

VIRTUAL RECREATION ONLINE RESOURCES

Disclaimer: Individuals should consult their physicians before starting any exercise program or changing their diet to limit risks of injury.

Indoor exercise / fitness classes

For Adults:

- [Tai Chi YouTube](#)
- [Do Yoga With Me](#)
- [POPSUGAR Fitness YouTube](#)
- [Fitness Blender](#)
- [Jazzercise](#)

For Kids:

- [16 Strength Training Exercises for Kids](#)
- [Cosmic Kids Yoga](#)
- [Fitness Blender Kids](#)
- [GoNoddle](#)
- [Kids Love Soccer](#)

Outdoor Activities:

- [Gardening for Beginners: The A-Z Guide](#)
- Go for a walk

ACTIVITIES THAT WILL KEEP YOUR MIND SHARP

Kids:

- [Miss Kissinger's Korner YouTube](#)
- [Miss Kissinger's Korner Instagram](#)
- [Free Spanish Lessons For Kids](#)
- [Math Lessons](#)
- [Coding Lessons](#)
- [Bill Nye The Science Guy](#)
- [San Diego Zoo](#)
- [Tour Yellowstone National Park](#)
- [Busy Toddler Indoor Activities](#)
- [Read and Play Games with Dr. Seuss](#)
- [Scholastic Learn at Home](#)
- [Bed Time Math](#)
- [ECB](#)
- [Conjuguemos](#)
- [Instructables](#)

- [Science Spot](#)
- [The Happy Scientist](#)
- [Climate Kids](#)
- [PBS Learning](#)
- [Quizlet](#)
- [Brainscape](#)
- [Banzai](#)
- [30 Educational Netflix Shows](#)
- [Kennedy Space Center Facebook](#)
- [Imagineering in a Box](#)
- [Disney Inside the Magic](#)

Adult:

- [Daily Crossword](#)
- [Duolingo- Learn a new language](#)
- [Daily Jigsaw Puzzles](#)
- [USA Today Games](#)
- [Sudoku](#)

Get Creative! Learn a new Hobby!

- [Learn to How Crochet](#)
- [Learn to How Knit](#)
- [Learn to How Sew On a Sewing Machine](#)
- [Learn to How Hand Sew](#)
- [Learn to How Play the Piano](#)
- [Give Cooking a Try](#)
- [Take Up Baking](#)
- [Paint With Bob Ross](#)
- [Make a Rug With Loop Yarn](#)
- [Hand Sew With Your Kids](#)
- [Start Keeping an Indoor Garden](#)
- [Learn How to Play Solitaire](#)
- [Learn How to Play Spades](#)
- [Teach Yourself Origami](#)
- [Learn the Basics of Calligraphy](#)
- [Go Stargazing](#)
- [Consider Whittling](#)
- [Learn How to Belly Dance](#)
- [Make Some Candles](#)
- [Try Your Hand at Macrame](#)
- [Start Keeping a Journal](#)

Games and Crafts for Kids:

- [DIY Friendship Bracelets for Beginners](#)
- [Learn to Tie Dye](#)

- [Make a Pinecone Birdfeeder](#)
- [Make and Send a Pop Up Card](#)
- [How to Make Oobleck](#)
- [Make a Lava Lamp Experiment](#)
- [Daily Doodle With Mo Willems](#)
- [Learn How to Play Cat's Cradle](#)
- [Learn How to Play Go Fish](#)
- [Learn How to Play Checkers](#)
- [Learn How to Play Mancala](#)
- [Printable Coloring Pages From Crayola](#)
- [Make a Paper Bracelet](#)
- [Make Polka Dot Slime](#)
- [Laundry Basket Skee Ball](#)
- [Make Sock Puppets](#)
- [All Kids Network](#)
- [Highlights Kids](#)
- [Maker Stations](#)
- [Nomster Chef](#)

Get Connected!

Ideas that will assist you in staying emotionally connected to friends and family

- Write and send a letter to a loved one
- Watch a movie together with Skype or Facetime
- Host a virtual playdate with Skype or Facetime
- Call a friend or family member you haven't spoken to in a while
- Take care of yourself; make sure to eat a well-balanced diet, get plenty of sleep, and stretch at least twice a day
- Play board games with your family or use Facebook to play games with your friends
- Play hide and go seek, charades, and other low contact games
- Set a day to do some spring cleaning with your family
- Have a dance party

Travel Online:

- [Explore the Most Famous Buildings in Dubai](#)
- [Virtual Museum Tours](#)
- [Google Virtual Tours](#)
- [Monterey Bay Aquarium Live Cams](#)
- [San Diego Zoo Live Cams](#)
- [Travel the World With Google Earth](#)
- [Watch the International Space Station Live Stream](#)
- [Explore Our Solar System With NASA's Eyes](#)