

## Ideas to occupy your time while Social Distancing

- ❖ Google Arts & Culture <https://artsandculture.google.com/>
- ❖ Download the Mindshift app (various tools to help with anxiety) <https://www.anxietycanada.com/resources/mindshift-cbt/>
- ❖ Watch funny animal videos, learn a new skill, watch a documentary, do an exercise video, learn a new language on [www.youtube.com](http://www.youtube.com)
- ❖ Start a puzzle
- ❖ Try a virtual jigsaw puzzle <https://thejigsawpuzzles.com/>
- ❖ Do a word search <https://thewordsearch.com/>
- ❖ Call a friend
- ❖ Write a letter to a loved one
- ❖ Draw
- ❖ Look at old photos
- ❖ Have a bubble bath
- ❖ FaceTime or Skype with friends or family
- ❖ Read a book or magazine
- ❖ Listen to music
- ❖ Listen to a podcast
- ❖ Try a new recipe on <https://www.epicurious.com/> or use up ingredients you already have with <https://fridgetotable.com/>
- ❖ Start some Spring gardening, plant some seeds
- ❖ Adult colouring  
<http://www.supercoloring.com/collections/coloring-pages-for-adults>
- ❖ Access audio books, e-books, magazines through the local library; free online account registration by using your library card number  
New Westminster Library  
<https://www.nwpl.ca/discover-online-tools/>  
Burnaby Library  
<https://www.bpl.bc.ca/e-books-and-audiobooks>
- ❖ Take a tour of a national park through Google Earth <https://earth.google.com/web/@34.73253521,-94.20821963,312.21054557a,12000026.13152089d,35y,0h,0t,0r/data=Ci>

[0SKxIgMzVhNjc1YmQ0NjVjMTFlOTg0Yjg1NTMyNWRjMDk2MzQiB3ZveV90b2M](https://www.freecodecamp.org/news/here-are-380-ivy-league-courses-you-can-take-online-right-now-for-free-9b3ffcbd7b8c/)

- ❖ Take a free, online class from an Ivy League school <https://www.freecodecamp.org/news/here-are-380-ivy-league-courses-you-can-take-online-right-now-for-free-9b3ffcbd7b8c/>
- ❖ Explore the NASA media library [https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/?fbclid=IwAR15jk0j42swVvjmNvPBxhXvwrnCofrfqj48bF8HL81xVqsK04RYygq\\_fU](https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/?fbclid=IwAR15jk0j42swVvjmNvPBxhXvwrnCofrfqj48bF8HL81xVqsK04RYygq_fU)
- ❖ Stream the Ann Arbor Film Festival films for free (starting March 24) <https://www.aafilmfest.org/>
- ❖ Virtually volunteer at a museum: You can still be helpful while staying at home. If you have good typing skills, consider volunteering with the Smithsonian Institute, which is always in need of volunteers to help transcribe important documents <https://transcription.si.edu/>
- ❖ Write letters to strangers: With visitation limited at senior living communities, it may be nice for residents to hear from strangers. Love for the Elderly and Write On are great organizations that connect friendly letter writers (you!) with people who would love to receive them. <https://www.writeoncampaign.com/write-to-those-in-need>  
<https://lovefortheelderly.org/letters>
- ❖ Live animal/nature webcams: <https://explore.org/livecams> (bear cams, ocean cams, zen cams, sanctuaries, etc)  
<https://www.montereybayaquarium.org/animals/live-cams>  
<https://nationalzoo.si.edu/webcams>
- ❖ Watch a free virtual concert:  
<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>  
<https://www.cbc.ca/music/music-in-the-time-of-covid-19-live-performances-you-can-stream-from-home-1.5500113>
- ❖ Free National Film Board films, documentaries, animation <https://www.nfb.ca/films/>

- ❖ Social Distancing Festival – online events including concerts, storytelling, theatre <https://www.socialdistancingfestival.com/>
- ❖ Museums around the world that offer virtual tours: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- ❖ Join a virtual group or start a new group with friends on <https://www.meetup.com/> (type “virtual” in the search box)
- ❖ Spend time in your yard/balcony and enjoy the fresh air & sunshine
- ❖ Planet Fitness online workouts: <https://www.facebook.com/planetfitness/>
- ❖ <https://www.youtube.com/planetfitness>
- ❖ Do an online exercise class for free from the YMCA (yoga, tai chi, active older adult classes, etc) <https://ymca360.org/on-demand#/>
- ❖ Vancouver Aquarium Live Cams: <https://www.vanaqua.org/live-cams>
- ❖ Walking Trails: <https://www.vancouvertrails.com/communities/new-westminster/>
- ❖ **Other ways to occupy your time in a meaningful way:** baking, painting, drawing, watch a show you enjoy, organize something at home you’ve been wanting to do, self care activities, journaling, read a blog, write in a blog, go for a walk, learn a new hobby, Sudoku, spend time with a pet, cross stitch, knitting, crocheting, crosswords/word searches