



AVOIDING BOREDOM

Fun Activities

Amusement Park

- **Disney Rides:** <https://www.travelandleisure.com/trip-ideas/disney-vacations/watch-disney-rides-on-youtube>
- **Sea World:** <https://www.visitorlando.com/en/things-to-do/virtual-tours/seaworld-orlando>

Concerts and Music

- <https://www.stayathomefest.com/>
- **Broadway:** <https://www.playbill.com/article/whats-on-march-20-playbills-cinderella-watch-party-stephen-schwartz-in-concert-digital-storytelling-with-queens-theatre-more>
- <https://www.metopera.org/>
- <https://theboot.com/country-virtual-shows-coronavirus/>

Museums/Art Galleries

- <https://naturalhistory.si.edu/visit/virtual-tour>
- <https://www.cnn.com/style/article/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>
- <https://spacecenter.org/exhibits-and-experiences/>
- Ford Museum
- World of Coke
- <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- <https://artsandculture.google.com/>

Canadian Virtual field trips:

- **5 Canadian Field trips for fun & learning:** <https://thecanadianhomeschooler.com/5-canadian-virtual-field-trips/>
- **Virtual tours of Canadian museums:** https://www.huffingtonpost.ca/entry/virtual-tours-canada-museums_ca_5e7275c2c5b6eab77941338d
- **18 Ontario spots worth exploring:** <https://www.narcity.com/things-to-do/ca/on/ontarios-virtual-tours-let-you-explore-amazing-places-from-your-couch>
- **Virtual exhibits from Canadian museums and heritage organizations:** <http://www.virtualmuseum.ca/virtual-exhibits/type/virtual-exhibits/?show=all>

Staying Active

Gym

- <https://www.facebook.com/planetfitness/>
- <https://www.seniorexerciseseonline.com/>
- <https://www.fitnessblender.comHangout>

Movement

- **GoNoodle:** <https://www.gonoodle.com>
- <https://www.gonoodle.com/blog/movement-inclusion-classrooms/>
- **CosmicYoga:** https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ
- **Home Workouts:** <https://www.youtube.com/playlist?list=PLwMOBYmlSHaPIArTOC4JBZfeuU7LN7KVJ>
- Walk/Run around the block

Staying Creative

Arts/ Crafts

- **Drawing** (<https://www.kennedy-center.org/education/mo-willems/>
- **Jewelry, Photography, etc:** <https://www.skillshare.com>
- **How to Draw for Kids**
<https://www.artforkidshub.com/> (<https://www.youtube.com/artforkidshub>)
- **Online coloring pages:** <https://www.thecolor.com>
- **FINGER PAINT WITH SOUNDS APP** (FREE RIGHT NOW): <https://apps.apple.com/gb/app/finger-paint-with-sounds/id586598528>
- **Comic book art:** https://www.youtube.com/watch?v=N2DZC_ud9S4

Other ways to get creative

- Learn to play a new instrument (YouTube)
- Write a poem or story
- Bake something new
- Journal
- Re-arrange their room
- Do a jigsaw puzzle (when finished offer to trade it with a neighbour for a new one)
- Find new podcasts
- Take Enneagram test online
- Create a new music playlist
- Write a letter to a family member (yep a real letter)
- YouTube Yoga or meditation
- Write a bucket list
- Invent a new game

Staying Social

- Call friends
- Invite a friend to go to a movie or concert with you (both watch online at same time!)
- Use Skype or Facetime to Video Chat
- Play virtual games together using Video Chat
- Charades20 Questions (Have an item you have hidden and let people guess)
- Uno (each person has deck of cards to deal from and then you play off each other)
- Connect Four
- Bingo (make your own card, one person calls out numbers)
- Battleship
- Karaoke
- Video game tournament with those they are isolating with
- Teach a family member or roommate something they love to do
- Start a virtual book club

Educational Resources

- **80+ do at home science activities:** <https://elementalscience.com/.../n.../80-free-science-activities>
- **Improve your typing skills while competing in fast-paced races with up to 5 typers from around the world:** <https://www.nitrotype.com/>
- **Illustrated recipes designed to help kids age 2-12 cook with their grown-ups. Recipes encourage culinary skills, literacy, math, and science:**
<https://www.nomsterchef.com/nomster-recipe-library>
- **Sight reading and sight singing practice exercises:**
<https://www.sightreadingfactory.com/>
- **Music practice transformed:** <https://www.smartmusic.com/>
- **Spellingcity is free right now with code VSCFree90:** <https://www.spellingcity.com/>
- **2,500+ online courses from top institutions:** <https://www.edx.org/>
- **22 languages to learn:** <https://www.memrise.com/>
- **Math Games, Logic Puzzles and BrainBuilders:** <https://www.mathplayground.com/>
- **Games, quizzes and fact sheets take kids on a journey through time:** <https://www.bbc.co.uk/history/forkids/>
- **Tons of science experiments that you can do at home:**
<https://www.stevespanglerscience.com/lab/experiments/>
- **An interactive way to learn history:** <https://www.mission-us.org/>
- **Just explore, have fun, and learn some science along the way:**
<https://thehappyscientist.com/>
- **Interactive games based on the book series:** <https://www.magictreehouse.com/>

Animal& Zoo Lovers

- Red Panda Live Cam: <https://www.beardsleyzoo.org/indoor-red-panda-cam.html>
- San Diego Zoo Penguin Cam: <https://zoo.sandiegozoo.org/cams/penguin-cam>
- Burrowing Owl Live Cam: <https://www.sdzsafaripark.org/cams/burrowing-owl-cams>
- Lion Live Cam: <https://nationalzoo.si.edu/webcams/lion-cam>
- Baboon Live Cam – San Diego Zoo: <https://zoo.sandiegozoo.org/cams/baboon-cam>
- Naked mole rate live cam – National Zoo <https://nationalzoo.si.edu/webcams/naked-mole-rat-cam>
- Polar Bear Live Cam – San Diego Zoo <https://zoo.sandiegozoo.org/cams/polar-cam>
- Bat Live Cam – Batworld – <https://batworld.org/bat-cams/>
- Sloth Live Cam – <https://hattiesburgzoo.com/sloth-cam/>
- Sea Otter Live Cam – <https://www.vanaqua.org/visit/live-cams-sea-otter-cam>
- Elephant Cam – <https://www.sdzsafaripark.org/elephant-cam>
- Monterey Aquarium cams: <https://www.montereybayaquarium.org/animals-and-exhibits/live-web-cams>
- <https://nationalzoo.si.edu/webcams>
- <https://www.georgiaaquarium.org/webcam/ocean-voyager/>
- <https://www.facebook.com/cincinnati zoo>/<https://www.farmfood360.ca>
- 2:00pm (CST) every day – Cincinnati Zoo – Daily “Home Safari” LIVE on their facebook page: <https://www.facebook.com/cincinnati zoo>
- Atlantic White Shark Conservancy – story time (books about sharks/ocean) on their facebook LIVE every day: <https://www.facebook.com/atlanticwhiteshark>

While they are closed, the Assiniboine Zoo in Winnipeg is bringing the animals to you!

Join them every **Monday, Wednesday, and Friday at 1:00 p.m.** for a LIVE Creature Feature on Facebook! They'll be getting up close, introducing you to an animal here at the Zoo, and teaching you about animal enrichment, veterinary care, adaptations, and more!

They'll also be answering your questions LIVE! See the full schedule: [**https://bit.ly/3dmzfk7**](https://bit.ly/3dmzfk7)

Random Resources

Audible has set up a free website. (no need to sign up or in). You can just go to the website and they have a good selection of books free for kids (from K through 12) to listen to. stories.audible.com

Specific to how to talk about COVID-19 with your kid: <https://practicalaac.org/practical/practical-resources-dealing-with-the-covid-19-pandemic/>

LIST OF A FEW FUN APPS: <https://www.helpkidzlearn.com/apps>

50 PLUS EASY INDOOR ACTIVITIES FOR KIDS: <https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/>

30 Day LEGO CHALLENGE - <https://theshirleyjourney.com/lego-play-free-printable-calendar>

Big Bucket of Boredom

Busters: <https://docs.google.com/document/d/1UGNTQvVSbYbG9xYsVPiXzcqauP3xM6gxr3hS90t2Uac/edit?usp=sharing>