

Things to do while Practicing Social Distancing

1. Learn to Draw

- a. Disney animator Michael Woodside is hosting a [daily drawing class](#) where he teaches kids and grownups how to draw Disney characters. Find out early in the day who he plans to draw by visiting his Twitter site, then log into YouTube for the live class.
- b. Children can partake in a daily lunchtime [doodle lesson](#) with Mo Willems, author of children's book, "Don't Let the Pigeon Drive the Bus."

2. Participate in a heart, bear or rainbow scavenger hunt

- a. People are putting a heart, bear or a rainbow in a window to allow kids to go on a hunt. The bears were, according to KSAT, a book and song called "We're Going on a Bear Hunt." You can not only put the requested item in a window if you're allowed to leave the confines of your home, but you can also try to see if anyone in your neighborhood is participating, as long as you are doing it by practicing social distancing.

3. Meditate or do Yoga

- a. Find your center and sign up for a virtual [meditation](#) or [yoga class](#).
- b. [Hot Spot Yoga](#) is offering free video classes and live streams
- c. [Core Power Yoga](#) has an extensive catalog of online instructor-led videos for any ability level

4. Register and compete in a virtual run from 5k to a marathon

- a. [Conquer COVID-19 virtual run](#) May 15th

5. Arts, Music and Dance

- a. The Grand Ole Opry began [streaming its Saturday concerts](#) live without an audience.
- b. The Metropolitan Opera is streaming nightly. [Click here](#) for the schedule.
- c. The Kennedy Center is uploading new shows to [YouTube](#) every day. You can see Sara Bareilles, Gladys Knight and Queen Latifah from the comfort of your couch.
- d. [Broadway HD](#) has about 300 classic musicals, plays and shows, [according to Cosmopolitan](#). [BroadwayWorld](#) is also posting clips of stars singing songs from popular shows.
- e. You can visit a museum without leaving the comfort of your home. [Click here](#) for a list.
- f. [Virtual Gallery Hop](#) by Short North Arts District in Columbus, 4/4/20 4pm-9pm
- g. Take a [virtual tour](#) of the Ohio Craft Museum
- h. Columbus College of Art and Design [Virtual Spring Art Fair](#) on Friday, April 10, at 5 p.m. through Sunday, April 12, at 11:59 p.m.
- i. Get up and dance! Online [dance classes](#) available through Gibney
- j. [Social Distancing Festival](#): This is a site for celebrating art from all over the world, showcasing amazing talent, and coming together as a community at a time when we need it more than ever. Check out the live stream events!

6. Sign up for Online Pet Parenting Classes

- a. Petminded is collaborating with the Washington Square Park Dog Run to host an [Online Pet Parenting Series](#) during the Covid-19 crisis. All you need is a computer, smartphone or tablet to participate. Events will be added on an ongoing basis. Sign up for our newsletter below to be notified each week.

7. Go on a safari

- a. Zoos are putting up their animal cameras. The Cincinnati Zoo has a "[Home Safari Facebook Live](#)"
 - i. While the Cincinnati Zoo is closed and kids are home from school, let us help make your children's hiatus from school fun and educational. Join us for a Home Safari Facebook Live each day at 3pm EDT where we will highlight one of our amazing animals and include an activity you can do from home.
- b. The John Ball Zoo began its [Zoo Insider YouTube series](#), offering a special look at animals and areas around the zoo while it's closed.
- c. Better than going to the zoo and fighting crowds: many zoos are offering online looks at their animals via live cameras. View the [elephants in San Diego](#), the [pandas](#) in Atlanta, or the [aquatic life](#) at Monterey Bay.

8. Check out the Surface of Mars!

- a. NASA offers a free look at the [surface of Mars](#) through the eyes of the Curiosity Rover, which landed on the surface of the red planet in 2011. Click around to see if you can spot any signs of life and imagine the ultimate setting for social distancing.

9. Beginning Thursday, April 2, Dolly Parton will host a [10-week video series](#)

- a. Dolly will read books to kids and families from the Imagination Library.

10. A Kalamazoo artist, Benjamin Gauthier, began live-streaming concerts for kids and families daily.

- a. [Shows](#) include educational music at 11 a.m., and lullabies at 7 p.m.

11. Looking for more shows for kids?

- a. Amazon made [more than 40 kids' shows available free](#), which previously required an Amazon Prime subscription.

12. Missing watching sports after work? The NFL is offering [free subscriptions](#) to its streaming service, Game Pass, through Sunday, May 31.

- a. You'll receive access to every NFL game since 2009, award-winning NFL Films series like "Hard Knocks" and "A Football Life" and NFL Game Pass Film Sessions with star players and coaches.

13. Watch a movie together with friends and family while social distancing

- a. Netflix and Google Chrome created [Netflix Party, a free Chrome extension](#) that lets you watch Netflix and chat with friends from separate locations.

14. Harry Potter at Home

- a. JK Rowling announced [Harry Potter at Home](#), a website with quizzes, games and other activities, as well as a partnership with Audible and OverDrive for free audio and digital editions of the first book in the Harry Potter series.

15. Virtual Learning – Watch Webinars to Learn More About your Topics of Interest

- a. Webinars are a great way to learn more about a specific topic in a short period of time, usually 60 minutes. Even better, they're guided by someone, often in real time, so you can ask questions and enjoy that "classroom feel." While there are hundreds of organizations and brands that offer webinars, here are a few to start with if you're looking for free options:
 - i. [Career Contessa](#) (free during COVID-19)
 - ii. [eLearning Industry](#) (paid and free)
 - iii. [Hubspot Webinars](#) (free)
 - iv. [Score.org](#) (free with registration)
 - v. [Career Confidential](#) (free with registration)

16. Live Streams & Virtual Concerts to Watch During Coronavirus Crisis

- a. [Click here](#) to see an up to date list

17. COSI's Digital Doorway for fun at-home science discovery and learning

- a. Every day they deliver fresh, exciting and engaging science through [COSI videos and hands-on science](#) you can try with your family at home.

18. Global Spring Break dance-party

- a. Saturday, April 4th at 11AM EDT, meet ONLINE for Daybreaker LIVE, a global Spring Break dance-party experience! Learn more [here](#).

19. Take the virtual free pub quiz live with over a thousand people from across the world

- a. The [Quarantine Quiz](#) is a free interactive pub quiz. You can play it remotely from your phone while watching the live show on your TV or laptop. In our previous events, over a thousand participants played and had a lot of fun without leaving their house, 100% COVID-19 safe!
- b. What to expect:
 - i. A great night without leaving your house
 - ii. A great mix of hilarious and more serious questions
 - iii. A live pub quiz master
 - iv. A live leader-board showing your rank
 - v. Be prepared to have lots of fun!!

20. History

- a. Save money on a plane ticket and tour the impressive [Great Wall of China](#) via a 360-degree camera -- your legs won't even get tired.
- b. Try Ancient Egyptian [pyramid tour](#), no time machine or pickax required.
- c. The Smithsonian Museum of Natural History offers free [virtual tours](#) of current and past exhibits.
- d. More live cameras: get a glimpse of the action at [Colonial Williamsburg](#) via their live feeds -- with no visitors to get in the way.
- e. Supplement your learning with Crash Course videos: free, informative and fun videos on Youtube with courses on [American History](#), [World History](#) and more.

21. English and Language

- a. Hop into a free virtual book club, reading at your own pace and leaving feedback. Here's an online group currently reading [Tolstoy's War and Peace](#).
- b. Use your free time to brush up on a foreign language -- sites like [Duolingo](#), [Mango](#) and [Babbel](#) are easy to use in short increments of time.
- c. Scholastic is currently offering daily '[learn at home' supplemental activities](#) for students by organized grade level meant to keep students academically active.

Other things you can do while stuck at home:

- 1. Call someone**
 - a. Don't let social distancing keep you from interacting. Call someone, text them, use FaceTime or Facebook messenger.
- 2. Write, journal**
 - a. The COVID-19 pandemic has a lot of people saying we're living in an unprecedented time. Write about it. Or if you always wanted to write a book, start writing.
- 3. Listen to podcasts**
 - a. Find your favorite topic and listen to a podcast on it.
- 4. Go for a walk, get outside**
 - a. In most cases you can go outside while practicing social distancing unless you're under curfew or shelter-in-place orders. Fresh air and exercise are good for not only physical health but also mental health.
- 5. Cook Something New**
 - a. Now is the time to try out that recipe you've never had time for!
- 6. Dressing up can make you feel good**
 - a. Everyone loves hanging out in pajamas but try to pick one day a week to get yourself dressed and ready to go out as you normally would to help you feel good about yourself!
- 7. Looking for more activities for kids?**
 - a. Check out this resource from [Indy's Child](#) with 70 things to do with your kids while stuck at home
- 8. Host a virtual party, hang out or book club**
 - a. This is a good idea for both kids and adults. If you need software, create a free account on zoom and host a virtual get together via zoom meeting. You can do this for just relieving stress chatting with a group of friends in the evening or maybe your kids birthday is coming up and you want them to be able to celebrate with the other kids! You can even host games or crafts through this web based platform.

In need of support, call us at Capital EAP, (518) 465-3813. We are here to help!