

At Home/Virtual Activities: Occupy the Mind & Body and Raise Awareness of the Importance of Recreation During COVID-19

Live Streams

- Panda Livestream: <https://www.youtube.com/watch?v=Gm3bQVANtVo>
- Kitten Livestream: <https://www.youtube.com/watch?v=9lup70E0lg0>
- Google Collections Art & Culture: <https://artsandculture.google.com/partner?hl=en>
- PAW Patrol 24/7: <https://www.youtube.com/watch?v=mF9QMYaaZzo>
- Zoos and Aquariums:
<https://www.cbsnews.com/news/coronavirus-zoos-aquariums-live-stream-animals-isolated-on-quarantine/>
- Concerts and Live Music:
<https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>
- *BraveHearts Live Stream: Join us on our Facebook Page every weekday from 4-5pm CST for Live Feed Dinner with the horses.*
https://www.facebook.com/BraveHeartsRiding/?_tn_=%2Cd%2CP-R&eid=ARC0UFmNhVzCpeRbjFymc5UuZkb4IUDG40WM-k5Gw1m54SzkQY5FicCV1u7pI9onoE4UXcBHa32YL4wq

Educational Resources

- Safety Measures for Coronavirus: <https://www.youtube.com/watch?v=TSkEwdzGbCA>
- PBS Nova Labs: <https://www.pbs.org/wgbh/nova/labs/>
- Virtual Experiences: <https://www.thefrickpittsburgh.org/virtual>
- Infinity Mirrors: https://www.youtube.com/watch?v=8VwJMw_fLvl
- Yosemite Park Virtual Tour: <https://www.virtualyosemite.org/>
- Government Educational Resources: <https://www2.ed.gov/parents/landing.jhtml>
- Scholastic Learn At Home:
<https://classroommagazines.scholastic.com/support/learnathome/grades-1-2.html>
- Yellowstone Park Virtual Tour:
<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- ABC Mouse:
<https://www.abcmouse.com/abt/homepage?8a08850bc2=T1116516918.1585153663.6033>
- PBS How to Destress During Coronavirus:
<https://www.pbs.org/parents/thrive/how-you-and-your-kids-can-de-stress-during-coronavirus>

Fitness

- Chair Fitness:
 - Yoga <https://www.youtube.com/watch?v=m4t9nCW3630>
 - Yoga 2 <https://www.youtube.com/watch?v=d1cbGCHuUe0>
 - Stretches <https://www.youtube.com/watch?v=3ZvmKOPoFVo>
 - Aerobics <https://www.youtube.com/watch?v=IQRNEq0D0rA>
- Adapt to Perform Youtube channel (Wheelchair users):
 - <https://www.youtube.com/channel/UClosZzwrXmjPzDCwD9OcC0A>
- Cardio:
 - Warm Up Cardio: <https://www.youtube.com/watch?v=R0mMyV5OtcM>
 - Low Impact Cardio: <https://www.youtube.com/watch?v=waPCCrftvQA>
 - Quiet Cardio: <https://www.youtube.com/watch?v=YaJryQEsT94>
- Stretching:
 - Outdoor Stretches: https://www.youtube.com/watch?v=__zX2PGi1Xk
 - Relaxing Stretches: <https://www.youtube.com/watch?v=VXZdHESNf6E>
 - Cool Down Stretches: <https://www.youtube.com/watch?v=u5Hr3rNUZ24>
- Kids Fitness:
 - Burn Off Energy:
<https://sparkandpook.com/kids-can-burn-off-steam-with-these-youtube-channels/>
 - Go Noodle: <https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>
 - Family Fun Exercises <https://www.youtube.com/watch?v=5if4cjO5nxo>
 - Cosmic Kids Yoga <https://www.youtube.com/watch?v=KAT5NiWHFIU>
 - Fun 25 Min. Workout: https://www.youtube.com/watch?v=McD6_oOWs-M

Dance

- Follow Along Dance Workout Videos:
 - <https://www.youtube.com/watch?v=Rj2lubFfEqY>
 - <https://www.youtube.com/watch?v=mR9td6t5mTc>
 - <https://www.youtube.com/watch?v=KUmKKPcf71Q>
- Follow Along Dance Videos for Kids:
 - https://www.youtube.com/watch?v=sHd2s_saYsQ&t=852s
 - <https://www.youtube.com/watch?v=9sxifR0Ltqk>
 - <https://www.youtube.com/watch?v=KhfkYzUwYFk>
 - <https://www.youtube.com/watch?v=XqZsoesa55w>
- Follow Along Videos for Kids or Adults:
 - <https://www.youtube.com/watch?v=Bla98LPpJT8>
 - <https://www.youtube.com/watch?v=Q7aLjjkB9JQ>

Zumba

- Beginner:
 - 10 Minute Zumba: https://www.youtube.com/watch?v=9_MxwQw10RI&t=81s
 - 90's Mix: <https://www.youtube.com/watch?v=CVnvjPc4XjM>
 - Can't Stop The Feeling: <https://www.youtube.com/watch?v=TedYZ5hctAQ>
- Chair Zumba
 - <https://www.youtube.com/watch?v=4zww0h9cHu0>
 - <https://www.youtube.com/watch?v=KwRzMLUglzY>
- Kids Zumba
 - <https://www.youtube.com/watch?v=q0U1A7ovy3I>
 - <https://www.youtube.com/watch?v=KhfkYzUwYFk>
 - <https://www.youtube.com/watch?v=sNog54ovi8Q>

Relaxation/Meditation

- Kids Guided Meditation: <https://www.youtube.com/watch?v=neqwDPmn6yY>
- Go Noodle Melt Your Tension: <https://www.youtube.com/watch?v=fTzXFPh6CPI>
- Meditation for Short Attention Spans: <https://www.youtube.com/watch?v=d1cbGCHuUe0>
- Mindfulness: <https://www.youtube.com/watch?v=r6CPzyqCff0>

Music

- DIY Shaker Instrument: <http://twinmomrefreshed.com/homemade-shaker-instruments-for-toddlers/>
- At Home Music Lesson: <https://www.youtube.com/watch?v=uUyujOqMbpo>
- At Home Lessons: <https://at-home-music.com/>
- Baby Shark Dance & Sing: <https://www.youtube.com/watch?v=XqZsoesa55w>

Games

- 37 Quick Games: https://dragon.sleepdeprived.ca/games/30sec_2/30sec_2_23.htm
- Indoor Games for Kids: <https://www.familyfuntwincities.com/indoor-games-for-kids/>
- Games with No Equipment: <https://kidactivities.net/18-fun-pe-games-needing-no-equipment/>
- Minute To Win It Games: <https://www.happinessishomemade.net/awesome-minute-to-win-it-games/>
- Activities to Burn Energy: <https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>
- Best Indoor Games: <https://www.fatherly.com/play/activities/best-indoor-games-for-kids-and-families-coronavirus-quarantine/>
- Winter Activity Games: https://morningchores.com/winter-indoor-activities/?utm_source=imagepin

No Supplies (misc.)

- Charades: <http://www.getcharadesideas.com/>
- Freeze Dance: <https://www.youtube.com/watch?v=2UcZWXvgMZE>
- 18 Fun P.E Games: <https://kidactivities.net/18-fun-pe-games-needing-no-equipment/>
- Top 10 No Prep Games: <https://youthgroupgames.com.au/top-ten-no-prep-games/>
- Family Fun: <https://www.whatdowedoallday.com/indoor-family-games/>

Social

- Remote Playdate Ideas:
<https://www.goodhousekeeping.com/life/parenting/a31910863/coronavirus-help-kids-connect-to-friends/>

Crafts with Minimal Supplies

- 100 Art & Craft Projects <https://www.madewithlev.com/the100dayproject-2020/>
- How to Draw Cartoons https://www.youtube.com/channel/UC0thYMtZj_O2jV6nS-RY7Fw
- Step by step painting <https://www.youtube.com/watch?v=JmDps4rPyNk>
- Hilarious Magazine Collages <https://craftwhack.com/hilarious-magazine-face-collages/>
- Toilet Paper Roll Bunny Stamps <https://www.pinterest.com/pin/510103095292792923/>
- Easy Flower DIY <https://www.styleblogpin.club/diy/8915/>
- Paper Airplane: <https://www.youtube.com/watch?v=veyZNYurlwU>
- Fortune Teller: <https://www.youtube.com/watch?v=TZauQZzXXc4>
- DIY Bubbles: <https://www.wikihow.com/Make-Bubbles>
- Paper Plate Goldfish: <https://kidsactivitiesblog.com/87316/paper-plate-goldfish-craft>
- Shaving Cream Paint: <https://www.messforless.net/2-ingredient-shaving-cream-paint/>
- Shaving Cream Art:
<https://www.craftymorning.com/how-to-make-marbled-paper-with-shaving-cream-paint/>
- DYI WaterColor Painting:
<http://www.kwernerdesign.com/blog/easy-diy-taped-watercolor-minimal-supplies-needed/>
- Pablo Picasso Collages
<https://artfulparent.com/pablo-picasso-collages-inspire-kids-to-explore-identity-with-self-portraits/>
- 2 Ingredient Puffy Paint:
https://happydealhappyday.com/homemade-puffy-paint/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=604421944_22963338_285629

Science

- Science Experiments: <https://handsonaswegrow.com/50-simple-science-experiments/>
- Oobleck: <https://www.food.com/recipe/dr-seuss-oobleck-289923>
- Playdough: <https://www.iheartnaptime.net/play-dough-recipe/>
- Make Germs Scatter <https://www.youtube.com/watch?v=djxmuDz8c3s>
- DIY Lava Lamp <https://www.youtube.com/watch?v=B9QdMaOIVrM>
- 10 easy science experiments <https://www.youtube.com/watch?v=McVpXiSttnU>

Sensory Activities

- Oobleck: <https://www.food.com/recipe/dr-seuss-oobleck-289923>
- Playdough: <https://www.iheartnaptime.net/play-dough-recipe/>
- Edible Pudding Slime: <https://thesoccermomblog.com/edible-pudding-slime/>
- Moon Sand: <https://www.pinterest.com/pin/860891285003281014/>
- Stress Balls:
<https://www.naturalbeachliving.com/make-stress-balls-kids-will-love>
- Oral Sensory Seeking Activities:
<https://www.merakilane.com/the-oral-sensory-system-16-oral-motor-activities-for-kids/>

STEM Activities

- Paper Colum Book Challenge:
<http://creeksidelearning.com/stem-activities-for-kids-how-strong-is-a-piece-of-paper/>
- Paper Plate Marble Maze:
https://www.pinterest.com/pin/568860996667118288/?nic_v1=1aYPfac3x7iVkn1mAoll4aM9tDOI%2F5LOmqpA0Qd2pXPhtQwP2ljPIYzS4T3iGTelSI
- Heart Pump Model: <https://team-cartwright.com/heart-pump-model/>
- 25 Best STEM activities for kids: <https://buggyandbuddy.com/stem-challenges/>
- Tower Building Challenge:
<https://www.wikkistix.com/lesson-plans/stem-for-kids-tower-building-challenge/>
- Domino Stem Activities: <https://frugalfun4boys.com/domino-challenge-cards/>

Nature/Outdoor

- Alphabet Scavenger Hunt During Walk
- Online Nature Themed Games: <https://pbskids.org/games/nature/>
- 30 Classic Outdoor Games for Kids: <https://www.wired.com/2009/08/simpleoutdoorplay/>
- Outdoor Games/Activities Needing Minimal Supplies:
 - <https://busytoddler.com/2016/08/sponge-targets/>
 - <https://busytoddler.com/2016/03/how-to-make-diy-chalk-paint/>

Home Activities

- Blanket Fort: <https://www.wikihow.com/Make-a-Blanket-Fort>
- 125 Things To Do:
<https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronaviruss-quarantine/>
- Indoor Picnic:
<https://www.chowhound.com/food-news/204368/indoor-picnic-tips-tricks-recipe-ideas/>
- Indoor Treasure Hunt:
<https://www.thespruce.com/indoor-treasure-hunt-for-children-1695332>
- Pictionary: <https://randomwordgenerator.com/pictionary.php>

Cooking/Baking/Snacks

- Raw Snacks: <https://www.youtube.com/watch?v=vmb14iizZCU>
- Apple Cookies: <https://rachelschultz.com/2014/04/09/apple-cookies/>
- Vegan Snack Ideas: <https://veganfamilytravels.com/vegan-snack-ideas/>
- Frozen Yogurt Blueberries:
<https://www.tastemade.co.uk/videos/frozen-yoghurt-blueberry-bites>
- 12 No Bake Granola Energy Balls:
https://lifemadesweeter.com/no-bake-energy-bites-9-ways/?fbclid=IwAR15oUzcv2vf84uvBnMczpjbhJe6C0rNc99L_k4ecnDvxMWepEf-H4De3cY
- Pizza Croissant:
<https://www.pillsbury.com/recipes/pepperoni-pizza-crescent-rolls/051c5e19-4557-44d0-892b-c5ddb72e4637>
- Meals with 5 Ingredients or Less: <https://www.pinterest.com/pin/229331806001293452/>
- Cookie In a Mug: <https://www.youtube.com/watch?v=G9feY4a3dOU>
- Double Chocolate Zucchini Muffins:
https://www.momfitlyndsey.com/healthy-zucchini-muffins/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_smartloop&utm_content=smartloop&utm_term=32842172
- Puppy Chow: <https://www.allrecipes.com/recipe/15820/puppy-chow/>
- Keto/Vegan Puppy Chow:
<https://thebigmansworld.com/healthy-low-carb-keto-puppy-chow-vegan/>
- Eggo S'mores:
<https://www.delish.com/cooking/recipe-ideas/a22781614/eggo-smores-recipe/>
- Spaghetti & Meatball Tacos:
<https://www.delish.com/cooking/recipe-ideas/recipes/a52670/spaghetti-meatball-tacos-recipe/>

Read Along

- Frozen Read Along: <https://www.youtube.com/watch?v=z4MuV2fkiIw&t=13s>
- Frozen 2 Read Along: https://www.youtube.com/watch?v=D6cewXKU_qY
- No David: <https://www.youtube.com/watch?v=9Wsod3IPIYY>
- The Rainbow Fish: <https://www.youtube.com/watch?v=QFORvXhub28>
- Google Home Read Alongs: <https://partners.disney.com/read-along-with-disney>
- 100+ Read Along Stories: <https://www.indypl.org/blog/for-parents/free-video-read-alouds>

National Days that You Can Celebrate at Home

If you participate in any of the national days be sure to tag NISRA in your post so we can see how you're celebrating! Facebook: Northern Illinois Special Recreation Association (NISRA)
Instagram: we.are.nisra

- *March 27* - National Scribble Day (make a fun drawing!)
- *March 28* - National Something on a Stick Day (try a new recipe on a stick or put your favorite snack on a stick and tell us how it is! Ex. corn dog, fruit kabob, cake pop, etc.)

- *March 30* - National Take a Walk in the Park Day & National Virtual Vacation Day (show us where you're going on your virtual vacation or send us a picture of you walking in the park)
- *March 31* - National Crayon Day (make a fun art project using crayons)
- *April 1* - April Fools Day (send us your best jokes)
- *April 2* - National Burrito Day & National PB&J Day (make one of your favorite recipes or try a new one in either the shape of a burrito or using PB&J) Here's some recipes you can check out!
<https://www.delish.com/cooking/recipe-ideas/recipes/a56690/pbj-sushi-recipe/>,
<https://www.delish.com/cooking/recipe-ideas/a22781682/pbj-tacos-recipe/>
- *April 3* - National Find a Rainbow Day (can you find a rainbow outside or make one!)
- *April 5* - National Caramel Day (show us your favorite recipe using caramel)