

KEEPING YOUR BRAIN & BODY HEALTHY

ACTIVITY IDEAS: FOR IN & AROUND THE HOME

Social distancing isn't always easy. Run out of ideas for things to do? We've brainstormed some family friendly, local and national resources to help encourage you to keep your mind and body positively active in and around your home during this period of isolation.



SEE A MUSEUM

Visit these Virtual Museums & Online Exhibits from afar. See priceless works of art, historical artifacts, and the wonders of science!

ART

L'Atelier des Lumières *Paris, France*
www.atelier-lumieres.com

Louvre Museum *Paris, France*
www.louvre.fr/en/visites-en-ligne

Metropolitan Museum of Art *New York City, USA*
<https://artsandculture.google.com/partner/the-metropolitan-museum-of-art>

National Gallery of Art *Washington D.C., USA*
<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

Uffizi Gallery *Florence, Italy*
<https://artsandculture.google.com/partner/uffizi-gallery?hl=en>

Van Gogh Museum *Amsterdam, Netherlands*
<https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

SCIENCE AND HISTORY

Bullock Texas State History Museum *Austin, USA*
Schedule Real time curated tours of the museum. www.thestoryoftexas.com/education/distance-learning

National Museum of the United States Air Force *Dayton, USA*
www.nationalmuseum.af.mil/Visit/Virtual-Tour/

National Museum of Anthropology *Mexico City, Mexico*
<https://artsandculture.google.com/asset/the-national-museum-of-anthropology-mexico-city-ziko-van-dijk-wikimedia-commons/bAGSHRdlzSRcdQ?hl=en>

National Women's History Museum *Alexandria, USA*
www.womenshistory.org/womens-history/online-exhibits

NASA's Space Center Houston
Download the FREE App to experience interactive mobile tours, GPS maps, selfie filters, augmented reality, and more!
<https://spacecenter.org/app/>

Smithsonian National Museum of Natural History *New York City, USA*
<https://naturalhistory.si.edu/visit/virtual-tour>

The British Museum *London, England*
<https://britishmuseum.withgoogle.com>



KEEP ON MOVING!

Don't forget to move! Stretch, jog, pump some iron, hop scotch, yoga, cardio, dance, and more – it all counts!

25+ Fitness Studios and Gyms Offering Live-Stream Workouts

Below is a link to some of the best workout resources for you to take advantage of during your time at home. www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/



LEARN SOMETHING NEW

Whether it's a new trick of your trade or something more fun, put your extra time to work by boosting skills and getting ahead.

Learning Resources for Adults
www.themuse.com/advice/14-best-sites-for-taking-online-classes-thatll-boost-your-skills-and-get-you-ahead

Educational Resources for Kids
www.simplemost.com/10-free-educational-resources-for-school-closings/



WATCH THE ANIMALS

Zoo and aquarium webcams have allowed visitors to drop in on the habitats of some of the zoo's favorite animal exhibits.

ZOOS

Ouwehand Park Polar Bear Cubs *Rhene, Netherlands*
<https://explore.org/livecams/polar-bears/polar-bear-ouwehand-twin-cubs-cam-2>

Reid Park Zoo Lion Cam *Tucson, USA*
<http://reidparkzoo.org/cameras/lion-cam/>

San Diego Zoo *San Diego, USA*
<https://kids.sandiegozoo.org/videos>

Smithsonian's National Zoo *Washington D.C., USA*
<https://nationalzoo.si.edu/webcams>

Zoo Atlanta Panda Cam *Atlanta, USA*
<https://zooatlanta.org/panda-cam/>

AQUARIUMS

Georgia Aquarium *Georgia, USA*
www.georgiaaquarium.org/webcam/ocean-voyager/

Monterey Bay Aquarium *Monterey, USA*
www.montereybayaquarium.org/animals-and-exhibits/live-web-cams

National Aquarium Virtual Tour *Baltimore, USA*
<http://samurairvirtualtours.com/example/nadc/index.html>

Virtual Tour of the Seattle Aquarium *Seattle, USA*
www.seattleaquarium.org/live-cams

SEE OTHER WORLDS

Virtual tours of far away places!

Explore Mars

Explore the surface of Mars with this digital 360° camera by NASA's Curiosity Rover. <https://accessmars.withgoogle.com>

Tour a Virtual Farm

Learn about what it takes to run a farm, meet farm animals, and more by taking a virtual farm tour on Farm 360. www.farmfood360.ca

Tour A National Park

Google Arts and Culture has teamed up with some of our treasured national parks to offer virtual tours of beautiful places. Feel like you're outside, even if you're on your own couch. <https://artsandculture.withgoogle.com/en-us/national-parks-service/parks>

GET LOST IN THE MUSIC

Upcoming livestream performances by new artists and old favorites.

Billboard

Billboard Live At-Home Sessions feature mini-concerts, each artist will team up with Billboard to raise money for a nonprofit partner of their choice, as well as answer questions submitted by fans watching from home. www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams

Recording Academy Grammy Museum

Enjoy new releases of digital series featuring intimate sit-down interviews with artists and musicians. <https://grammymuseum.org/museum-at-home/updated-museum-at-home-release-schedule/>

ACL Live Full Episodes

Watch classic live performances! www.pbs.org/show/austin-city-limits/

Fusebox Festival *Virtual Edition*

The Austin music festival originally scheduled for April 15-19 will now go digital; keep an eye on the Facebook page for updates about how to watch and listen to this innovative virtual edition on April 24. www.facebook.com/FuseboxFestival/?eid=ARAgZnbRjC8G1F-JNaYS0QzCtqqsAUyCrEWfngK3VR15VvxCWGyXV6Yh0He-5bgr0E8eikgXyWYpFox

PLANT SOMETHING

There is something therapeutic about planting and fostering a plant. For starters, it gives us hope of new life and also encourages people to engage in other behaviors and activities that promote wellness. Whether you have your own plot of land or an empty pot, get started with this handy-dandy online guide to the gardening basics. <https://greatist.com/connect/beginners-guide-to-gardening#2>

GET WRAPPED UP IN A STORY

CHECK OUT AN E-BOOK Austin Public Library

Visit the virtual public library to explore E-books, Audiobooks, E-magazines, Research Databases, and Newspapers in multiple languages. <https://library.austintexas.gov/virtual>

SIT IN ON STORY TIME Storyline Online

Enjoy videos featuring actors reading children's books alongside creatively produced illustrations. www.storylineonline.net

Story time From Space

NASA Astronauts read stories to kids while they float around in space. <https://storytimefromspace.com>

START A BOOK CLUB

Get friends and/or family involved or join an online club. Reading provokes thought. Read and discuss.

WRITE YOUR OWN STORY - JOURNALING

Put your pen to paper or type it electronically. You never know what creative things spill to paper once you start.

COMMUNICATION IS KEY

There are many ways to keep up with friends and family from a distance. Keep track of others and also let people know that you're also okay.

Write a Letter
Facetime with Family
Video Chat with Co-Workers
Stay Active on Social Media
Call Your Friends

GET CREATIVE

Consider opportunities like painting, found object sculpture, life drawing, folding origami, jewelry crafting, knit or crochet, practice musical instruments, and more.

REST & CHILL

Try to chill a bit. Part of good health maintenance is to rest, meaning that you'll relieve yourself of some stress and anxiety. Resting could mean simply taking a nap or even a short meditation session.

Online Meditation Classes

A FREE Meditation resource to get started. www.onlinemeditation.org

GET YOUR GAME ON

Everyone has a favorite. Board games, cherdades, cards, online casinos and more are part of the fun. Play solo or with a group.

COOK OR BAKE

We all have to eat! Dips, entrees, apps, deserts and more. Anything goes! Preparing food is a great lesson in measuring, ingredients, good health and of course, making delicious goodies. Enjoy these resources for watching cooking demos and finding fun recipes.

NEW AND EXPERIENCED CHEFS Tastemade

<https://watch.tastemade.com/browse>

Food Network

www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids

KID IN THE KITCHEN

Delish Live Kids Cooking Class

www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/

LOCALLY INSPIRED CENTRAL TEXAS RECIPES Central Market Recipes

<https://centralmarket.com/foodie-central/>

Austin Food Magazine

<http://austinfoodmagazine.com/category/recipes/>

Edible Austin

www.edibleaustin.com/index.php/recipes

SIPS

Quarantined Cocktail Series by Elevate Bartending *Austin, TX*

Note: drinks with alcohol should only be consumed by adults of legal drinking age.

Don't worry! They're also providing drink recipe made for and by kids. www.instagram.com/elevatebartending/?hl=en

MAKE A VIDEO

We're all aware of the sensationalism that TikTok has produced in social media trends. Even if you're not going to post it, it's fun to write, produce, and star in their own movies. Technology has made it easy. Just point and click with your phone and enjoy the silly.

SPRING CLEANING

Let's face it, things get messy quick. Like it or not, now is the time and the perfect opportunity to spruce up, organize and sanitize your space. Take 30 minutes out of your day to make a clean sweep of your space.

★ THANK YOUR LUCKY STARS

Take a moment to look around you and recognize what you have. You're here, alive, and you're not alone. We're in this together friends.

TNT
TEXAS NATIONAL TITLE
A MOTHER LODE COMPANY