

Things to do while Practicing Social Distancing – 3rd Edition

1. For kids

- a. **Story Time from Space:** Help your child fall asleep by having a book read to them. [Story Time From Space](#) will give your child the experience of having a story read to them from astronauts who are on the International Space Station (ISS).
- b. **Space Racers:** Preschool aged children can play games and “space-related educational activities” compliments of the [Space Racers](#) website.
- c. **Virtual play date with your child’s favorite character:** Set up a [virtual play date or party](#) with your child's favorite character with Tea in Tiaras Entertainment! Your playdate can include interactive enchanted storytelling, a themed lesson they learn and perform back for their parents and your child can ask any questions they want! (\$49 for a 20 minute play date)
- d. **Online Music Camp and lessons:** Join music camp or learn to play an instrument with [live online classes](#). Small donations are appreciated but not required to join this excellent and creative learning opportunity.
- e. **Yoga:** [Cosmic Kids Yoga](#) is targeted specifically to kids, teaching them mindfulness and relaxation in a fun and exciting way.
- f. **Skype with a Scientist:** Does your child ever have random questions that you just can’t answer because you didn’t pay attention in science class? Here’s some help. You can [Skype a Scientist](#) for a free live video chat.
- g. **Aquarium Live:** [Online academy](#) to learn about the ocean with online educators and interactive programs
- h. **Stuck at Home Science:** Continue your child's science learning with **Stuck at Home Science**, available on the California Science Center website! These free educational activity guides and videos are designed for families to explore, investigate and have fun learning together without leaving home. All activities use easy-to-find household supplies and are appropriate for a variety of ages.
- i. **Free virtual ballet classes for kids:** If you’re looking for [free quality online dance classes](#) led by fully certified teachers, then join Goh Ballet for a free livestream ballet class on Sunday, May 31 & June 14.

2. Waterlillies Painting (Live Online Course)

- a. Most fun way to [paint with others](#) from all over the country. You will be guided step by step to create a beautiful masterpiece! Event is May 31st at 8:30pm est.

3. Marine Science Day 2020

- a. Join online on Saturday, May 30, for [Marine Science Day 2020](#)! The Virginia Institute of Marine Science (VIMS) invites you to this free, family-friendly, virtual event which will provide participants of all ages with the opportunity to interact with some of the leading scientists in the field of marine science.

4. The King Lear Project

- a. June 11th at 7pm, A dramatic actor reading of scenes from [King Lear](#) as a catalyst for guided discussions about elder care and family dynamics. Event is free with registration and features

performances by Frankie Faison, Amy Ryan, Kathryn Erbe, Marjolaine Goldsmith, David Zayas, and Public Advocate Jumaane Williams.

5. National parks
 - a. Check out the [Hidden Worlds of the National Parks](#) right from your own home. Your tour will be guided by a Park Ranger and will include places like the Carlsbad Caverns, Hawai'i Volcanoes, and more.
6. Color Our Collections
 - a. [Color Our Collections](#) has coloring pages that were created from art collections from 117 different institutions. These pages can be downloaded for free as a PDF. Just grab your crayons or colored pencils!
7. DC Jazz Fest
 - a. The [DC JazzFest From Home Series](#) is a weekly event occurring every Saturday at 7 PM on the DCJF YouTube Channel and Facebook page that will feature never-before-seen footage of performances from year's past as well as live-streamed shows from DCJF artist alums. Stream a Virtual Concert
 - b. Check out [Billboard](#) for a growing list of virtual live concerts and events that you can stream from the comfort of your home.
8. Music for the Soul
 - a. In response to the coronavirus shutdown, [Apollo's Fire](#) has launched "Music for the Soul," a series of online programs featuring concert videos, interviews, and related reading.
9. More Live Nature Cams
 - a. **View different [live nature scenes](#) from around the world** from the Northern Lights to the Ocean to Birds and African Wildlife on Explore.org
 - b. **Live Cams at Monterey Bay Aquarium:** Sea otters, penguins, sharks, jellyfish and more. Watching nature can be helpful for relaxing and de-stressing!
 - c. **Live Bat Cams:** Check out the [bat cams](#) at batworld.org
 - d. **Wolves:** [International Wolf Center](#)
 - e. **Hippos, pandas and elephants:** [Memphis Zoo](#)
 - f. **Koala bears, polar bears, tigers, penguins, and more:** [San Diego Zoo](#).
 - g. Los Angeles Zoo: [Bringing the Zoo to You](#)
10. Classes for kids with autism to socialize while social distancing
 - a. The Center for Applied Drama and Autism is offering a variety of [virtual summer camps and workshops](#) this summer. Classes start at \$100 and range from topics like improve to puppets to superheroes.
11. Virtual Day parties continue
 - a. On [Thursdays and Saturdays](#) bring your favorite dancing shoes, pour your favorite drink and even bring your favorite appetizer as you watch, listen & engage while DJs play music.
12. Virtual beer festival
 - a. On June 13th @ 10PM est, [The Virtual Beer Festival](#), an interactive beer experience, comes straight to your living room along with a case of 10 special West Coast beers and featured swag. Tickets are \$40. The event is a virtual experience featuring guided tastings with different breweries, guests, interactive games, comedy sketches, and band performances with this month's special guest co-host, comedian Jim Breuer of Half Baked.

Other Things you can do while Social Distancing

1. **Create Your Own Workout:** Create your own workout with your family. Each person chooses their favorite moves, such as lunges, jumping jacks, squats, or even hops. Using a timer, do each workout move for 20 seconds, then take a 10-second break. Do four sets of each move, then take a 30 second break. This “interval training” is fun, fast-paced and really gets hearts pumping!
2. **Have an Alphabet Day:** Have your child choose a letter in the evening — any letter. The next day, create activities surrounding things that begin with that letter. For example, if the letter is “A”, you might include an apple in something you eat that day, think of animals that begin with “A”, and come up with silly phrases where each word begins with “A”, like “Awesome Artsy Aligator”.
3. **Create a Cloud in a Jar.** With just a glass jar with a lid, hot water, ice and matches (or hairspray), you can teach your child about how clouds form. Put a couple inches of hot water into the jar. Put ice into the jar lid. Light a match, blow it out and place inside the jar (or spray a little hairspray) to help make the vapor more visible. (Water vapor sticks to smoke or hairspray and serves as a cloud “seed”.) Quickly place the lid, ice up, over the jar opening. Soon, vapor will begin to form over the water. The ice-filled lid on top cools the warm air in the jar, causing it to condense on smoke or hairspray, forming a cloud! – From first5la.org
4. **Full-on virtual family fashion show:** Get your family to brush the dust off their fancy duds. Choose a theme and watch your family members get all gussied up for a walk down an impromptu runway in their own living rooms.
5. **Family Virtual Dress-up Party:** This won’t be like your typical shindig. Dress up as iconic figures such as super-heroes, celebrities or TV characters and enjoy a mighty fun Zoom room with your family.
6. **Crank the music:** Great tunes can spark positive shifts in mindset, motivation, and mood. Use a streaming service such as Pandora, Spotify or Apple Music to craft a feel-good playlist of your personal hits. Extra points for singing along!
7. **Do a closet purge:** Like many people, you probably own more stuff than you actually use or need. Now might be a good time to sift through those clothes at the back of your closet, items gathering dust in your garage, and other forgotten possessions. Set aside unwanted items to donate once social-distancing guidelines are lifted. Your home will feel more orderly, and you’ll feel good!
8. **Put kids to work in the kitchen:** Get kids involved in meal planning! Peer into the fridge together, have them pick a few favorite ingredients, and then delegate tasks such as measuring, cracking eggs, and washing fruits and veggies. They’ll learn about healthy eating and cut down on your work!
9. **Share some TikToks:** If you have tweens or teens in your household, chances are you’ve heard of TikTok, the popular platform for sharing short-form dance, lip sync, and comedy videos. Next time your family needs a laugh, try choreographing some clips together. Yes, you may look ridiculous, but that’s kind of the point.
10. **Meditate:** There are many phone apps out there for meditation. Now would be a great time to get your own. Meditation may help lessen the strain of being stuck at home by supporting mental resilience and reducing anxiety. Some apps include The Mindfulness App, Headspace, Calm, buddhify and Sattva.