our control. One thing within our control is the ability to be productive with our time. If you've had a goal or an idea that you've wanted to get started on but hadn't had the time—now is the time to start. Personally I have been wanting to make using headspace, a meditation app, a daily habit, but in practice I've been sporadic and inconsistent. If I can establish this good habit during our extended break I will feel a sense of accomplishment and maybe look back on it as the silver lining to uncertain and anxiety-provoking circumstances.

## CREATE A CALENDAR OF NIGHTLY FAMILY ACTIVITY

Variety is the spice of life. While family movies are something we love to do during winter storms this break is much longer so we will need to change up our family activities to prevent boredom. Creating an expectation of something to look forward can generate some excitement and make the hours in between pass quickly. Having a family project in mind, like whipping up a dessert together, playing a favorite board game or card game, roasting s'mores in the fire pit, or working on a puzzle are some ideas on our nightly entertainment list.



# BALANCED + BEAMING

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Self-care seriously underway, now your inner **Zen is craving** some pre-coronavirus quiet. You know, back when the kids had school and schedules and activities and playdates and a life outside you. And you? You had a name besides mom/dad. And you HAD down time that allowed YOU to expertly **perfect balance**. Let's hang on to that and keep enjoying Bore Busters®!

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# YOU'VE GOT + ANSWERS

Allison Kranich, LCPC, licensed clinical professional counselor at Northwestern Medicine McHenry Hospital

## WHAT IS THE BEST WAY TO SET A ROUTINE DURING THE WEEKS THAT WE ARE HOME TOGETHER?

Have a family or house meeting to create a plan. Write down the plan and review it verbally on a regular basis to account for the varying ways people absorb information. Expectations can be built into the daily schedule. Have designated "chore" time in which kids can complete assigned tasks. Have them complete these tasks prior to engaging in any free play.

## IS THIS A TIME TO TEACH KIDS ABOUT MEAL PLANNING? SHOULD I HAVE THEM HELP ME DEVELOP GROCERY LISTS?

Take caution in promising any certain items, in case the stores don't have them. Try and engage kids in activities to make new meals and snacks, though.

## IT SEEMS LIKE WE'RE ALL JUST SNACKING AND SITTING AROUND RIGHT NOW. HOW DO WE AVOID UNHEALTHY WEIGHT GAIN WHILE WE'RE AT HOME?

Encourage healthy eating and cook together to promote feelings of well-being and to boost your immunity. Make exercise mandatory for every member of the household. Get in some type of movement to reduce stress and maintain or improve your overall health. Whether it's a family dance party or a private yoga workout, aim for 30 minutes each day and if you can enjoy time outside, even better.

## HOW CAN WE AVOID ARGUMENTS DURING A QUARANTINE?

Create a "parking lot" of issues that you agree to discuss when the quarantine is over. Forced time together can be stressful, and this isn't the time to address issues that cause resentment and frustration. Make a list of things you agree can be addressed at a later date, and then be sure you follow up on that commitment when the time is right.

## I KNOW MY KIDS ARE ALWAYS GOING TO REMEMBER THIS TIME. HOW CAN I MAKE THE MEMORIES AS POSITIVE AS POSSIBLE?

Children create memories based on emotions, whether positive or negative. Make this an opportunity for them to look back and think, "wow, we handled a tough situation really well." Children will remember how you as parents responded to this crisis, it's up to you to create a warm and nurturing environment amidst chaos.

## HOW DO WE COMBAT ANXIETY IN THESE UNCERTAIN TIMES?

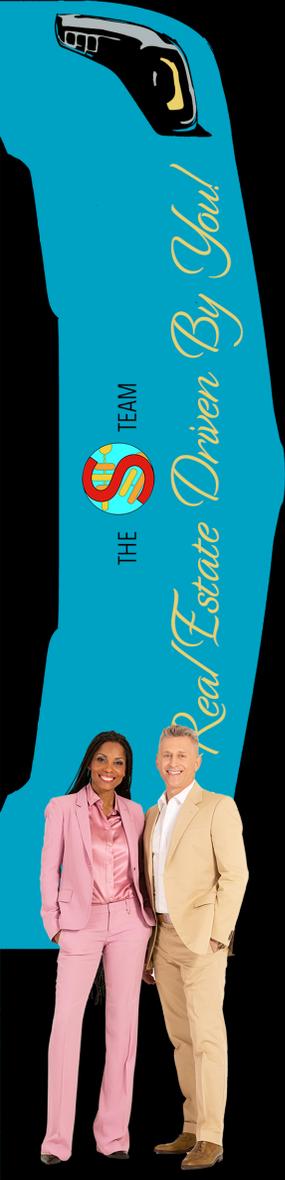
Remember your children or teens will model your own behavior. If you want them to stay calm, you have to stay calm. Try to refrain from putting on the news or radio. Having the news on will only increase their anxiety levels.

## WE ARE SPENDING A LOT OF TIME TOGETHER. DO FAMILY MEALS STILL MATTER?

Have a set meal or meals when everyone will eat together as a family, and try and enforce these as much as possible to encourage socialization and good company. Answer any questions children or teens may have about the quarantine or the new coronavirus, but talk about other things to keep the conversation light. Ask questions about their favorite books, movies and their summer plans.

## WHAT ARE THE BEST WAYS TO WORK FROM HOME WHEN MY KIDS ARE IN THE HOUSE?

Establish rules about working from home to ensure children understand your expectations. Have ways for kids to alert you if it is an emergency. Have designated "quiet time" each day for reading or napping.



# N E I G H B O R + U P

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Ever ones to lean on humor and adaptability to transcend even the darkest moments, we truly hope you and your family emerge from COVID-19 with peace, hope, love and fortitude. In the meantime, we'd love to hear what's helping you cope with the confines of the time. **How are you caring for extended family?** What are some of those priceless moments you just can't wait to share? Drop us a line at [js@s-team.miami](mailto:js@s-team.miami). **We are in this together** and until we no longer need a safe zone: **stay safe**, stay healthy, stay happy, stay loved, stay loving, stay laughing. **Stay resilient!**

*Jerôme & Julie*

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