

WITH YOUR SELF CARE

PLACES TO EXPLORE

- Look Up London
- ABC News List Free Tours
- Google Earth Tour of Hawaii
- San Diego Zoo
- Yellowstone National Park
- Yosemite National Park
- Louvre Museum, Paris
- National Gallery of Art, D.C
- Van Gogh Museum, Amsterdam
- National Aquarium Virtual Tour

- Australian Reptile Park
- Professional Photographers of America
- Explore Over 1300 Online Classes (all classes and patterns are free until 4/9/2020)
- Online Classes for Creatives (online classes/skill share on arts, crafts, videos, digital editing/illustration, etc... some are free and some you have to pay for, can search free classes only).
- Free Courses to Explore

SOCIAL DISTANCING IDEAS

- Virtual or driveway karaoke
- Neighborhood happy hour: Have everyone come outside on their porches or lawns at a certain time and listen to music and connect from a distance.
- Virtual card games: Use the "Houseparty app"
- Photo scavenger hunt: Apps to "hunt with"
- Host a virtual meeting/ dinner. You can have dinner with friends or extended family while video chatting.
- Virtual Trivia thru Elliot Student Union UCM Union Trivia
- Start a group text message with friends and family to check in regularly.
- Start a daily "bright side" or "silver lining" message with friends or family where you all point out something positive that happened that day.
- Have a virtual "jam session" with other musicians.
- Watch a free concert on Facebook
- Create dances on Tik-Tok: #Don't Rush Challenge or the "Make-up brush challenge": <u>Tik Tok</u> <u>Info Page and Download</u>
- Host a Netflix party:

How to Host a Netflix party
Netflix party download - Computer
How To on Netflix Party

Check out these <u>15 apps to make online learning easier</u>





Houseparty

