**Things to do to keep active during the social distancing:**

During this time of social distancing we need to remember the importance of being social, active, and create! Being home all day can create boredom and frustration, the best way to relieve boredom is finding ways to practice leisure and recreation at home. Below are some fun virtual ways to engage your mind, body, soul through creative virtual tours, concerts, and experiences. There are links to free exercise classes, language lessons, culture and more. You can watch a movie with friends online and have a virtual sleepover! Get creative and find ways to get engaged!

**Music artists offering virtual concerts**

<https://www.vulture.com/2020/03/all-musicians-streaming-live-concerts.html>

Rend Collective offering live social distancing worship club

<https://www.youtube.com/watch?v=xVIGO6_-2Lw>

Lindsey Sterling offers a live virtual tour

<https://www.youtube.com/watch?v=mK5Jb1vgrgw>

**Performing arts**

BalletNova Center for Dance: <https://www.facebook.com/watch/BalletNovaCenterForDance/>

Metropolitan Opera: [https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-operastreams/?fbclid=IwAR25AYhgWUpYo4W4iRqTOouDHE4CFvX1k4eOUZDS\_2IuAwKJJx2aHV2QI0g](https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-operastreams/?fbclid=IwAR39MYC0Fq1zgEYfmR5Layk8TGVst10RrigYRJITHebxdzY_mUU4TZ4jbDs)

Play Bill – Broadway Shows: [https://www.playbill.com/article/15-broadway-plays-and-musicalsyou-can-watch-on-stage-fromhome?fbclid=IwAR3T\_jiA09a2134erxIfOpf5BHmohiKBJbw9IbWDaD7dET3QQqd\_DHBvGV8](https://www.playbill.com/article/15-broadway-plays-and-musicalsyou-can-watch-on-stage-fromhome?fbclid=IwAR1I788IMbnY1M1BUX6pteS9HVPiZ2RAVX5ha8Kjzn15WGveRVCnDEzwd5A)

Sing Alongs: [https://www.youtube.com/playlist?list=PLzbFVd2WNPybpfMKM1d9t3wUuWik\_V79D](https://www.youtube.com/playlist?list=PLzbFVd2WNPybpfMKM1d9t3wUuWik_V79D&fbclid=IwAR3BNcPKpCPNtRPcwMTxA0JS-h_XClig_cX9tfif82fPfBVDwNtPJtIrKX8)

**Virtual art tours**

<https://www.cnn.com/style/article/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>

Art Institute of Chicago: [http://www.openculture.com/2018/10/art-institute-chicago-puts-44000works-art-online-view-high-resolution.html?fbclid=IwAR3OKwIe\_h5mzurhO9VMQX7V2M7l0ceOcAbaTMhUFIrOybvG3woeHzKkzc](http://www.openculture.com/2018/10/art-institute-chicago-puts-44000works-art-online-view-high-resolution.html?fbclid=IwAR1mK8gcrtuYZkOK9j832Ht1VOGX5B9cMBOVqhKtMwW0QFBaEufPBEepcuI)

PAINTING AND SCULPTURE [https://www.youtube.com/playlist?list=PLfYVzk0sNiGHp2Aj1di-ETXG3ZOXXCRwz](https://www.youtube.com/playlist?list=PLfYVzk0sNiGHp2Aj1di-ETXG3ZOXXCRwz&fbclid=IwAR2nCB5rR0rX_DOECTtSEwiSQ833iIbEGc4tLNkoMB6ENBLgaWf2CVmY4zY)

Brainscoop from Chicago’s Field Museum of Chicago: [https://www.youtube.com/user/thebrainscoop](https://www.youtube.com/user/thebrainscoop?fbclid=IwAR1GVhiCti4-M9VVPtdTtzPgykuxYyZfGWAF9_9EhfrgZcsfNRvevbqYS7M)

**Take a virtual Zoo tour!**

Cincinnati Hippo enclosure:

<https://www.facebook.com/cincinnatizoo/videos/646073945952924/?t=8>

Live animal cams!

Live Cams at [**Live Cams at the San Diego Zoo**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fzoo.sandiegozoo.org%2Flive-cams%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526947000&sa=D&ust=1584488526967000&usg=AFQjCNFLNXiMc0A4YJkgPGi_DhieAaJJaQ&fbclid=IwAR2d2Mn6fomluDKfJfDnXCdjQUwmTPg14ETLlQPClH5ipOAL62xCwgPpEwo)[**Monterey Bay Aquarium live cams**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.montereybayaquarium.org%2Fanimals%2Flive-cams%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526947000&sa=D&ust=1584488526967000&usg=AFQjCNEVvUMlG-PKJtjMUaqSWyZuK1TNGg&fbclid=IwAR0shGioGX2VcihzuiJxn2wamwfG3zPEgcr_Aj4xBet32cGFyTUkS6sZprE) [**Panda Cam at Zoo Atlanta**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fzooatlanta.org%2Fpanda-cam%2F%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526948000&sa=D&ust=1584488526967000&usg=AFQjCNGDhVHup3oHx6BFoZOj7uOnFw_Tcw&fbclid=IwAR0Zdgp5oxaQXxACC6JowHjKRMlhGdxvZKECI8-xEx0S1o4KwkZIITypMpQ)[**6 Animal Cams at Houston Zoo**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.houstonzoo.org%2Fexplore%2Fwebcams%2F%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526948000&sa=D&ust=1584488526967000&usg=AFQjCNEudXjnWibrvP7tSDC54AWCMOL19A&fbclid=IwAR1_TSqZQUwdliLpnn1KLKZruht8lpMyn9Mxj_-J7ck-vO9m7gF8pyVRyHQ)[**Georgia Aquarium**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.georgiaaquarium.org%2Fwebcam%2Fbeluga-whale-webcam%2F%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526948000&sa=D&ust=1584488526968000&usg=AFQjCNE06rD8BNWZwEyK6_CvbKCBLZrSeg&fbclid=IwAR1E2Kk7jmT3_RK3RSZux04gQqYStj5gwCaetq-DDKsaz8qNe-VDVM6HhGU)[**Jellyfish**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.georgiaaquarium.org%2Fwebcam%2Fjelly-webcam%2F%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526948000&sa=D&ust=1584488526968000&usg=AFQjCNEBFbx0X3bLoLW-vmCp9d1QV3urTQ&fbclid=IwAR2GCz_di_JiEqu4jZpcmP93wsHd_yQcysY3B_yikXXEfzEp59LORRCWQaM)[**Beluga Whales**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.georgiaaquarium.org%2Fwebcam%2Fbeluga-whale-webcam%2F%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526949000&sa=D&ust=1584488526968000&usg=AFQjCNHVlj1p9GWtlnkyZOFfO5NQDxr6zA&fbclid=IwAR3buFGUohHtr-N2zESomcK5rDDP0gxRIy0t_9nWkgM4-RoF2TmTWn6GOik)[**more**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.georgiaaquarium.org%2Fwebcam%2Findo-pacific-barrier-reef%2F%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526949000&sa=D&ust=1584488526968000&usg=AFQjCNE71B7aPMCO3_bvL0XzlHjGft37kg&fbclid=IwAR25cK2bcts2uUQ47BmaTengWVqhpCGuCWg1izhaTapolE9J9wLsuOOsv2w)

**Exercise studios and gyms offering free classes through live stream.**

Cardio, Yoga, bootcamps and more!

<https://www.cbsnews.com/news/coronavirus-free-online-workout-gyms-live-stream-classes-during-outbreak/>

**Take a hike!**

Take a virtual hike: <http://www.gcpano.org/how-to/take-a-virtual-hike/>

A walk in the woods: <https://www.youtube.com/watch?v=NkwSp_OSXPY>

**Guided Imagery for mindfulness practice**

Collection of Calming virtual arts and culture experiences: [https://medium.com/@andrewrecinos/let-culture-calm-you-66156d16cc59](https://medium.com/@andrewrecinos/let-culture-calm-you-66156d16cc59?fbclid=IwAR1Vp_NRPUdXJwx3umKpQLwkuPt5XSDjsgBT-LAPUAGd7JZ8_ZoGRsIWZgQ)

Guided Imagery: [https://www.youtube.com/watch?v=t1rRo6cgM\_E&t=143s](https://www.youtube.com/watch?v=t1rRo6cgM_E&t=143s&fbclid=IwAR1AlToiQaQ7XCnHsxoEWiEMnSqu7yxIWWg_T3622gl_8Ax1C30mTzT0S7E)

[https://www.youtube.com/watch?v=qcdbCphVa1g](https://www.youtube.com/watch?v=qcdbCphVa1g&fbclid=IwAR3yTBdF6vgUOIVq1C3wMNn7mS0kri6GWGk9RMnOfI-PSRgdhlsVMEv896I)

[https://www.youtube.com/watch?v=Y70O2vEP1FE](https://www.youtube.com/watch?v=Y70O2vEP1FE&fbclid=IwAR3Dwbi8w9JR62apvpx8Zl760ZJXKfFUoQSYDYPhLltTMIYwfH6WPNfJ-ek)

You can also download the Breath App for your phones for extra mindfulness and relaxation practice.

**Continue learning!**

Poetry Read by Celebrities: [https://www.youtube.com/playlist?list=PLq86vWqtInbNUAGYUXULBC2qyVDaXqXF](https://www.youtube.com/playlist?list=PLq86vWqtInbNUAGYUXULBC2qyVDaXqXF&fbclid=IwAR2TRb6MMwEnl3aCnv-GpDM7wWJ8-fu2RYYxXFZotzjPizlGj6JwqDn8EYM)

Science: [https://www.zooniverse.org/](https://www.zooniverse.org/?fbclid=IwAR38SDpYfpPHLxriyfMxB5gIEkEWux7OtpxUC8eEdKBP4rNqqqCrv63VEL4)

Nature/Outdoor fun and learning: [https://wildtimelearning.com/](https://wildtimelearning.com/?fbclid=IwAR0ZS8RUBdnsjTkzYYR2kcndNS3sN62FrBNRNRhXdPTsMrPZZ-owyOsfgSs)

Facts videos about animals: [https://www.youtube.com/playlist?list=PLOHbM4GGWADc5bZgvbivvttAuWGow6h05](https://www.youtube.com/playlist?list=PLOHbM4GGWADc5bZgvbivvttAuWGow6h05&fbclid=IwAR2Fjqqv0WvWuSN1qqCkJrM266OwU4-NpTPdAfVG-gyCiGdThn9c6LWDN7g) &app=desktop Cincinnati Zoo

British Museum podcasts on civilizations found objects: [https://www.bbc.co.uk/programmes/b00nrtd2/episodes/downloads?page=4](https://www.bbc.co.uk/programmes/b00nrtd2/episodes/downloads?page=4&fbclid=IwAR1YDvuLKD43UO7rdx86MnRzJDvoQ7JSXO2tW8NuHVgOpCVbDEYhMGjz2JA)

Presidents of the United States: [https://www.coolkidfacts.com/us-president-facts/](https://www.coolkidfacts.com/us-president-facts/?fbclid=IwAR3rst-K0jGKnQ5jjHiHoy336l3HcxdnTd83kxGsxpyWe5v2Z9Iul4QtxYk) Presidential Fun Facts: [https://kids.nationalgeographic.com/explore/history/presidential-funfacts/](https://kids.nationalgeographic.com/explore/history/presidential-funfacts/?fbclid=IwAR3bjvlmFla9mWUw4Fd5cWzxhq5Oi8gMZ9zDLyodPnZdc9EdW7wWwZqKF6s)

National Geographic for kids: [https://kids.nationalgeographic.com/](https://kids.nationalgeographic.com/?fbclid=IwAR2KHmXYgg8SZEU0yBftDukLPcvyjrjJAb8uKpK_IZ42YCR0iqLB-dWQdjc)

Yellowstone National Park Virtual Field Trip [**Mud Volcano**](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%253A%252F%252Fwww.google.com%252Furl%253Fq%253Dhttps%253A%252F%252Fwww.nps.gov%252Fthingstodo%252Fyell-mud-volcano-trails.htm%2526amp%253Bsa%253DD%2526amp%253Bust%253D1584488526943000%26sa%3DD%26ust%3D1584488526967000%26usg%3DAFQjCNGenIUixWYbb6liFnl-4nQ71M2kLQ%26fbclid%3DIwAR3z7zGQM7yGtcFBkl6roj8qb-CO75VIXOqvE-pKMPKSNyMatW8t6V6q8f8&h=AT06STPDlx0hp8JiReF-3MNK35AmFjPN-3U7sBt_RfrkFNNGfoWsLa-SSdadIFS-aH2D1sSkTi82EtyQeTvdoRpWAQ-XVZcR3GVtUpvrx-daN_4fMiObwZay1bP3BlcB3Mg)[**Mammoth Hot Springs**](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%253A%252F%252Fwww.google.com%252Furl%253Fq%253Dhttps%253A%252F%252Fwww.nps.gov%252Fthingstodo%252Fyell-mammoth-hot-springs-trails.htm%2526amp%253Bsa%253DD%2526amp%253Bust%253D1584488526944000%26sa%3DD%26ust%3D1584488526967000%26usg%3DAFQjCNFWTMGEIGf48mScJHP-qzfmnZwoUQ%26fbclid%3DIwAR1BcLgO6SGOvsxbxJaBpOuuGpSmkCEHBgpGWs3QhdOqdpe13p0fh3QZG3o&h=AT2kzHyOmV590wjHV9N_v0_o-X_KPpuHKC7y89F2EnSMYRxv8dbqL6qVhMwHl8Px3cw89-jydXaiJNy5JAIyeYtk5vmTSuscPrSAvax9oXmUd7JLdxaUeDl6M_LCMKCZuLg)[**Mammoth Hot Springs**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.nps.gov%2Fthingstodo%2Fyell-mammoth-hot-springs-trails.htm%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526944000&sa=D&ust=1584488526967000&usg=AFQjCNFWTMGEIGf48mScJHP-qzfmnZwoUQ&fbclid=IwAR1b-sJMQAWT4XtuHkpc9FZTetmayfLfI1tmeMt4RHWckmdQNK9HDB2DbJA)[**Yellowstone National Park**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.nps.gov%2Fyell%2Flearn%2Fphotosmultimedia%2Fvirtualtours.htm%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526944000&sa=D&ust=1584488526967000&usg=AFQjCNE9f4m1YLbDfhuHKWz5Pws0qAHZBA&fbclid=IwAR2K2RfvG85oLywjwQjofo3dTgIseH5AWT4T-ByB5Ljs2tnJrU1POZMjP7A)

MARS!!! [**Explore the surface of Mars**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Faccessmars.withgoogle.com%2F%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526945000&sa=D&ust=1584488526967000&usg=AFQjCNHJ9KWUnpwqVJv_u2-at-1CHrSR5A&fbclid=IwAR203VmPjs843__AjbtHiSOn_5rYhyav_sZnaQNq5r3veYVVUux-qI-dOD8)[**360 Mode**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Faccessmars.withgoogle.com%2F%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526946000&sa=D&ust=1584488526967000&usg=AFQjCNFruH4GQ_YeEMI5VoQuUmsFoQyFsQ&fbclid=IwAR1PXk-KJH8ptkyj34SN_6hjMEsBlfmoS3Jn_nGwMcFxLrCQwYjmq7wdKnw) They are updating from WEBVR to WEBXR now, but 360 Mode offers a digital view!

U.S. Space and Rocket Museum in Huntsville, AL [**Saturn 5 Rocket**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%253D9Qe5RqyMNhc%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526952000&sa=D&ust=1584488526968000&usg=AFQjCNFZmDiY0ux91v4nRbC85QUihIi90w&fbclid=IwAR0Q3m8EEkM7Lo_ieYS5xNeCZiru3y2SHSdc4qGq_C6jCBq6RjdIYjvm8-Y)[**YouTube**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%253D9Qe5RqyMNhc%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526952000&sa=D&ust=1584488526968000&usg=AFQjCNFZmDiY0ux91v4nRbC85QUihIi90w&fbclid=IwAR3bzgt3PHMtaIDNmz_opceNEbbC95VOdnvAVk01nEvGr2ULw2GmbiiFma8)

Discovery Education Virtual Field Trips [**Polar Bears and the Tundra**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.discoveryeducation.com%2Flearn%2Ftundra-connections%2F%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526954000&sa=D&ust=1584488526969000&usg=AFQjCNFoj_DD7HTJ7wfg8-KKAP_uXSxELw&fbclid=IwAR2miJ_SnhYyqZZ1Pd5uYGGpcax3n_LkvJX8Sw6hmwfitlnhgWnLoFTmzIQ)[**Social Emotional Skills**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.soarwithwings.com%2Fvideos%2Fvirtual-field-trip%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526955000&sa=D&ust=1584488526969000&usg=AFQjCNFR-iPXdbcdkJ3vKARxLkUZq4CzyA&fbclid=IwAR0WeIhIUzBaFPS9nn6ojStIENxGxw2dt1X-BbKTHAkEPSdcqTBuge7Dips)[**STEM**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.boeingfutureu.com%2F%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526955000&sa=D&ust=1584488526969000&usg=AFQjCNFTS40EBZMl1o7G8y15WQeP7Xri0g&fbclid=IwAR0DriSegEm_B6LW0ug6dqhaF67ADfbKlzsDwwVAmXJiygx9MvpPoRblh8s)[**manufacturing**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.manufactureyourfuture.com%2FVirtualFieldTrip%2FUS%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526955000&sa=D&ust=1584488526969000&usg=AFQjCNFeX8kZ297NLHHwvWVYoI5g0w7yyg&fbclid=IwAR0m0DrwgTRRWZjV0DUBlCquJYHKrk0S9DWQQxeYO9xgjZDtgJkC6FoOpPM)

**Laern a new language!**

Learn 48 new languages  <http://www.openculture.com/freelanguagelessons>

Virtual language schools: <https://www.fluentu.com/blog/virtual-language-school/>

Download Dualingo and learn a new language for free: <https://www.duolingo.com/>

**Travel the world!**

The Louvre [**The Louvre**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.louvre.fr%2Fen%2Fvisites-en-ligne%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526957000&sa=D&ust=1584488526969000&usg=AFQjCNEO4AW0lTvxJhhAvjK7qtsXHgAClg&fbclid=IwAR0MZ0EF4qG75-vCwJEg7tyrDa1vNrTe4He5MPnfezcnqjtz_kYg574LYuo)

The Great Wall of China [**Virtual Tour**](https://www.google.com/url?q=https%3A%2F%2Fwww.google.com%2Furl%3Fq%3Dhttps%3A%2F%2Fwww.thechinaguide.com%2Fdestination%2Fgreat-wall-of-china%26amp%3Bsa%3DD%26amp%3Bust%3D1584488526958000&sa=D&ust=1584488526969000&usg=AFQjCNHmvE-pldf5GWdG8iBBZTd5TjKgLA&fbclid=IwAR1d1KmR943WRsLeXodaooI9ehRavEfeIC5YMFnghejSgSYwxGjbZWSQV5Q)

**Play online with friends!**

Watch movies online with friends: <https://www.wptv.com/entertainment/how-to-have-movie-or-game-night-with-friends-while-social-distancing>

Board games to play online with friends: <https://www.boston.com/culture/entertainment/2020/03/18/board-games-online-with-friends>

Popular board games and card games to play online with friends: <https://lifehacker.com/you-can-play-these-games-online-with-friends-1842347093>

Play Jackbox games online with friends: <https://jackboxgames.com/how-to-play-jackbox-games-with-friends-and-family-remotely/>

**Leanne Murrillo, CTRS**

Socialization through Recreation Coordinator

Empowering Youth Transition Coordinator

[leannem@ability360.org](mailto:leannem@ability360.org)

**P** (602) 296-0535  **C** (602) 980-0075  **F** (602) 254-6407