

# Resource Booklet

## Self-Isolation Activities

*Created by: North East Passport Network*

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## Animal Treats



### **Cat Treats:**

<https://www.myrecipes.com/recipe/homemade-cat-treats>

<https://serendipityandspice.com/keeping-fur-babies-happy/>

<https://www.cdktichen/recipes/recs/1231/Holy-Mackerel-Cat-Treats92697.shtml>



### **Dog Treats:**

<https://damndelicious.net/2015/01/07/homemade-peanut-butter-dog-treats/>

<https://kennelkitchen.com/blogs/paw-library/10-homemade-treats-you-can-make-for-your-dogs>

Dog Doughnuts: <https://www.sunnydayfamily.com/2017/01/dog-donuts.html>

PB Bacon Glazed Bones: <https://pinchofyum.com/homemade-dog-treats#tasty-recipes-42716>



## Arts & Crafts

Adult Coloring Pages: <https://www.justcolor.net/>

Balloon Twisting: <https://www.facebook.com/events/582725759252252/>

Craft Ideas for All Ages: <https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis#perimeter>

Easy Drawing Lessons: <https://design.tutsplus.com/articles/100-easy-drawing-tutorials--cms-28365>

## Arts & Crafts

Fun STEAM activities and crafts: <https://leftbraincraftbrain.com>

Lunch Doodles with Artists: [https://www.youtube.com/results?search\\_query=%23MoLunchDoodles](https://www.youtube.com/results?search_query=%23MoLunchDoodles)

Mo Williams Virtual Art Classes: [www.youtube.com/user/TheKennedyCenter/videos](http://www.youtube.com/user/TheKennedyCenter/videos)

Paper Airplanes: <https://m.youtube.com/watch?v=SpYS5WtvNvQ>

Recycle Tin Cans & Jars: <https://www.upcycled-wonders.com/crafts/easter-crafts-made-of-reused-tin-cans-and-glass-jars>

Resource Booklet from York South:

<https://www.communitylivingyorksouth.ca/programs/Resources/virtualresourcedirectory>

Rock Painting: <https://www.ilovepaintedrocks.com/2017/10/best-easy-rock-painting-projects-tutorials-beginners.html?m=1>

Simple Paintings: <https://www.youtube.com/user/StudioSilverCreek>

Virtual Art Class: <https://www.facebook.com/artbymariannevanderdussen/>

Virtual Paint Night: <https://www.facebook.com/Paintwithjanet/>



## Baking & Cooking

Cupcakes: <https://www.housebeautiful.com/entertaining/holidays-celebrations/g18197145/easter-cupcakes/?slide=4>

Summer Recipes & Activities: [https://themealheroes.com/opt-in?fbclid=IwAR0dIIfxER7FJB3WKixOT\\_RxcZtRQvgMzq3G5jTSGlQr9vfhfSKtTcL4Fm4](https://themealheroes.com/opt-in?fbclid=IwAR0dIIfxER7FJB3WKixOT_RxcZtRQvgMzq3G5jTSGlQr9vfhfSKtTcL4Fm4)



## Books

Amazon: Select FREE audio books and streaming content

Audible – Free Audio Books for Kids: <https://stories.audible.com/start-listen>

Celebrities Reading Stories: <https://www.youtube.com/StorylineOnline/videos>

Google Play – Select FREE e-books



## Calming & Relaxing

5 Minute Meditation: <https://youtu.be/inpok4MKVLM>

Calming Breathing Exercises: <https://youtu.be/KL4Yeus6EJY>

Free Audible Books (Audio Books): <https://stories.audible.com/discovery>

Guided Meditation: <https://www.youtube.com/user/angelhands66>

Guided Mindfulness: <https://centreforconsciouscare.ca/guided-mindfulness>

Meditation Apps: <https://www.womenshealthmag.com/health/g25178771/best-meditation-apps/>

Mindfulness Classes: <https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>

Open Library (Digital Books): <https://openlibrary.org>



## Caregivers

Caregiver Support: <https://www.caregiverexchange.ca/>

Caregiver Resources (Connect with experts and peers): [www.huddol.com](http://www.huddol.com)



## Courses

Financial (Budgeting, Borrowing, and Real Estate): <https://www.mcgillpersonalfinance.com/>

Online Drivers Ed: Email: [driversed4u\\_carol@yahoo.ca](mailto:driversed4u_carol@yahoo.ca); with full name, email address and telephone number. Drivers Ed 4 u is offering an Online Drivers Education Course that is approved by the Ministry of Transportation. The cost is \$499.00 plus tax

Various Free courses: [www.mooc-list.com](http://www.mooc-list.com)

Smart Serve Certification: <https://smartserve.ca/>

University Courses for Free: <https://medium.com/free-code-camp/ivy-league-free-online-courses-a0d7ae675869>

## COVID Resources

Books through Pictures (Click on link to download various books free: <https://booksbeyondwords.co.uk/>

Communication Disabilities Association of Canada (CDAC): COVID-19 Communication Rights Toolkit: <https://www.cdacanada.com/resources/covid-19/covid-19-communication-rights-toolkit/>

COVID-19 Assistance Available from the Provincial Government: <https://www.ontario.ca/page/ministry-children-community-and-social-services>

Ontario Government COVID-19 Info: (updated twice-daily 10:30 a.m. and 5:30 p.m.): <https://www.ontario.ca/page/2019-novel-coronavirus>

Citizens with Disabilities – Ontario (CWDO) Resources: <http://www.cwdo.org/>

CBC Kids News: <https://www.cbc.ca/kidsnews/>

Coronavirus Social Stories: <https://littlepudding.ie/coronavirus-social-story/>

<https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-autism-Educator-.pdf>

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

Empowering Ability COVID Resources: <https://www.empoweringability.org/covid19/>

Partners for Planning COVID Resources: <http://www.planningnetwork.ca/en-ca/resources/28358/COVID-19-FAQ?agilityts=20200407012735>



## Games/Movies

Card Games Online: <https://cardgames.io>

Comedy: <http://www.thecornercomedy.com/>

Comic Books: Read them for free: <https://comiconlinefree.com/>

Comics (Newspaper): Read them for free: <https://www.gocomics.com/>

Geo Caching: <https://www.geocaching.com/play>

Harry Potter (Watch clips from Harry Potter movies, answer questions from the clips, go into Gringotts to figure out how to exchange sickles and galleons, learn a few spells and much much more):

[https://docs.google.com/forms/d/e/1FAIpQLSfINxNM0jzbZjUqOcXkwhGTfii4CM\\_CA3kCxImbY8c3AABEA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfINxNM0jzbZjUqOcXkwhGTfii4CM_CA3kCxImbY8c3AABEA/viewform)

30 Days of Lego Building Challenges: <https://www.freehomeschooldeals.com/free-printable-30-day-lego-challenge-instant-download/>

Monopoly Online: <http://playrento.com>

Trivia (Become a Trivia Legend): <https://www.ankiapp.com/>



## Gardening

<https://blog.gardeningknowhow.com/top-of-the-crop/top-5-plants-seed-propagation-kids/>

<http://www.canadagardener.com/starting-plants-from-seed/>

<https://kidsgardening.org>

<http://www.peepandthebigwideworld.com/en/educators/curriculum/family-child-careeducators/plants/activity/guided-activity/157/planting-bean-seeds/>



## Ideas

Discover:

- a) Podcast – listen to new ones, learn something new

Have:

- a) Themed Movie Day: write a review and share with others

Make:

- a) Goals for the future and create a vision board
- b) and send thinking of you friendship cards

Plan:

- a) Spring Garden: plant some seeds for yourself and friends

Start:

- a) Gratitude Journal
- b) Making Gifts for the Holiday Season
- c) Book or Video Weekly Club (Have a weekly meeting via video chat)

Try:

- a) New recipes: there are lots of cooking and baking recipes on you tube
- b) New recipe and share with friends/neighbors (maintain social distancing)

Write and/or Draw:

- a) Your own story. Phone Family and friends and capture theirs.





## Learn Something New

Guitar: <https://try.fender.com/play/playthrough/>

New Language: <http://www.bbc.co.uk/languages/>

Science: [www.facebook.com/TheScienceMom](http://www.facebook.com/TheScienceMom)

Sign Language: <http://www.signlanguage101.com/> or <https://www.startasl.com/subscribe/>

Social Thinking: [www.socialthinking.com](http://www.socialthinking.com)

TED talks for Kids and Teens: <https://www.weareteachers.com/ted-talks-students>

Typing: <https://www.typingclub.com/>



## Museums

12 World Class Museums: <https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>

British Museum, London: <https://britishmuseum.withgoogle.com/>

Canadian Museums: <https://www.ctvnews.ca/health/coronavirus/bored-during-self-isolation-tour-these-museums-from-the-comfort-of-your-couch-1.4852971>

Detroit Institute of Art: <https://artsandculture.google.com/partner/detroit-institute-of-arts?hl=en>

Georgia O'Keeffe Museum: <https://artsandculture.google.com/partner/georgia-o-keeffe-museum?hl=en>

Getty Museum: <https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>

High Museum of Art, Atlanta: <https://artsandculture.google.com/exhibit/civil-rights-photography/9wISPkiyouv-Lw?hl=en>

Metropolitan Museum of Art: <https://artsandculture.google.com/streetview/metropolitan-museum-of-art/KAFHmsOTE-4Xyw?hl=en&sv lng=-73.9624786&sv lat=40.7803959&sv h=335.0285349959785&sv p=0.9453475127378823&sv pid=KeFx8oXHzeuY8L5rfepHaA&sv z=0.6253222631835352>

# Museums

MoMA – The Museum of Fine Art: <https://artsandculture.google.com/exhibit/sophie-taeuber-arp/swKioHNhYqZoLw?hl=en>

Museum of Fine Arts, Boston: <https://artsandculture.google.com/partner/museum-of-fine-arts-boston?hl=en>

## NASA:

You Tube Channel: [https://www.youtube.com/channel/UCLA\\_DiR1FfKNvjuUpBHmylQ](https://www.youtube.com/channel/UCLA_DiR1FfKNvjuUpBHmylQ)

Virginia's Langley Research Centre: <https://oh.larc.nasa.gov/oh/>

Glenn's Virtual Tours: <https://www.nasa.gov/glennvirtualtours>

National Museum of Anthropology: <https://artsandculture.google.com/asset/the-national-museum-of-anthropology-mexico-city-ziko-van-dijk-wikimedia-commons/bAGSHRdlzSRcdQ?hl=en>

National Museum of the United States Air Force: <https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>

Natural Museum of Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>

Rijksmuseum, Amsterdam:

<https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv lng=4.885283712508563&sv lat=52.35984312584405&sv h=311.1699875145569&sv p=-5.924133903625474&sv pid=fOVcUXQW2wpRf33iUmxEfg&sv z=1.0000000000000002>

Smithsonian National Museum of Natural History: <https://naturalhistory2.si.edu/vt3/NMNH/>

Solomon R. Guggenheim: <https://www.guggenheim.org/collection-online>

The Louvre: <https://www.louvre.fr/en/visites-en-ligne#tabs>

The Royal Ontario Museum's collection of artifacts:

<https://collections.rom.on.ca/? ga=2.236164993.1099542379.1584475457-1626692044.1584475457>

The Vatican Museum: <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

Thyssen-Bornemisza Museum: <https://www.museothyssen.org/en/thyssenmultimedia>

Van Gogh Museum: [https://artsandculture.google.com/streetview/van-gogh-museum-groundfloor/2QHwyv\\_Y6gueAw?hl=en&sv lng=4.8808198&sv lat=52.3585336&sv h=0.07351778050821167&sv p=-14.958125813166376&sv pid=T4EwMNBRYOhcEPF8T1l8xw&sv z=1](https://artsandculture.google.com/streetview/van-gogh-museum-groundfloor/2QHwyv_Y6gueAw?hl=en&sv lng=4.8808198&sv lat=52.3585336&sv h=0.07351778050821167&sv p=-14.958125813166376&sv pid=T4EwMNBRYOhcEPF8T1l8xw&sv z=1)



## Music & Live Performances

Andrew Lloyd Weber Musicals: <https://play.google.com/store/apps/details?id=com.smule.singandroid>

Berlin Philharmonic Digital Concert Hall: <https://www.digitalconcerthall.com/en/live>

Cirque de Soleil: <https://youtu.be/wrwbGn2LPAU>

Concerts on your couch: <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

County Jamboree: <https://www.facebook.com/groups/574226333446126/>

Live Nation:

[https://www.livenation.com/livefromhome?c=EML LN LN2051781&camefrom=EMLN LN2051781&et rid=71668198&utm\\_source=sfmc&utm\\_medium=lnemail&utm\\_term=EML LN LN2051781](https://www.livenation.com/livefromhome?c=EML LN LN2051781&camefrom=EMLN LN2051781&et rid=71668198&utm_source=sfmc&utm_medium=lnemail&utm_term=EML LN LN2051781)

Music/Concerts: <https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

National Theatre Performances from Your Couch:

<https://www.youtube.com/user/ntdiscovertheatre/videos>

Operas: <https://operavision.eu/en>

Play Virtual Instruments: <https://www.virtualinstruments.com>

Social Singing App: <https://play.google.com/store/apps/details?id=com.smule.singandroid>

Starfire Events (Music, Storytelling): <https://www.facebook.com/pg/starfirecincy/events/>

Swan Lake Ballet: <https://youtu.be/9rJoB7y6Ncs>



## Outdoor Fun

<http://maximalisttominimalist.com/kids-outdoor-activities/>

[https://lookaside.fbsbx.com/file/Outdoor%20Ideas%20365.pdf?token=AWyHj3IFLfGRRtugHiSsknvYFUoQCBVj-XQHd0UVJ\\_0LMcF8wBzkTq4mo5EWlqZrhubSuEbNL4E8tQ0BKm1XeKXEDsuo60hdkUoi6IISr2GWw-\\_K7ly8IXIYOICFZrqUMiPZTKGK8YqdLRGOR533Av6Wxtn2s0Mb2M1H7y32UhkGfE7Ro15N6VsyOB\\_bef2iMg4UqVOZZclof\\_sXKpDFQcB](https://lookaside.fbsbx.com/file/Outdoor%20Ideas%20365.pdf?token=AWyHj3IFLfGRRtugHiSsknvYFUoQCBVj-XQHd0UVJ_0LMcF8wBzkTq4mo5EWlqZrhubSuEbNL4E8tQ0BKm1XeKXEDsuo60hdkUoi6IISr2GWw-_K7ly8IXIYOICFZrqUMiPZTKGK8YqdLRGOR533Av6Wxtn2s0Mb2M1H7y32UhkGfE7Ro15N6VsyOB_bef2iMg4UqVOZZclof_sXKpDFQcB)

<https://littlepinelearners.com/blog/>



## Parks

Canada's Wonderland: <https://www.youtube.com/user/CanadasWonderlandPR/playlists>

Canada Wonderland Take a Virtual Ride: <https://www.canadaswonderland.com>

Lego Land Florida: <https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/>

Science North: <https://www.facebook.com/ScienceNorth/>

Walt Disney World Orlando: <https://www.visitorlando.com/en/things-to-do/virtual-tours>



## Physical Activity

Body Coach: <https://www.youtube.com/user/thebodycoach1>

Chair Exercises (exercise classes for people with limited mobility): <http://www.varietylvillage.ca/about-us/restrictions-closures/covid-19-updates/>

Classes (no equipment required): <https://www.cbc.ca/life/wellness/these-are-the-free-no-equipment-online-fitness-classes-you-need-right-now-1.5500751>

Core40 Movement Class: <https://www.youtube.com/watch?v=FCwHwclCH6I>

Dana Alexa Hip Hop Dance: [https://www.youtube.com/playlist?list=PL7AwAxL0dFh4Up6f6b\\_i8K5xCHODsxM12](https://www.youtube.com/playlist?list=PL7AwAxL0dFh4Up6f6b_i8K5xCHODsxM12)

Darebee Resources (workout videos): <https://darebee.com>

Fitness Blender (600 Free Full Length Workout Videos): <https://www.youtube.com/user/FitnessBlender>

Fitness, Meditation & Wellness Classes: <https://meditation.live/classes>

Learn to Line Dance: [https://www.youtube.com/channel/UC\\_ygm3f9K9FW7EfS3HYIXhA](https://www.youtube.com/channel/UC_ygm3f9K9FW7EfS3HYIXhA)

ParticipACTION Fit Break – New Live Classes at 12:00 p.m.: <https://www.facebook.com/ParticipACTION/>

Tai Chi Classes: <https://www.youtube.com/user/AMPCENTER>

Virtual PE Classes (Click on "You tube" on article): <https://www.playpennies.com/free-things-to-do/joe-wicks-is-the-nations-pe-teacher-with-free-daily-kids-workouts-on-you-tube-186068?fbclid=IwAR3IBWEw4X0Wcm90Q2tvHy0nkvzIIIS-o0NUSvOvwQ9RgyqkTAf7x1X5dUc>

## Resources & Tools

At Home Care Package (For Parents & People, full of ideas): <https://connectability.ca/Garage/wp-content/uploads/2020/04/Stay-At-Home-Care-Package-by-Big-Life-Journal.pdf>

Create your own story Books/Schedules: <https://connectability.ca/visuals-engine/>

Chatterpack (website with various activities): <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

Facebook group for people to post upcoming activities:  
<https://www.facebook.com/groups/853117305151108/>

Muskoka Family Network Facebook page (various posts on a daily basis of different events, activities, crafts, etc.): [www.Facebook.com/Muskoka Family Network](http://www.Facebook.com/Muskoka%20Family%20Network)

Stay Connected: Information Hub: <https://communitylivingontario.ca/en/staying-connected/>

Various Activities (Coloring Pages, Yoga, Meditation): [https://alumni.uoguelph.ca/lets-stay-connected/things-to-do?utm\\_medium=email&utm\\_source=stay%20connected&utm\\_campaign=stay\\_connected\\_-\\_things\\_to\\_do-awareness-2020&utm\\_content=things\\_to\\_do](https://alumni.uoguelph.ca/lets-stay-connected/things-to-do?utm_medium=email&utm_source=stay%20connected&utm_campaign=stay_connected_-_things_to_do-awareness-2020&utm_content=things_to_do)

## Siblings

The Sibling Collaborative: <https://sibcollab.ca>



## Staying Connected

Facebook Messenger: Meet with Friends, Play a game with friends, Hangout, Cook dinner virtually. Invite your friends and family to join you

Google Hangouts: <https://hangouts.google.com/>

Ice Cream Party (Who doesn't Like Ice Cream? Have a party with friends and neighbors): Download Zoom app: <https://zoom.us/>

Apps as follows: Android:

[https://play.google.com/store/apps/details?id=us.zoom.videomeetings&hl=en\\_CA](https://play.google.com/store/apps/details?id=us.zoom.videomeetings&hl=en_CA)

Apple: <https://apps.apple.com/ca/app/zoom-cloud-meetings/id546505307>

Skype (can also be accessed through outlook.com): <https://www.skype.com/en/>

Virtual Circle (What are the Benefits? Get and stay connected, create deepening and lasting relationships, enhance your communication ability):

<https://clicks.aweber.com/y/ct/?l=BVYFB&m=g7DVjCJXgbb6wnE&b=ZB3rJZKQJCzaA9NNfvEyOg>

## Support Resources

*Mental Health is Health:*

Connex Adults for Adults: 1-866-531-2600; [connexontario.ca](http://connexontario.ca)

Bounce Back for 15+ years: 1-866-345-0224; [bouncebackontario.ca](http://bouncebackontario.ca)

Kids Help Phone for under 15 years: 1-800-668-6868; [kidshelpphone.ca](http://kidshelpphone.ca)

Post-Secondary Students: 1-866-925-5454; or text GOOD2TALKON to 686868

## Various Virtual Tours/Apps

Bird App: <https://www.audubon.org/app>

Bird Cams a virtual window into the natural world of birds:

[https://www.allaboutbirds.org/cams/?fbclid=IwAR0LQUv6F7ef42byTml9XyRiRI06a\\_lGtalxikNL2j4QOxhmdGxFQn00cQU](https://www.allaboutbirds.org/cams/?fbclid=IwAR0LQUv6F7ef42byTml9XyRiRI06a_lGtalxikNL2j4QOxhmdGxFQn00cQU)

Dracula's Castle: [https://freaked.com/you-can-now-virtually-tour-draculas-castle-from-your-own-home/?fbclid=IwAR0v-x0rgaiA6swyegEJr2JHJGXmgZO0-DV9B\\_yRilThnf8JYJOEEA879dE](https://freaked.com/you-can-now-virtually-tour-draculas-castle-from-your-own-home/?fbclid=IwAR0v-x0rgaiA6swyegEJr2JHJGXmgZO0-DV9B_yRilThnf8JYJOEEA879dE)

Great Wall of China: <https://www.thechinaguide.com/destination/great-wall-of-china>

Learn All About Birds: <https://www.allaboutbirds.org/news/how-to-make-these-next-few-weeks-a-little-easier-courtesy-of-birds/>

Historic Sites: <https://www.washingtonpost.com/travel/2020/03/18/these-historic-sites-attractions-are-offering-virtual-tours-during-coronavirus-pandemic/>

Nature Webcams from around the World: <https://therevelator.org/covid-19-wildlife-livecams/?fbclid=IwAR1ivO5iVt0jOhEWyB02iOW0VJa-ot3Bt-k1dzW0n6lPp8rgcw0Amc5phGo>

Pharaoh Tamesse VI Tomb:

[https://my.matterport.com/show/?m=NeiMEZa9d93&mls=1&fbclid=IwAR09daEOMxpHJcOkHQDYB5Rlz\\_e\\_gNb1oc60zK97LbtYxhnj4-xMJLXrwO6s](https://my.matterport.com/show/?m=NeiMEZa9d93&mls=1&fbclid=IwAR09daEOMxpHJcOkHQDYB5Rlz_e_gNb1oc60zK97LbtYxhnj4-xMJLXrwO6s)

Scuba Dives: <https://sanctuaries.noaa.gov/vr/>

Space Tour: <https://youtu.be/ghLExhpXX0E>

St. John Ambulance Digital Therapy Dogs (We have a growing set of videos featuring our dogs enjoying their favorite activities (when they aren't being Therapy Dogs), their favorite treats and hanging out with their housemates and friends! You can even play fetch with Rebus the black Lab):

<https://www.youtube.com/channel/UCoespKEMvQ9MYWAreLRwKCw>

Travel the World Live Cams: <https://explore.org/livecams/>

Virtual tour of the Starship Enterprise: <https://youtu.be/bAM2dEEulBk>



## Webinars

Autism Ontario Webinars (Various topics). Ideal for all families and people with disabilities:  
<https://www.autismontario.com/civCRM/mailling/view?reset=1&id=459>

Coronavirus Impact: Home All Day –Webinar: <https://www.autism.org/covid-19-resources/>

Mental Health Chat (April 29, 2020 7:00 p.m. to 9:00 p.m.): Register:  
[https://www.eventbrite.ca/e/mental-health-chat-covid-19-anxiety-tickets-101619364254?aff=efbneb&fbclid=IwAR1927dSkUb722O6MzMZh\\_s9Bn8tU\\_1lgJ6u35ToJcVv49GK8EjvOs6lwlo](https://www.eventbrite.ca/e/mental-health-chat-covid-19-anxiety-tickets-101619364254?aff=efbneb&fbclid=IwAR1927dSkUb722O6MzMZh_s9Bn8tU_1lgJ6u35ToJcVv49GK8EjvOs6lwlo)

What's Up Wednesdays (Join us every Wednesday from 2 - 3 p.m. People First Ontario, Respecting Rights and H-CARRD will answer some of your questions re: COVID 19): Register:  
<https://www.eventbrite.ca/e/whats-up-wednesdays-covid-19-information-in-plain-language-tickets-102373911124>



## Yoga

Chair Yoga: <https://youtu.be/1DYH5ud3zHo>

Down Dog Yoga: [https://www.downdogapp.com/?fbclid=IwAR0tL7s9DgS16T78Pi1joxWNFH\\_49b-1bHfbKLCrQ\\_kYHOSPTN-mmaD5Gc](https://www.downdogapp.com/?fbclid=IwAR0tL7s9DgS16T78Pi1joxWNFH_49b-1bHfbKLCrQ_kYHOSPTN-mmaD5Gc)

Eckhart Yoga (Yoga and Meditation Classes): <https://relief.eckhartiyoga.com>

Kids Yoga Stories (free download):  
[https://survey.kidsyogastories.com/sf/859d7b6e?fbclid=IwAR0vRws0399kM8xWzlokWJpaNwW256W1z9ao3LdNZbPh9KllkWAEOaK\\_2s](https://survey.kidsyogastories.com/sf/859d7b6e?fbclid=IwAR0vRws0399kM8xWzlokWJpaNwW256W1z9ao3LdNZbPh9KllkWAEOaK_2s)

Veda Yoga: <https://www.facebook.com/vedayogamuskoka/>

Yoga With Adrienne: <https://www.youtube.com/user/yogawithadriene/videos>





## Zoo & Aquariums

Atlanta Zoo (Constant "Panda" Cam): <https://zooatlanta.org/panda-cam/>

Cincinnati Zoo (Check in around 3 p.m.: That is the time the zoo holds a daily home safari):  
<https://www.facebook.com/cincinnati zoo/>

Georgia Aquarium (Penguins and Beluga Whales are the main attraction of the live cam):  
<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Houston Aquarium (Plenty of animals to check on; highly recommend watching the playful elephants):  
<https://www.houstonzoo.org/explore/webcams/>

Monterey Bay Aquarium (Shark Week every week): <https://www.montereybayaquarium.org/animals/live-cams>

National Aquarium (Walk through tropical waters to icy tundra on this floor-to-floor tour):  
<https://aqua.org/media/virtualtours/baltimore/index.html>

Ripley's Aquarium tour: <https://youtu.be/OztiylkaC7Q>

Ripley's Shark Cam: <https://www.ripleyaquariums.com/canada/>

San Diego Zoo (Live Cam of koalas, polar bears and tigers in one sitting):  
<https://kids.sandiegozoo.org/videos>

Sea World Orlando (Virtual Tour of Sea World includes tour of Discovery Cove and an option to ride the steel roller coaster Mako): <https://www.visitorlando.com/en/things-to-do/virtual-tours/seaworld-orlando>

The Shedd Aquarium (Behind the scenes footage of their residents):  
<https://www.facebook.com/sheddaquarium/>

Toronto Zoo (Live Videos featuring cool animals such as snakes, penguins):  
<https://www.facebook.com/TheTorontoZoo>

Travel the World with Live Cams:

Various Zoo & Aquariums: <https://www.nytimes.com/2020/03/18/us/coronavirus-zoos-webcams.html>

## Various Recipes

### Granola Bars:

#### *Ingredients:*

2 cups rolled oats  
½ cup shredded coconut  
½-cup honey  
2 tbsp. peanut butter  
1 tsp vanilla extract  
⅛ Tsp salt

#### *Directions:*

Preheat oven to 325 F.  
Grease 9-inch square baking dish.  
Spread oats & coconut evenly on pan.  
Toast in oven until brown 10 minutes.  
Transfer to mixing bowl.  
Mix in honey, peanut butter, vanilla and salt in small saucepan over medium heat.  
Cook and stir until smooth.  
Pour honey mixture over oats and coconut stir to coat.  
Spread mix in baking dish and bake in preheated oven 10 minutes.  
Cool completely before cutting.

### Taco Soup: (freeze any leftovers)

#### *Ingredients:*

1 Lb. lean ground beef  
1 white onion  
1-cup bell pepper chopped  
1 ¾ cup diced tomatoes  
3 ½ cups of crushed tomatoes  
½-cup salsa  
1 can black beans, kidney beans rinsed  
1-cup corn  
1 can diced green chilies (if you want)  
2 tbsp. taco seasoning (or more to taste)

#### *Directions:*

Brown meat in large pot on medium heat, add taco seasoning.  
Add onion, bell peppers, sauté a few minutes.  
Add remaining ingredients stir until combined.  
Let simmer 20 minutes (add a little water if it gets too thick). This is also a great crock-pot recipe! Serve with choice of taco toppings (cheese, sour cream, avocado, Fritos) ENJOY!



## Spa Day

### Foot Soak (Achy Feet):

½ cup of Epsom salt to a foot tub/container  
10 drops of essential oil such as peppermint, lavender or rosemary  
Blend with really warm water (ensure this is not too hot for someone)  
Soak 15-60 minutes. Finish with cool water rinse.

### Exfoliation Soak (Soften Dry Dead Skin):

1 -3 fresh lemons  
1 -3 cups vinegar  
3 cups Epsom salts

Add vinegar to tub of water as hot as you can stand (ensure not too hot for a person), squeeze in lemon juice. Use inside of lemon to gently rub between toes and gently scrub feet. Before adding salt to bath gently rub on feet and between toes. Soak 15 -60 minutes. After soaking use-exfoliating brush to gently, remove excess dead skin. Then rinse feet and dry.

### Avocado Facial Mask (Dry Skin):

½ a very ripe avocado  
2 Tablespoons honey  
½-Teaspoon coconut oil

Puree your ½ avocado mix in other ingredients, and apply to your face avoiding your eyes. Let stand 10- 15 minutes, and then wipe off with clean damp warm cloth. Rinse face with warm water.

### Healing oatmeal mask:

For rough skin and helps, heal eczema: (Can also be used on other parts of the body)

⅓ Cup instant oatmeal  
½-cup hot water  
1 Tablespoon of honey  
1 -2 Tablespoons of plain unsweetened yogurt

Cook oatmeal, add honey and yogurt. Then put through blender to make smooth. Lather on face or body leave on for 10 minutes. Wash face or body to remove.

# Sensory Activities

## Sensory Bottles:

*Water Bottles:* All you require is a water bottle of some sort, water, and different types of glitter (big and small). You can add anything!

*Oil & Water Bottle:* Requires water Bottle, food coloring, baby oil (or mineral as they are clear)

*A Party in a Bottle:* Requires water bottle, water, and go nuts! You can add sparkles, twisted pipe cleaners, pieces of different colored ribbons, mini pom poms etc. Make them unique!

*Rainbow in a jar:* Requires water bottle.

Step 1: Start by getting  $\frac{1}{4}$  cup of honey in measuring cup add 1-2 drops of each red & blue food coloring. Turning your Honey purple :) pour it into the bottle.

Step 2: Add approximately  $\frac{1}{4}$  cup of blue dawn dish soap on top honey.

Step 3: Get  $\frac{1}{4}$  cup of water and add a few drops of green food coloring to the water. Tilt bottle to the side and very slowly pour the green water on top of the dish soap.

Step 4: Again tilt bottle to the side and pour  $\frac{1}{2}$  cup of olive oil to bottle, making yellow layer.

Step 5:  $\frac{1}{4}$  cup of rubbing alcohol, and add a few drops of red coloring. Again tilting bottle carefully pour on top of oil.

Step6: When complete seal water bottle so it does not leak and enjoy

## Goo Sensory Bags Supplies:

*Ingredients:*

1-cup cornstarch

$\frac{1}{3}$  cup sugar

4 cups cold water

Food coloring

Sealable bags (I used large freezer size)

Whisk all the ingredients together in a pot over medium heat. Continue to cook it all together, whisking frequently. As the mix thickens and solidifies, make sure to keep whisking. You will know the goo is getting to the right consistency when it changes from a white liquid to a blueish, clearish goo. It will look like Vaseline. Once it is finished, pull it from the heat. At this point, you can add coloring. Wait until it has cooled to add it to the bags. I found it easiest to add the cooled goo to the bags and then drop in the color. You could add items to the bag as well. Then with a bit of squishing, the color is mixed in. For extra security, you could place tape over the zipped opening or double bag it. Time for fun

## Sensory Activities

### Epsom Salt Painting:

*Here is what you need:*

Heavy paper or card stock – White or black/blue depending on your desired outcome

A microwave safe measuring cup or bowl

Epsom salt (find it in the drug store /dollar store/ Walmart)

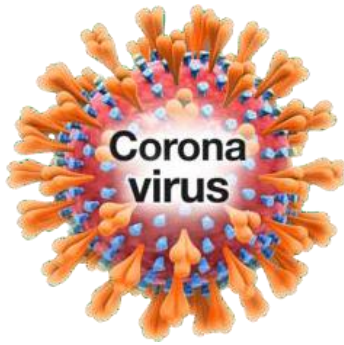
Water

Food coloring drops

Paintbrushes

Heat water in the microwave until it is very hot (not necessarily boiling. I did 1/2 cup for about a minute).

Mix an equal amount of Epsom salt in with the water. I did 1/2 cup water to 1/2 cup salt. Mix well then add a couple drops of food coloring to create the desired color. OR leave colorless (and completely mess free!) and paint onto the dark paper. Then sit back and watch it dry. As the paint dries, it will crystallize and create the look of ice! How cool is that!



# What is coronavirus?

**Coronavirus (COVID-19)** is like the flu.

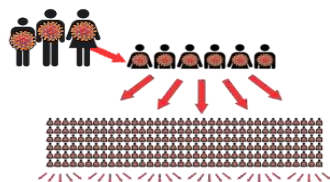
Some people feel a little bit sick, but some people can get very sick.

It can feel scary because many places are closed, things are changing fast and it can be hard to understand.

You can catch **coronavirus** if you spend time with someone who has it.

What to look out for - these are called **symptoms**.

If you have, any of these stay home and call a family member, friend, or support worker.



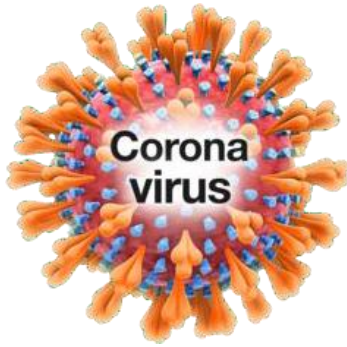
**Fever** where you have a temperature and feel hot



A **cough** that you do not usually have



**Trouble** with your **breathing**



# Coronavirus How to stay safe: Handwashing



The most important thing is to wash your hands regularly with **soap** and **warm water**.

Rub the soap in well and wash your hands for 15 seconds each time.

This is the same time as it takes to sing Happy Birthday 2 times.

[Public Health Ontario: Handwashing Picture Guide](#)

[Watch a video: How to handwash](#)



## Wash your hands every time you...



Cough or sneeze



are going to eat



get home or at work



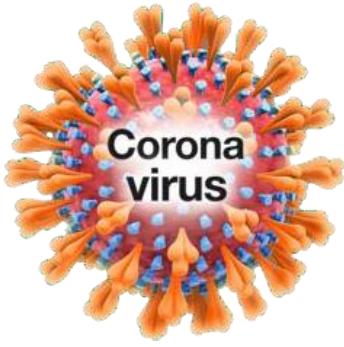
use the toilet



Cough or sneeze into your sleeve.



Try not to touch your face with your hands.



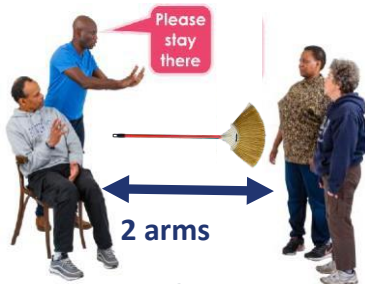
# Coronavirus

## How to stay safe:

## Physical Distancing



The government wants everyone to do **physical distancing** if they have to go outside to help stop **coronavirus** from spreading.



**Physical distancing** means trying to stay about 2 arm's length away from other people

This is about the same space as if you had a broom between you and the other person.

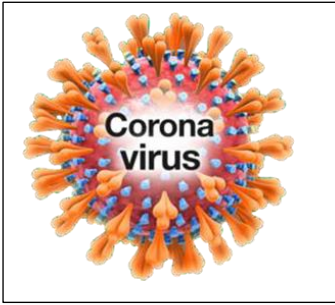


People doing **physical distancing** can go for a walk if they stay away from other people.



If you have to go to a store, you might wait to get in, and you will have to stand far from other people in line.





# Coronavirus:

## If you get sick



If you have any of the **coronavirus** symptoms like cough, fever, shortness of breath:

- ✓ Stay at home
- ✓ Rest and drink lots of fluids as you will feel like you have the flu.
- ✓ Tell someone who can help
  - ✓ This may be a family member, friend, or support worker
  - ✓ They can help you decide what to do next



- ✓ You can call your family doctor
- ✓ You can also call **Telehealth Ontario 1-866-797-0000**
- ✓ If you get very sick call **911** and tell them what is wrong



# Coronavirus Stay in, stay well

You might be worrying about these things

**Running out of  
Medication**



**Missing Health  
Appointments**



**People cannot  
come to visit**



Things **you** and your people who support you can do

**Check with your pharmacy about how to  
get your medication**



**Call someone you trust and ask for  
help to find out about appointments.**



**Call family or friends  
for a chat.**





# Coronavirus

## Stay in, stay well



Make sure you have enough food and supplies at home.

Ask a family member, caregiver or support worker to go shopping or try to order food online.



Ask a family member, caregiver or support worker to help you cook lots for your freezer if you can.

Try to eat healthy foods.



Check your medication and order some if you need to.

Ask a family member, caregiver or support worker to help you decide when you must order more.



# Coronavirus

## Stay in, stay well



Keep paying your bills if you can or ask for help if you need it.



Keep important phone numbers in a place you can find them.

Make plans to talk with friends on the phone or text because you cannot visit them.



Plan things to do at home.

Call a friend and get ideas of how you can keep busy to try and have fun.

**Look out for each other - be kind.**