

## **Ideas for Stay at Home Activities**

We have compiled a bunch of sites with different styles for different needs. Each offers ways to manage/enjoy your day. Interests vary from person to person, so find your things or explore new ones. Some sights may seem redundant but within each there are things that others don't have. Explore and enjoy. Make the best of the time you have. What is that saying you've heard a bunch of times? "If you get lemons, make..."

Webcam (virtual visit) at the GA zoo:

<https://www.georgiaaquarium.org/webcam/ocean-voyager/>

Sign up for free daily virtual classes (cooking, dancing, drawing, etc.)

<https://www.charlotteonthecheap.com/>

50 Indoor Easy Craft and Game Ideas

<https://www.itsalwaysautumn.com/best-indoor-kid-crafts-activities.html>

Deseret News' Survival guide: A Comprehensive list of suggestions and ways to manage your time if quarantined.

<https://www.deseret.com/entertainment/2020/3/16/21181147/coronavirus-covid19-quarantine-parents-kids-children-activities-learn-school>

Games, activities or crafts broken down by age group

<https://www.whatdowedoallday.com/indoor-activities-for-kids/>

List of learning resources and apps for kids home from school

<https://www.kiro7.com/news/trending/coronavirus-learning-resources-kids-home-school/5TSTZSDKWNGV3HR4KF5YMVXQ34/>

New York Times - Practical suggestions for managing having everyone home for an extended period of time

<https://www.nytimes.com/2020/03/17/parenting/coronavirus-schools-lessons.html>

CNN Style - Their compilation of museum, concerts and ideas of what to do from home

<https://www.google.com/amp/s/www.cnn.com/style/amp/what-to-do-at-home-streaming-art-museums-concerts-coronavirus-trnd/index.html>

Travel and Leisure – Virtual tours of national parks and trip ideas

<https://www.google.com/amp/s/www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours%3Famp%3Dtrue>

USA today 6 Virtual tours to try

<https://www.google.com/amp/s/amp.usatoday.com/amp/5060244002>

Condé Nast Virtual Museum exhibits, Symphonies and Opera

<https://www.google.com/amp/s/www.cntraveler.com/story/all-the-museum-exhibits-symphonies-and-operas-you-can-enjoy-from-home/amp>

Hyperallergic – 25,000 virtual museum tours

<https://hyperallergic.com/547919/2500-virtual-museum-tours-google-arts-culture/>

Ideas to keep our bodies moving

<https://www.healthlinkbc.ca/health-topics/aa165656>

Nerdist – Free apps for exercise

<https://nerdist.com/article/exercise-workout-apps-coronavirus-quarantine/>

Cincinnati Zoo Home Safari daily at 3pm EST – highlights one animal and provides an activity to do at home.

<http://cincinnati-zoo.org/home-safari-resources/>

Headspace free for the remainder of the year for providers in healthcare – Register with NPI number.

<https://www.prnewswire.com/news-releases/headspace-announces-new-efforts-to-help-consumers-healthcare-providers-curb-rising-stress-and-anxiety-301024557.html?fbclid=IwAR1dRzKI5PqmgkpxnVjYVw0q00TeW6fkhfwStBh1k33rT123uZBLR1FcTHQ>

Virtual Field Trips:

[https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlgE3iExmi3qh2KRRku\\_w/mobilebasic?fbclid=IwAR2KXpP48gGwR66fSSzveNE\\_Sltj2m3gfX2enc6l5HppMRtmBuMdcQLiCOE](https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlgE3iExmi3qh2KRRku_w/mobilebasic?fbclid=IwAR2KXpP48gGwR66fSSzveNE_Sltj2m3gfX2enc6l5HppMRtmBuMdcQLiCOE)

Scholastic Free daily courses for kids PreK-Grades 6+: [https://www.wfla.com/community/health/coronavirus/scholastic-releases-daily-learning-courses-for-kids-home-from-school-amid-coronavirus/?fbclid=IwAR3YYVHi\\_4qx6pUG\\_bPpXUmzGJH\\_RwM2bRz7ixHP3MP27ieODN0C0\\_QbGHg](https://www.wfla.com/community/health/coronavirus/scholastic-releases-daily-learning-courses-for-kids-home-from-school-amid-coronavirus/?fbclid=IwAR3YYVHi_4qx6pUG_bPpXUmzGJH_RwM2bRz7ixHP3MP27ieODN0C0_QbGHg)

List of Education companies offering free programming:

[https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR1GZnatS3yStHf13yyWcIDGpuJXE8qHJd8pYAxgJL07KrP\\_5OpR-kHiokU](https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR1GZnatS3yStHf13yyWcIDGpuJXE8qHJd8pYAxgJL07KrP_5OpR-kHiokU)

ABC Mouse – 2 years-old through second grade. Adventure Academy – 3<sup>rd</sup> -8<sup>th</sup> grade; Reading IQ – reading preschool through 6<sup>th</sup> grade. Free code - SCHOOL7771

Online dance lessons:

<http://www.learntodance.com/online-dance-lessons/>

Opera Virtual shows

<https://www.travelandleisure.com/culture-design/music/metropolitan-opera-offering-free-virtual-shows>

Ideas for specific activities

<https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>

Gardening, baking, treasure or scavenger hunts, learning a new language, puzzles, art – painting, photography, singing, drawing; dancing, etc. Here's some other ideas:

<https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>

College courses – Free

<https://www.makeuseof.com/tag/8-awesome-websites-free-college-courses-online/>

Learn a new language –

<https://www.inc.com/larry-kim/9-places-to-learn-a-new-language-online-for-free.html>

Free audible books (while schools are closed for coronavirus)

<https://www.Stories.audible.com/start-listen>

Meditation, blogs and podcasts - Free for health care workers

<https://www.Tenpercenthappier.com/coronavirussanityguide>

Crafts, projects, science, recipes for young children

<https://www.funology.com>

Amphibian unit studies

<https://premeditatedleftovers.com/naturally-frugal-mom/amphibians-unit-study-resources>

Engineering challenges with things you have at home

<https://thehomeschoolscientist.com/paper-structures-engineering-challenge>

Online photograph jigsaw puzzles, set the puzzle from 6-1000+ pieces

<https://jigsawexplorer.com/>

For high performing students who want a challenging curriculum

<https://artofproblemsolving.com/alcumus>

Find and fix learning gaps

<https://mobymax.com/>

Algebra games for kids

<https://dragonboxapp.com>

100 free online educational program ideas

<https://savingdollarsandsense.com/free-educational-resources-for-kids/>

Education for kids all topics

<https://ducksters.com/>

Math & logic problems age 5 to adults

<https://aplusclick.org>

Science podcasts to listen to with your children

<https://medium.com/kidslisten/>

Alaskan wildlife cams

<https://www.adfg.alaska.gov/index.cfm?adfg=viewing.webcams>

Coding with Star Wars

<https://code.org/starwars>

Tons of games for learning or fun

<https://crazygames.com/>

\*\*Special thanks to Tia R. Konzer, DO of Konzer Psychiatric, PC and Randie Schacter, DO of Silver Psychiatric Services, PC for this list to keep our bodies and minds busy and well.

“Limoncello or Lemonade if you’re underage”