

25 Jewish Things to Do Under Quarantine

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If you're looking for a bit of an escape from everything going on in the world right now (and have the time and good health to do so), try experimenting with and embracing your Judaism from home. Here are a few ways to begin.

1. Watch a Jewishly themed TV show.

Today's streaming services offers endless shows to choose from, many with Jewish (or Jewish-ish) themes. To help you choose the perfect show for you, we've rounded up 14 of our favorite options from Netflix, Hulu, and Amazon Prime.

2. Get more comfortable talking to God.

Hitbodedut (literally "self-isolation"), a style of prayer first popularized by Rebbe Nachman of Breslov, is the act of open, spontaneous, and direct communication with God. [Here are three steps to talking to God on your own terms.](#)

3. Call your mother

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Or father. Or grandparents. Or aunts or uncles or siblings or friends... or all of the above! There's certainly a stereotype surrounding Jewish mothers (here are some of our favorite TV representations of them), but the point is this: *Check in on your loved ones*