

Things to do while Practicing Social Distancing – 2nd Edition

1. Catch some free courses from Harvard

- a. Harvard is offering many [online courses for free](#). Jump in and learn something new!

2. Trivia: Get a group of friends on the phone or online and have a fun night competing against others through various trivia platforms and topics

- a. [Fun Trivia](#) hosts hourly games with all different category options. Test your own knowledge or make a team and go up against others to climb the rankings
- b. Join [Cerrito Trivia](#) for online Trivia or Bingo on facebook
- c. Register for live virtual trivia with [Sporcle](#)
- d. Find more virtual trivia events here on [eventbrite](#) from free events to paid events with real prices

3. Music

- a. Check out [Relix](#) to find a guide of concerts that you can stream from home. The majority are free and there are some low fee options as well
- b. Check out live streamed shows on [Nugs.tv](#), both free and paid options
- c. The Boston Symphony Orchestra launched [BSO at Home](#), a collection of great performances, behind-the-scenes features and interviews with individual musicians.

4. Arts/Culture

- a. View online exhibits and take a virtual tour of the [Isabella Stewart Gardner Museum](#).
- b. View online exhibits and take a virtual tour of the [Museum of Fine Arts](#). View curators and collections on the [MFA's YouTube](#) channel.
- c. View online exhibits from the [Peabody Essex Museum](#).
- d. Take a virtual tour of the [Boston Children's Museum](#).
- e. View online exhibits from the [John F. Kennedy Presidential Library and Museum](#)
- f. View online exhibits and take a virtual tour of the [Museum of African American History](#).
- g. Facing History and Ourselves hosts a series of virtual conversations starting with George Takei: [Standing Up to Racism, Then and Now](#), on April 14.

5. Books

- a. Access [free audiobooks](#) online here with categories for both kids and adults, including books in other languages.
- b. MIT Press hosts virtual book talk series [MIT Press Live!](#) Tuesdays at 12:30 p.m.
- c. [Harvard Bookstore](#) hosts a virtual events series

6. Missing your running group?

- a. Join the [Social Distance Run Series](#) presented by Kaiser Permanente. Receive a FREE medal if you complete the distances ranging from 3-6 miles each week.
- b. On April 19th, participate in the [Virtual Rainbow Run 5k](#) for \$10. This is a virtual 5K Run/Walk held to raise awareness around infertility and miscarriage while providing support for families.
- c. On Saturday, April 20th, compete in the first ever, [free virtual Dallas Cowboys Draft Day 5K](#). Participate for free or pay \$40 to receive a Dallas Cowboys training tee, race bib, and finisher medal.

7. Comedy

- a. Join The Tiny Cupboard for free live [virtual stand up](#) Thursday's at 8pm!! Different quarantined comics every week! Make sure to register to make sure you can get in.
- b. Aeronaut Brewing Company hosts a [virtual open mic night](#) on April 15.
- c. Comedian Bethany Van Delft and Artisanal Comedy launched "[Live From The Pandemic!](#)" a weekly live showcase of Boston comedians.

- d. [Virtual Minor League](#) magically transports our Minor League Division from our home theater in Chicago to the virtual arena online. Register for free.

8. Online Comic-Con event

- a. Register for the [virtual comic con](#) hosted by the Geek Asylum on April 26th for \$3.43, 5AM to 6PM EST.

9. Learn to cook

- a. Live virtual cooking classes are being offered by [The Kids Table](#) via facebook live. Have a fun time cooking recipes with your kids with the “Kids Can Cook” series. Check out the live schedule [here](#) or watch the library of videos.
- b. Start a 4 week free trial (no credit card needed) with the [NY Times online cooking guides](#). The guides offer recipes, videos, techniques and tips for novices and advanced cooks.
- c. Check out [Quar Eye](#) with Antoni Porowski. Queer Eye's food pro launched an Instagram channel show specifically for stuck-at-home cooks (“Quar” is short for Quarantine).
- d. Milk Street Cooking School's [online classes](#) are free through April 30.
- e. Better Homes and Gardens offers [free cooking how to's](#) online
- f. Join superstar chef Massimo Coturra from his home kitchen for his new cooking video series, [Kitchen Quarantine](#) on Twitter

10. Learn how to make something new with instructables

- a. [Instructables](#) is a community for people who like to make things with a wide variety of different topics, projects and classes. Come explore, share, and make your next project with us!

11. Virtual Bollywood/Bhangra Workshop

- a. Join for a [40-min dance workshop](#), to get you up and running in the comfort of your home. Donate once as little or as much as you want to join these classes every Sunday. All proceeds go to Second Harvest.

12. Declutter your home

- a. While you are stuck at home, why not take some time to declutter. Join [this webinar](#) April 29th on how to declutter your home, stress free.
- b. [Good Housekeeping](#) has 33 easy tips to help you with Spring cleaning.

13. Theater

- a. Enjoy the [PBS spring programming](#) featuring some of Broadway's Best lineup, including Now Hear This, Much Ado About Nothing, Red, The Sounds of Music, Noel Cowards Present Laughter and more.
- b. Bright Lights Film Series at Emerson College launches [Bright Lights at Home](#), a series of moderated discussions with filmmakers and scholars.
- c. ArtsEmerson launches [TogetherApart](#), an online series offering access to high-quality archival videos and opportunities to hear from the artists behind them.
- d. Boston Playwrights' Theatre hosts the [Boston Theater Marathon XXII](#): Special Zoom Edition, readings of ten-minute plays by New England playwrights.

14. Live streams for kids

- a. Lincoln Center Pop-Up Classroom: Tune in to [@LincolnCenterNYC](#) on Facebook Live every weekday at 8 a.m. for your daily dose of creativity. Led by some of world's best artists and educators, each creative learning activity utilizes simple materials found at home to help families with children explore a variety of art forms.
- b. Tuesdays with [Tinkergarten](#): Free Virtual Class: Every Tuesday at 9:30 a.m. head to Tinkergarten's Facebook page for a free virtual Facebook Live class led by founder Meghan Fitzgerald.

- c. Author and illustrator Ben Clanton is on Instagram Live every Monday at 10:30 a.m. drawing and talking with kids about waffles and mermicons. Find information on his [Facebook Live page](#) and streams are on his [Instagram page](#).
- d. Urbanity Dance hosts [Virtual Youth Classes](#) such as Monday Movers (for ages 2-3) and Friday Family Dance Party (all ages).
- e. [Dakota and Friends Dinosaur Show](#): Tune in every day at noon for a live dinosaur show.
- f. Every Monday, scheduled through April 27th, at 10 a.m., Rea Farms and Children's Party Plus will post a video on [Rea Farm's Facebook page](#) that will include a story being read by a character. There will also be coloring sheets for each story.

15. Zoo fun

- a. Each weekday, starting at 1 p.m., [Cincinnati Zoo](#) is going Facebook Live with Home Safari. They'll introduce you to one of their animals, and include an activity that you can do at home. Go to Cincinnati Zoo's Facebook page for the Facebook Live event.
- b. Denver Zoo 'Virtual Safari' lets you visit every day for free. [Zoo to You: Virtual Safari](#) will be updated daily with new animal videos, wildlife-themed activities and other ideas that individuals and families can do at home.
- c. Take a live, virtual visit to the [New England Aquarium](#) daily at 11:00 a.m.
- d. Buttonwood Park Zoo hosts [Virtual Keeper Chats](#) with keeper staff and animals daily at 11:00 a.m. on [Facebook](#).
- e. Riverbanks Zoo and Garden is streaming Z-Learning live on their [Facebook page](#) every weekday at 10 a.m. Meet and learn about animals!

16. Virtual "Motivational Mondays"

- a. Join [Wendy Petties](#) as she shares her best tips and tools for Succeeding, Support and Self-care now, in the near future and moving forward. Every Monday we will have a different topic, tip, or motivational tool to discuss and put into action.

17. "Are you Ok?" virtual gathering

- a. [Are you Ok](#) is a series of virtual gatherings creating space for people to process the complex issues facing our community.

18. Dog training from home

- a. [8 free courses](#) on essential behavior & training tips for dog owners and professionals by Ian, Kelly & Jamie Dunbar
- b. Join [JoAnne Basinger on Howcast](#). JoAnne keeps her videos short and to the point. She does a great job of showing a few different options for each skill in a very short timeframe.
- c. Tune into Facebook Live with [Journey Dog Training](#) during "Training Tuesday" free lessons, 7pm EST. Join and interact with the trainer while a dog training lesson on that days topic is provided.

19. Howl at the Moon

- a. Did you know that people from all across the US are breaking the monotony of being stuck at home and howling at 8 p.m. local time? Some are doing it to thank health care workers and first responders and Some people are yipping just to reduce pain from isolation and their frustration from being tied down stuck at home. There's even a [Facebook group](#) dedicated to the nightly howl

20. Pick up a new instrument

- a. Fender announced [three free months](#) of lessons on Fender Play

21. Go on virtual rides.

- a. [TheCoasterViews](#) has rides from Disney, Six Flags, Cedar Point and more.

22. Participate in a live virtual party

- a. iChicago is hosting a [“Virtual Day Party”](#) Thursday April 16th, via Zoom at 6PM EST celebrating life with 2 of the Nation's Hottest DJs! (This week they are also giving away hotel accommodations to a vacation experience)
- b. [Staychella Virtual Festival](#) – Staychella brings the club to you with a virtual music festival with live Djs, performances and dance competitions. Register for free for one of the available dates and join via zoom meeting.
- c. The Boston Calendar launched [Live at Five](#), a virtual happy hour concert series with musicians Vivian Luo and That One Eyed Kid.

23. Virtual Arts and Ales

- a. Aeronaut Brewing Company hosts [Virtual Arts and Ales](#) every Thursday at 6:00 p.m. Grab paint, grab pencils, grab crayons or a pen and join Virtual Arts and Ales!

Other things you can do

1. **Have a backyard “drive-in”**
 - a. Find a sheet, get a projector and let the movie light up the night after the sun goes down. Click [here](#) for setup ideas.
2. **Camp in the backyard**
 - a. If the weather cooperates, put up a tent and “rough it” from the safety of your own backyard. [Click here](#) for some ideas.
3. **Play board, card games**
 - a. Dig out one of the board games that are stashed in the hall closet. How about an epic game of Monopoly or Trivial Pursuit?
4. **Read a book**
 - a. Psychology Today suggests reading five books you have always wanted to read
5. **Create a collage**
 - a. Use old magazines, pictures and book covers to create something that represents you.
6. **Meditate**
 - a. Use an app/website like [Headspace](#)
7. **Test out that green thumb**
 - a. Try gardening, plant seeds; even try some vegetables to later use for cooking.
8. **Color**
 - a. This isn't just an activity for kids. Get an adult coloring book, print coloring pages or draw a picture in black marker and color it with crayons or colored pencils
9. **Watch new movies.**
 - a. Universal Pictures is releasing new movies through On Demand, Apple and Amazon.
10. **Find something to look forward to each day of the week**
 - a. For example, Monday is game night, Tuesday is movie night, Wednesday is pizza night, etc.
11. **Redecorate**
 - a. Clean or redecorate your room/living space for a whole new look
12. **Print a Comic for your kids**
 - a. Having trouble explaining to your child/children what’s going on right now? This comic can help and is based on a radio story that NPR education reporter Cory Turner did. [Print and fold](#). You can find instructions [here](#).

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