

# **VIRTUAL ACTIVITY KIT**

How to stay active and engaged in meaningful activities  
using entirely virtual means

## Useful and Entertaining Apps

### Entertainment

1. HouseParty
  - i. Connect with family and friends through video chat
  - ii. Play games virtually
2. Stitcher
  - i. Free podcast app
3. iHeartRadio
  - i. Free radio channels / music live streams / podcast

### Wellness

1. Insight Timer
  - i. Mindfulness app
2. Meditopia
  - i. Meditation app
3. My Possible Self
  - i. Emotion and mental wellness tracker
4. Sleep Cycle
  - i. Sleep cycle tracker
5. Smoke Free
  - i. Smoking cessation app
6. Viber
  - i. Access to online communities and supports
7. 8Fit
  - i. Short, easy to follow, free workouts
8. Streaks
  - i. Track good habits!

## Virtual Workouts

<b>Type of Fitness</b>	<b>Length</b>	<b>Channel</b>	<b>Link</b>
Instagram Live Workouts	Ranges (15 mins to 1 hr)	Instagram	@commonground416 @sopearin @soooconrad @ottheog @fitfactory @sweatandtonic @kylecorporatewellness @y7studio @barrysbootcamp @sam_dancebody
Tai Chi for Beginners “Tai Chi Fundamentals”		YouTube	<a href="https://www.youtube.com/watch?v=oCnCSOWgIUU">https://www.youtube.com/watch?v=oCnCSOWgIUU</a>
Tai Chi for Beginners “Balance and Flow”		YouTube	<a href="https://www.youtube.com/watch?v=_AR-RMBS9d8">https://www.youtube.com/watch?v=_AR-RMBS9d8</a>
Tai Chi for Beginners “Opening and Expanding Your Frame”		YouTube	<a href="https://www.youtube.com/watch?v=nVfD906XCLY">https://www.youtube.com/watch?v=nVfD906XCLY</a>
Morning Yoga for Beginners	10 mins	YouTube	<a href="https://www.youtube.com/watch?v=VaoV1PrYft4">https://www.youtube.com/watch?v=VaoV1PrYft4</a>
Gentle Yoga Flow	30 mins	YouTube	<a href="https://www.youtube.com/watch?v=g13nVd7OLYs">https://www.youtube.com/watch?v=g13nVd7OLYs</a>
Flexibility Yoga for Beginners		YouTube	<a href="https://www.youtube.com/watch?v=Ip2L5oOJZP0">https://www.youtube.com/watch?v=Ip2L5oOJZP0</a>
All Levels Cardio Dance Workout	30 mins	YouTube	<a href="https://www.youtube.com/watch?v=aBtP7008EFA">https://www.youtube.com/watch?v=aBtP7008EFA</a>
Hip-Hop Fit Workout	30 mins	YouTube	<a href="https://www.youtube.com/watch?v=ZWk19OVon2k">https://www.youtube.com/watch?v=ZWk19OVon2k</a>
Bollywood Dance Workout		YouTube	<a href="https://www.youtube.com/watch?v=KUmKKPcf71Q">https://www.youtube.com/watch?v=KUmKKPcf71Q</a>
Belly Dancing Workout for Tone Core	30 mins	YouTube	<a href="https://www.youtube.com/watch?v=ly9if9_0PCM">https://www.youtube.com/watch?v=ly9if9_0PCM</a>

Disco Funk 1	10 mins	YouTube	<a href="https://www.youtube.com/watch?v=cgDppkLnImI">https://www.youtube.com/watch?v=cgDppkLnImI</a>
Old School 1	10 mins	YouTube	<a href="https://www.youtube.com/watch?v=Nb_wLPAIqYM">https://www.youtube.com/watch?v=Nb_wLPAIqYM</a>
Beginner's At-Home Cardio Workout	15 mins	YouTube	<a href="https://www.youtube.com/watch?v=VHyGqsPOUHs">https://www.youtube.com/watch?v=VHyGqsPOUHs</a>
Low Impact Cardio Workout – Beginner/Intermediate	30 mins	YouTube	<a href="https://www.youtube.com/watch?v=50kH47ZztHs">https://www.youtube.com/watch?v=50kH47ZztHs</a>
STRONG Zumba Cardio and Full Body Toning	30 mins	YouTube	<a href="https://www.youtube.com/watch?v=QRZcZgSgSHI">https://www.youtube.com/watch?v=QRZcZgSgSHI</a>
Fun Low Impact Workout for Total Beginners		YouTube	<a href="https://www.youtube.com/watch?v=H0c-4nZjIWQ">https://www.youtube.com/watch?v=H0c-4nZjIWQ</a>

## Virtual Games to Play with Friends and Family

<b>The Game</b>	<b>Player Count</b>	<b>Description</b>	<b>Link</b>
Axis & Allies	1-5	Strategize your way to victory as the United Kingdom, Soviet Union, United States, Germany, and Japan vie for world domination at the height of the second World War.	<a href="http://gamesbyemail.com/Games/WW2">http://gamesbyemail.com/Games/WW2</a>
Backgammon	1-2	Play against computer or against someone who is also online	<a href="https://cardgames.io/backgammon/">https://cardgames.io/backgammon/</a>
Battleship	2	Sink your opponents ships	<a href="http://fr.battleship-game.org/">http://fr.battleship-game.org/</a>
Bingo!	1	Randomly generated bingo board	<a href="http://manfrancisco.com/coronabingo/">http://manfrancisco.com/coronabingo/</a>
Blokus	2-4	Take turns fitting tetris-style pieces onto a board.	<a href="https://blokee.mattle.online/">https://blokee.mattle.online/</a>
Boggle	1 or more	3 minutes to find as many words as possible on a grid	<a href="https://games.johanv.xyz/boggle">https://games.johanv.xyz/boggle</a>
Cards Against Humanity	Up to 6	Each round, one player asks a question from a black card, and everyone else answers with their funniest white card.	<a href="http://playingcards.io/dpnxu">http://playingcards.io/dpnxu</a>
Catan	3-4	Players take on the roles of settlers, each attempting to build and develop holdings while trading and acquiring resources. Players gain points as their settlements grow.	<a href="http://catanuniverse.com/">http://catanuniverse.com/</a>
Checkers	1-2	Remove all your opponent's pieces from the board.	<a href="https://cardgames.io/checkers/">https://cardgames.io/checkers/</a>
Chess	1-2	Remove all your opponent's piece from the board.	<a href="https://www.chess.com/">https://www.chess.com/</a>
Codenames	4+	Team Based Word	<a href="https://www.horsepaste.com">https://www.horsepaste.com</a>

		association game	
Drawasauros	up to 20	Online pictorial game with friends or strangers	<a href="https://www.drawasaurus.org/">https://www.drawasaurus.org/</a>
Drawful 2	3-8	Basically, adult Pictionary online.	<a href="https://store.steampowered.com/app/442070/Drawful_2/">https://store.steampowered.com/app/442070/Drawful_2/</a>
Hoard of games		Collection of games	<a href="https://mattle.online/">https://mattle.online/</a>
Just One	3-8	Collaborative word game; players try to come up with a unique one-word hint for the guesser.	<a href="http://runetiera.com/one">http://runetiera.com/one</a>
Love Letter	2 - 4	Simple card game of risk, deduction and luck.	<a href="https://netgames.io/games/love-letter/">https://netgames.io/games/love-letter/</a>
Minesweeper	1+	The objective in Minesweeper is to find and mark all the mines hidden under the grey squares, in the shortest time possible.	<a href="http://minesweeperonline.com/">http://minesweeperonline.com/</a>
Monopoly	Up to 4	Play the monopoly game online with friends.	<a href="http://www.webopoly.org/">http://www.webopoly.org/</a>
Multiple games	depends on the game	Some basic board games but also a couple of more know ones like blokus and codenames	<a href="https://www.freeboardgames.org/">https://www.freeboardgames.org/</a>
Pictionary	At least 4, probably more!	Multiplayer Pictionary game – adult drawing game	<a href="https://sketchful.io/">https://sketchful.io/</a>
Poker	2-9	Texas hold em poker	<a href="https://blockchain.poker/#/">https://blockchain.poker/#/</a>
Risk	2-6	Risk is a strategy board game of diplomacy, conflict and conquest	<a href="http://www.wargear.net/">http://www.wargear.net/</a>
Scrabble	2+	Use the letters given to form words	<a href="https://earlyaccess.pogo.com/games/scrabble/play">https://earlyaccess.pogo.com/games/scrabble/play</a>
Sketchful	3+	Drawing party Game, best in groups (4+)	<a href="https://sketchful.io/">https://sketchful.io/</a>
Skribbl.io	3+	Drawing party Game, best in groups (4+)	<a href="https://skribbl.io/">https://skribbl.io/</a>
Spaceteam	2-8	Fly a spaceship	<a href="https://spaceteam.ca/">https://spaceteam.ca/</a>
Sudoku	1	Logic based numbers puzzle	<a href="https://www.websudoku.com/">https://www.websudoku.com/</a>
Telestrations	4+ is ideal	Telestrations is a party game in which players are prompted to sketch a word listed on a card, then guess	<a href="https://www.brokenpicturephone.com/">https://www.brokenpicturephone.com/</a>

		what the other players have drawn.	
Tetris	1	Tetris challenges the player to create complete lines by moving differently-shaped pieces – the tetrominoes, which scroll from the top to bottom of the playing field.	<a href="https://tetris.com/play-tetris">https://tetris.com/play-tetris</a>
TONS of Games	1-8	Tons of board games here. Not all are free.	<a href="http://www.boardgamearena.com">http://www.boardgamearena.com</a>
Traditional board games	2+	Several traditional 2-player board games (chess, checkers, backgammon, battleships, Yahtzee, etc) + variations. Games can have turns that take minutes or a day.	<a href="https://itsyourturn.com">https://itsyourturn.com</a>
Uno	2-10	Quick n' simple trick based card game	<a href="https://play.unofreak.com/">https://play.unofreak.com/</a>
Word Search	1	Find the desired words in the puzzle	<a href="https://thewordsearch.com/">https://thewordsearch.com/</a>
Yahtzee	1-2	In each turn a player may throw the dice up to three times.	<a href="https://cardgames.io/yahtzee/">https://cardgames.io/yahtzee/</a>
Card Games - 9 types (Hearts, Spades, Euchre, Pitch, Pinochle, Bridge, Whist, Oh Hell, 500)	1-4	You can play up to 9 card games solo or with up to 4 people.	<a href="https://www.trickstercards.com/game/">https://www.trickstercards.com/game/</a>

## Virtual Tours

### Museums /Galleries

Name	Location	Description
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.
Guggenheim Museum	New York	Google's Street View feature lets visitors tour the Guggenheim's famous spiral staircase without ever leaving home. From there, you can discover incredible works of art from the Impressionist, Post-Impressionist, Modern and Contemporary eras.
National Gallery of Art	Washington , D. C.	This famous American art museum features two online exhibits through Google. The first is an exhibit of American fashion from 1740 to 1895, including many renderings of clothes from the colonial and Revolutionary eras. The second is a collection of works from Dutch Baroque painter Johannes Vermeer.
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.
National Museum of Modern and Contemporary Art	Seoul	One of Korea's popular museums can be accessed from anywhere around the world. Google's virtual tour takes you through six floors of Contemporary art from Korea and all over the globe.
Pergamon Museum	Berlin	As one of Germany's largest museums, Pergamon has a lot to offer—even if you can't physically be there. This historical museum is home to plenty of ancient artifacts including the Ishtar Gate of Babylon and, of course, the Pergamon Altar.
Rijksmuseum	Amsterdam	Explore the masterworks from the Dutch Golden

		Age, including works from Vermeer and Rembrandt. Google offers a Street View tour of this iconic museum, so you can feel as if you're actually wandering its halls.
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.
The J. Paul Getty Museum	Los Angeles	European artworks from as far back as the 8th Century can be found in this California art museum. Take a Street View tour to discover a huge collection of paintings, drawings, sculptures, manuscripts, and photographs.
Uffizi Gallery	Florence	This less well-known gallery houses the art collection of one of Florence, Italy's most famous families, the de'Medicis. The building was designed by Giorgio Vasari in 1560 specifically for Cosimo I de'Medici, but anyone can wander its halls from anywhere in the world.
MASP	São Paulo	The Museu de Arte de São Paulo is a non-profit and Brazil's first modern museum. Artworks placed on clear perspex frames make it seem like the artwork is hovering in midair. Take a virtual tour to experience the wondrous display for yourself.
National Museum of Anthropology	Mexico City	Built in 1964, this museum is dedicated to the archaeology and history of Mexico's pre-Hispanic heritage. There are 23 exhibit rooms filled with ancient artifacts, including some from the Mayan civilization.
Museum of Modern Art	New York	Founded in 1929, The Museum of Modern Art (MoMA) in midtown Manhattan was the first museum devoted to the modern era. Today MoMA's rich and varied collection offers a panoramic overview of modern and contemporary art, from the innovative European painting and sculpture of the 1880s to today's film, design, and performance art.
The Smithsonian	Washington, D. C.	Located on the National Mall in Washington, D.C., the Smithsonian's National Museum of Natural History seeks to understand the natural world and our place in it. We curate an irreplaceable archive of Earth's physical, cultural, and biological diversity—more than 145 million

		objects in all.
Louvre	Paris	Visit the museum's exhibition rooms and galleries, contemplate the façades of the Louvre... Come along on a virtual tour and enjoy the view, thanks to the sponsorship of Shiseido.
The Metropolitan Museum of Art	New York	The Met presents over 5,000 years of art from around the world for everyone to experience and enjoy. The Museum lives in three iconic sites in New York City—The Met Fifth Avenue, The Met Breuer, and The Met Cloisters. Millions of people also take part in The Met experience online.
National Museum of the United States Air Force		The official virtual tour of the National Museum of the United States Air Force includes a stroll through the cockpit as well as models of America's earliest aircraft.
Boston's Children Museum	Boston	Walk through the Boston Children's Museum thanks to Google Maps! This virtual tour allows kids to explore 3 floors of fun.
Google Arts and Culture		Google Arts & Culture also has an online experience for exploring famous historic and cultural heritage sites.
The Great Wall of China	China	This Virtual Tour of the Great Wall of China is beautiful and makes history come to life.
NASA		Get the full experience of being in the Houston Space Center with an app that offers augmented reality. You can also use the virtual gallery to get a 360-degree view of the galaxy.
Winchester Mystery House		Built by Sarah Winchester in 1884, this spooky house features stairways to nowhere and bricked-up doors. You can find the full video tour, complete with a guide, on the Winchester Mystery House website.
Legoland Florida Resort	Florida	This virtual tour of Legoland in Florida is just like actually being there. Marvel at everything that can be done with the blocks, and definitely invite the kids to the couch for this trip.
Walt Disney World	Orlando	If you're missing Disney as much as we are, this 360-degree panorama is just like a walk through Epcot, Magic Kingdom, Animal Kingdom and more. Psst... You can also find plenty of videos of the full rides to share with the kids on Youtube.

## Animal Oriented Tours / Zoo Cams

Discovery Education Virtual Field Trips		A few of the field trip topics include:  Polar Bears and the Tundra Social Emotional Skills STEM manufacturing
Virtual Farm Tour		This Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs.
Animal Cameras		Live Cams at the San Diego Zoo Monterey Bay Aquarium live cams  Panda Cam at Zoo Atlanta  6 Animal Cams at Houston Zoo, Georgia Aquarium has Jellyfish, Beluga Whales, and more
San Diego Zoo	San Diego	The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour!
Calgary Zoo Panda Cam	Calgary	The Calgary Zoo's PandaCam presented by Hainan Airlines gives virtual tours of the panda enclosure. You can watch the two giant pandas – Er Shun and Da Mao – every day from 9 am to 6 pm. Three cameras, one outside and two inside, provide plenty of opportunities to observe the pandas in action.
Vancouver Aquarium Virtual Tours	Vancouver	The Vancouver Aquarium has a number of wonderful live web cameras and you never know what you might see. The jelly cam and the spotted jelly cam are mesmerizing. There's a penguin cam, a sea otter cam and an underwater otter cam. These virtual tours let you see what's happening at the aquarium without leaving home.
Ripley's Aquarium	Toronto	Watch the Shark Tank Live

Ellis Bird Farm's Great Horned Owls	Alberta	Since 2015, a pair of great horned owls have been nesting at Ellis Bird Farm near Lacombe, Alberta. Visit this webpage to view the owlcam and watch the owls on their nest. You can also see a 54-page scrapbook of the owls' adventures at Ellis Bird Farm.
Parks Canada Wildlife Webcams		Parks Canada has motion-sensitive webcams installed in many of its parks. You can get a virtual wildlife tour of polar bears in Manitoba, grizzly bears in the Yukon or whales and marine life in the waters of Quebec's Saguenay-St. Lawrence Marine Park.
WildEarth Safaris	Africa	WildEarth does daily live safaris in Africa. You go out with a guide and you see what you see. These virtual safari tours give you a taste of what you might see on an in-person safari in Africa. Check them out and then plan to do that bucket-list African safari at a later time.
EXPLORE Oceans – Live Nature Cameras		Check out the live camera below to see orcas in British Columbia's Johnstone Strait take part in the unique behavior called "beach rubbing." Learn more about orcas and access free nature lesson plans on the EXPLORE website. EXPLORE has one of the largest live nature cam networks on the planet.
Georgia Aquarium	Georgia	If you've ever wanted to spend the evening with a beluga whale, Georgia Aquarium provides live feeds to improve your downtime.
Houston Zoo	Houston	Plenty of habitats at the Houston Zoo include a live webcam, so you and the kiddos can enjoy watching every four-legged creature frolic, from gorillas to rhinos to ants.
Monterey Bay Aquarium	Monterey Bay	Keep an eye on the aviary, coral reef, kelp forest and so much more with Monterey Bay's 24-hour live cams. There's even a shark cam for those who love to live on the edge.
The National Aquarium	Baltimore	The National Aquarium in Baltimore offers an interactive virtual tour of all of their exhibits, one floor at a time. Warm up with tropical fish or cool down with penguins in the snow.
Seaworld	Orlando	SeaWorld's interactive virtual tour starts out high in the sky, giving you a full view of the park before diving into some interactive rides and activities.

## Virtual Activities

### Virtual Concerts

<b>Date</b>	<b>Artist</b>
May 8	Warped Tour founder Kevin Lyman and Talinda Bennington announced 320 Festival, a one-of-a-kind festival aimed at changing the way we talk about mental health. The festival that was set to take place across the entire L.A. LIVE complex in May has been canceled in its current form. Instead, the festival will be going online. On May 8- 10, fans can tune in for free on Facebook Live, YouTube Live, and the KNEKT.TV Network on Roku and Apple TV to join the conversation through educational sessions, musical performances, workshops and more.
May 8	Angela Petrilli plays Martin Guitar Presents Jam In Place at 4 p.m. ET.
May 8	Pickathon Presents A Concert A Day is hosting Nathaniel Rateliff at 1:00 p.m. PST.
May 9	Fearless Records will be hosting #FearlessAtHome, an interactive livestream featuring acoustic performances by The Pretty Reckless, Ice Nine Kills, Grayscale and more. There will also be appearances by Underoath, All That Remains, Eat Your Heart Out, and others. The event begins at 3:00 p.m. EST; watch it at FearlessAtHome.com. All proceeds will benefit Crew Nation.
May 9	Brandy Clark plays Martin Guitar Presents Jam In Place at 6 p.m. ET.
May 9	Global Dance Festival is an annual event held in Denver. Due to the ongoing COVID-19 pandemic, Global has transitioned online to bring high energy festival sets straight to your home, with 100% of donations going to Direct Relief. Catch it here on May 9 and 10 starting at 11 a.m. PST.
May 9	Pickathon Presents A Concert A Day is hosting Zephaniah OHora at 1:00 p.m. PST.
May 9	Today, the full Sarah Brightman: In Concert at the Royal Albert Hall performance will be streamed via YouTube at 3:00 p.m. EST. The 1997 performance, which has never been commercially available, features Andrea Bocelli and Andrew Lloyd Webber and will be streamed to raise funds for COVID-19 relief charities. The performance will be available for 72 hours here.

May 9	Digital video company Underknown is hosting LIVEMEDAID, a live-streamed benefit show featuring renowned scientific leaders. It will shine a spotlight on the global crisis caused by COVID-19, and celebrate hope, resilience and the human spirit. Jane Goodall, Neil deGrasse Tyson, Ed Robertson (Barenaked Ladies), Earth, Wind and Fire, Bombino, Patrick Watson, Jesse Cook, Alex Cuba, Paul Anthony and more will take part. The event will take place between 6 p.m. EST – 11 p.m. EST, and will stream live on LIVEMEDAID social channels including Facebook, YouTube, Twitter and on <a href="http://www.livemedaid.com">www.livemedaid.com</a> .
May 10	Pickathon Presents A Concert A Day is hosting Black Milk & Nat Turner at 1:00 p.m. PST.
May 10	Clearwater will host a 12-hour live concert fundraiser in memory of Toshi Seeger on Mother's Day. Running from 10 a.m. to 10 p.m. ET, more than two dozen artists will perform. More details <a href="#">here</a> .
May 11	Dave Hause plays Martin Guitar Presents Jam In Place at 4 p.m. ET.
May 12	Henry Jamison plays Martin Guitar Presents Jam In Place at noon ET.
May 13	Grayson Capps plays Martin Guitar Presents Jam In Place at noon ET.
May 14	Lyncs plays Martin Guitar Presents Jam In Place at 3 p.m. ET.
May 15	Miley Cyrus is scheduled to perform her song "The Climb" during Facebook and Instagram's Celebrate the Class of 2020 event in honor of graduating seniors who have had their commencement ceremonies canceled because of the pandemic. The ceremony will also feature words of wisdom from Lil Nas X, Awkwafina and others, as well as a commencement speech by Oprah Winfrey. It begins at 2:00 p.m. EST and can be streamed on Facebook.
May 15	Guitar hero Tommy Emmanuel, chart-topping former The Voice Australia winner Karise Eden, and veteran blues-rockers The Black Sorrows join the lineup for Bandwidth, a virtual concert streamed live on Facebook at 7pm AEST (5am ET). An encore screening is set for May 16, 2020 at 10pm ET. Bandwidth was born out of Australia's Blues on Broadbeach festival, which has been scrapped this year due to the COVID-19 pandemic.
May 15	Braison Cyrus plays Martin Guitar Presents Jam In Place at 7 p.m. ET.
June 6	Lady Gaga, BTS and Barack Obama are set to give a commencement speech during YouTube's "Dear Class of 2020" virtual commencement. The event will also feature appearances by Alicia Keys, Kelly Rowland, and more. The schedule will be announced May 17; the event can be streamed on YouTube.
Nightly	Live stream of Facebook – Katherine McPhee and David Foster
Thursdays at 5 pm	Yes, Radiohead. The band will be posting weekly classic concert videos to their YouTube channel on Thursdays at 10pm BST (5pm ET). And you can watch them back at your leisure. Thursday 30th April it's Live from Coachella Valley Music and Arts Festival, from April 2012.
Thursdays at 5 pm	Norah Jones: you want to hear a soothing voice in these uncertain times, then you should head over to Norah Jones' Facebook page. Jones is

	performing live every week, most recently with a series of Willie Nelson covers to mark the great man's birthday. The streams are Thursdays at 10pm (BST).
Fridays at 8 pm	Rock Gods Metallica have launched a new concert series, #MetallicaMondays, which will see the band stream a complete Metallica live show on the group's YouTube channel and on Facebook every week. They start at 8pm (EDT) every Friday.
Ongoing	Garth Brooks Facebook Live- Updated Events listed on his Facebook page
Ongoing	The 92Y has made its archive of performances — from concerts to talks — free for the public. This week's slate features conversations with entertainers Laura Prepon, Ed Helms and Miranda July. Watch here.
Ongoing	Columbia Livestream: Columbia has a full slate of artists ranging from Lauren Jauregui to Diplo performing live each day. Check out this week's slate here.
Ongoing	Living Room Concerts: Broadway World has partnered with some incredible singers to launch a series of daily Living Room Concerts — performances direct to you from the living rooms of Broadway performers! The concerts have already included Carolee Carmello from “Hello, Dolly!” and Andrew Barth Feldman from “Dear Evan Hansen.” Watch here.
Ongoing	Multiple Artists on Instagram
Ongoing	Music performed at the Great Hall (right beside CAMH!) <a href="https://www.urgnt.ca/past-shows">https://www.urgnt.ca/past-shows</a>

## Nature Videos and Relaxation Music: Youtube

Type	Name	Channel
Hiking Documentary	Only the Essential: Pacific Crest Trail Documentary	Wild Confluence
Nature Walks – No Talking	A Sunrise Walk In the Woods: Nature Sounds	SoulRepose ASMR
Nature Walks – No Talking	Autumn Forest Walk in 4K   2.5 HRS Nature Video with Nature Sounds and Birds Signing	Relaxation Channel
Nature Walks – No Talking	Nature Therapy: Relaxing Full Motion Forestry with Natural Sounds	Semi: Free Creative
Nature Films		Nature Relaxation Films
Sounds and Music	Waterfall & Jungle Sounds, Beautiful Nature Sounds, Relaxing, Sleep, Meditation,	24Relax

	Healing, Study	
Relaxing Piano Music	Romantic Music, Beautiful Relaxing Music, Sleep Music, Stress Relief	Soothing Relaxation

## Virtual Art Activities

Type	Name	Link	Other Info
Virtual Paint Nights	Hands on Art 4 Everyone	<a href="https://handsonart4everyone.com/join-a-paint-night/virtual-paint-nights/">https://handsonart4everyone.com/join-a-paint-night/virtual-paint-nights/</a>	
	YayMaker	<a href="https://www.yaymaker.com/virtual/experience/101/">https://www.yaymaker.com/virtual/experience/101/</a>	
	Fresh Paint	<a href="https://www.freshpaintstudio.ca/virtual-paint-nights-and-paint-parties/">https://www.freshpaintstudio.ca/virtual-paint-nights-and-paint-parties/</a>	
Drawing Tutorials	Dragoart	<a href="https://dragoart.com/">https://dragoart.com/</a>	
Colour Online	Mom Books	<a href="https://www.mombooks.com/mom/online-activities">https://www.mombooks.com/mom/online-activities</a>	No markers or pencil crayons needed
Creative Writing	Writing Prompts	<a href="https://blog.reedsy.com/creative-writing-prompts/">https://blog.reedsy.com/creative-writing-prompts/</a>	
	Creative Writing Prompts by Readers Digest	<a href="https://www.writersdigest.com/prompts">https://www.writersdigest.com/prompts</a>	
	365 Creative Writing Prompts	<a href="https://thinkwritten.com/365-creative-writing-prompts/">https://thinkwritten.com/365-creative-writing-prompts/</a>	
Online Jigsaw Puzzles	The Jigsaw	<a href="https://www.thejigsawpuzzles.com/">https://www.thejigsawpuzzles.com/</a>	
	Jigsaw Planet	<a href="https://www.jigsawplanet.com">https://www.jigsawplanet.com</a>	
Art Events	Art House Productions	<a href="https://www.arthouseproductions.org/">https://www.arthouseproductions.org/</a>	join in with a variety of virtual events, including Story Slams and Drag Bingo, as well as their online gallery

## Other Ways to Stay Engaged

<b>Idea</b>	<b>Information</b>	<b>Link</b>
Wellbeats	Free physical activity resources ranging from 5 to 50 mins	<a href="https://portal.wellbeats.com/#/idle">https://portal.wellbeats.com/#/idle</a> Enter code <b>c3ec4755</b>
Netflix Party	Watch your favourite show with a friend or loved one using the Netflix Party extension for Google Chrome	<a href="http://www.netflixparty.com/">www.netflixparty.com/</a>
Toronto Public Library Card	Access to online books, music, and videos	<a href="https://www.torontopubliclibrary.ca/books-video-music/downloads-ebooks/">https://www.torontopubliclibrary.ca/books-video-music/downloads-ebooks/</a>
National Film Board of Canada	If you want to see quality films, educational content online for free, visit the National Film Board of Canada's website	<a href="https://www.nfb.ca/">https://www.nfb.ca/</a>
Watch International Theatre Productions	Includes Metropolitan Opera, Stratford Shakespeare Festival, The Globe (London)	<a href="https://www.todocanada.ca/watch-amazing-theatre-performances-from-across-the-world-for-free-this-weekend/">https://www.todocanada.ca/watch-amazing-theatre-performances-from-across-the-world-for-free-this-weekend/</a>
History of Toronto	Learn the history of Toronto	<a href="https://www.toronto.ca/explore-enjoy/history-art-culture/museums/virtual-exhibits/history-of-toronto/">https://www.toronto.ca/explore-enjoy/history-art-culture/museums/virtual-exhibits/history-of-toronto/</a>
Learn how to play an instrument		Youtube
Take an online free course		<a href="https://www.coursera.org/courses?query=free">https://www.coursera.org/courses?query=free</a>

Learn a language		<p><b>Apps:</b> Memrise, Duolingo, Babbel, Lingualift, HelloTalk, Mindsnacks, Busuu, TripLingo</p> <p><b>Website:</b>  <a href="https://www.learnalanguage.com/">https://www.learnalanguage.com/</a>  <a href="https://www.babbel.com">https://www.babbel.com</a>  <a href="https://www.duolingo.com/register">https://www.duolingo.com/register</a></p>
Instructables	Learn basic cooking skills	<a href="https://www.instructables.com/class/Cooking-Class/">https://www.instructables.com/class/Cooking-Class/</a>
The Culinary Cook	Learn to cook online for free	<a href="https://theculinarycook.com/learning-to-cook-online">https://theculinarycook.com/learning-to-cook-online</a>
Foster a pet		<p>Toronto Humane Society  <a href="https://torontohumanesociety.com/get-involved/foster">https://torontohumanesociety.com/get-involved/foster</a></p> <p>Adopt a Pet – City of Toronto  <a href="https://www.toronto.ca/community-people/animals-pets/adopt-a-pet">https://www.toronto.ca/community-people/animals-pets/adopt-a-pet</a></p> <p>Toronto Dog Rescue  <a href="https://covetedcanines.org">https://covetedcanines.org</a></p> <p>Toronto Cat Rescue  <a href="https://torontocatrescue.ca/volunteer/foster-homes">https://torontocatrescue.ca/volunteer/foster-homes</a></p> <p>Save our Scruff  <a href="https://www.saveourscruff.org">https://www.saveourscruff.org</a></p> <p>TEAM Cat Rescue  <a href="https://www.teamcatrescue.ca">https://www.teamcatrescue.ca</a></p> <p>TEAM Dog Rescue  <a href="http://teamdogrescue.ca">teamdogrescue.ca</a></p>
Learn to budget		<p><b>Software:</b>  Money Manager EX  GnuCash  jGnash  Watch my Budget LITE  MINT  BudgetPulse</p> <p><b>Apps:</b>  PocketGuard</p>

		<p>MINT  You Need a Budget (YNAB)  Wally  Goodbudget  Simple  BUDGT  Mvelopes</p> <p><b>Youtube:</b>  Many how to videos just do a basic search</p>
Start a virtual journal	Document your daily experiences, feelings, emotions, experiences of gratitude, favourite memories	<p><b>Websites / Apps:</b>  Penzu  Journalate.com  JRNL.com  Goodnight Journal  Online Journal  750Words  Ohlife  Oneword  Gratefulness.org  Welovegratitude.com</p>
Send cards /letters/emails to loved ones virtually		<p><b>Virtual Cards Websites:</b>  Greetings Island  Open Me  Ojolie  Someecards  Wrong Cards  WWF  123 Greetings  CrossCards</p>

