

Resources & Things To Do



STAY CONNECTED

Call your Family & Friends often. Ask them if they can FaceTime, Zoom or use other video apps.

Need some Quiet time? Here are some things that you can do

Read a book

Play a board game

Do a Puzzle

Garden

Play Music

Play cards

Paint/Create

Jenga

Create a Vision Board

Get a board or paper, some old magazines, scissors, and glue. Cut out words and pictures that represent your goals and paste them to the board. The Internet is also a good source of printable materials for your board. Once you are done, display the board where you can all see it, so that you always keep your goals in mind

Movie Night

Pick a theme like, Christmas Movies or Disney Movies. Grab a snack and enjoy!

Learn to do Yoga

There are many on demand "Yoga for Beginners" videos on cable or YouTube

Declutter the House!

Pick a closet in your home to organize and declutter. Pack up anything unwanted and staff can help you donate them!

Learn to Cook

Using Youtube or the internet, look up a recipe of your choice and gather ingredients. ****BONUS** Ask a housemate or staff to film it and create your own cooking show!**

Karaoke Night

There are many on demand "Karaoke & Sing-a-Long-" videos on cable or YouTube

Virtual Travel

You can travel anywhere you want by using the internet. Go to Youtube and search any place you can dream of!

Getting outside!

Take a walk,
Or do something athletic
Frisbee, baseball, basketball, soccer football, etc.



Spring Has Sprung!!

Take a walk outside & look for signs of Spring. Write it down or draw what you see!

STILL NEED IDEAS?

Need puzzles, games, books, etc?
I CAN HELP!!

Email Amy Kabilian
kabiliana@vinfen.org

Fun Things To Do Online

Zoos & Aquariums

New England Aquarium—Live Videos & Activities <https://www.neaq.org>

Roger Williams Zoo– Virtual Zoo <https://www.rwpzoo.org>

Georgia Aquarium—presentations & Live cams <https://www.georgiaaquarium.org>

Cincinnati Zoo– Bringing the Zoo to you! <http://cincinnati-zoo.org>

Museums

Museum of Science– Live presentations <https://www.mos.org/explore/live-presentations>

Isabella Gardner Museum Virtual Tour <https://www.gardnermuseum.org>

Museum of Fine Arts– Online Tours <https://www.mfa.org/>

The MET NYC - free tours—<https://www.metmuseum.org/>

JFK Library– tours, resources & videos <https://www.jfklibrary.org/>

Harvard Museum of Natural History <https://hmn.harvard.edu/>

Other ideas

Disney World Virtual Rides—<https://www.youtube.com/user/InsideTheMagic>

NASA—activities, library, resources <https://www.nasa.gov/>

Free Broadway shows– 7 day trial—<https://www.broadwayhd.com/>

**NOT WHAT YOU'RE LOOKING FOR? WANT MORE?
Go to [Google.com](https://www.google.com) & Search [free online activities](#)**

Still Bored? Email us! I would love to hear from you or see pictures about what you are doing at home! I promise to email you back!!

Amy Kabilian- Kabiliana@vinfen.org or Mary Beth Vargus vargusm@vinfen.org