



Resources and activities to consider as we self-isolate and practice social distancing



While we practice physical distancing to help limit and prevent the spread of COVID-19, it's important we keep ourselves active, engaged, and learning in order to protect our mental health during the pandemic as well. Fortunately, around the world museums are offering virtual tours, universities and educational programs are offering virtual learning, and fitness courses from yoga to circuits are available online. In addition, CFAS has thought of a few fun activities to help us get through this challenging time:

Online Fitness Classes:

- Yoga
- Pilates
- Cardio
- Core strengthening
- Dance classes

Education for the Kids:

Check out Scholastic's Free Resources for School Closures:

<https://www.scholastic.com/teachers/teaching-tools/articles/resources/scholastic-learn-at-home--free-resources-for-school-closures.html#>

Online Crosswords:

<https://diversions.thestar.com/crossword.html>

https://www.washingtonpost.com/crossword-puzzles/daily/?itid=sf__subnav

Make your own Word Find and other puzzles:

<http://puzzlemaker.discoveryeducation.com/>

Tour the National Parks with Google Arts and Culture:

<https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome>

Other fun finds for kids:

- String laser maze:

<http://www.mykidsadventures.com/string-laser-maze/>

- Have an indoor camp-out:

<http://www.mykidsadventures.com/how-to-have-an-indoor-camping-experience/>

- Take the Science of Well-Being by Yale course for free:

<https://www.coursera.org/learn/the-science-of-well-being>

- Watch the Northern Lights:

<https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam>

Learn a language!

French

<http://www.bbc.co.uk/languages/french/>

Spanish

<https://www.123teachme.com/>

Italian

<https://www.theitalianexperiment.com/learn-italian>

Free Museum Tours Online:

The Louvre in Paris:

<https://www.louvre.fr/en/visites-en-ligne>

New York Metropolitan Museum:

<https://artsandculture.google.com/explore>

Washington National Gallery of Art:

<https://www.nga.gov/index.html>

National Archaeological Museum of Athens:

<https://www.namuseum.gr/en/collections/>

Ripley's Aquarium of Canada Shark Camera Live Feed:

<https://www.ripleyaquariums.com/canada/shark-camera/>

London's British Museum:

<https://www.britishmuseum.org/collection/galleries>

More museums, as well as a list of performances that will be streamed in the upcoming weeks online, can be found here:

<https://www.euronews.com/2020/03/18/virtual-museums-and-music-streams-culture-for-coronavirus-confinement>

Additional Resources:

Amazon has made books and audio stories for children and students of all ages available without a subscription as long as schools are closed. All stories are free to stream on your desktop, laptop, phone or tablet using the following link: <https://stories.audible.com/start-listen>

Google's hidden feature allows users to view 3D images of a search result: <https://www.google.com/amp/s/www.creativebloq.com/amp/inspiration/googles-hidden-ar-tool-will-blow-your-mind>
