

FREE Things to do during Social Distancing

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1. Ways to Stay Active at Home

- **305 Fitness** – Offering a variety of classes on Zoom and Youtube, including meditation and one of NYC’s most popular workout classes, cardio dance blast
<https://305fitness.com/events-calendar>
- **Blink Fitness** – A free virtual HIIT workout airing every weekday at 8:00am EST on Facebook Live. The HIIT workouts focus on high intensity interval training (HIIT) and bodyweight exercises
https://www.facebook.com/BlinkFitness/?_tn=%kC-R&eid=ARB_BXk9PtNpFg5CRibwT-eZJTYaLbArEcgvvKS4G5ZIK0KNAv2NWet3X3G_VriGeOJ5Fsj4wm8yRqoH&hc_ref=ARQ39RncPnx3jQrm7DZqKb8aXBObw2uslmy9UaqSOUg-RU35xZ6UOWDtsFt-AXKFM5E&fref=nf
- **YMCA 360** – Offers on-demand programs of barre, boot camp, yoga, and low impact classes
<https://ymca360.org/>
- **Bandier** – Is hosting Instagram Live Workouts every day at 4pm EST that can easily be done at home
<https://www.instagram.com/bandier/?hl=en>
- **CorePower Yoga** – Offering live streaming classes every day on their Youtube channel
https://www.youtube.com/playlist?list=PL4z1_0UdNR70GZE9eGuDY_VIQBE78ebQ8&
- **Don Saladino** – A celebrity personal trainer, Don is offering a free 4-week bodyweight training program with daily Instagram Live videos to coach you during the process.
<https://www.donsaladino.com/>
- **Fit Body** – Challenging workouts by fitness instructor, Anna Victoria, are free for 30 days, just sign up for a 1-month membership and use code DAJEITALIA
<https://fitbodyapp.com/>
- **Life Time** – Is offering new classes daily on demand for free to members and non-members. The classes vary from yoga to strength and cardio.
<https://my.lifetime.life/lp/video-workouts.html?icmp=od-video§ion=healthy>
- **24 Hour Fitness** – Offering free on demand workouts and premium content for everyone.

https://24go.co/24/sms?branch_match_id=748659451863056276

2. Live Stream Cooking Classes or Mixologist Classes

- **Free Weekly Cooking Classes** – Classes on Wednesdays and Thursdays from 6 p.m. to 7 p.m. EST. Register online ahead of time to be included.
<https://www.cosmopolitanplated.com/?fbclid=IwAR3XhCrmgHIT29J2B-zsae1IOKIHt6HoD8VBprbfjBYuHnEF1RFIVfivfg>
- **Cooking Classes for Kids** – This Chicago based business called The Kids Table normally offers cooking classes for kids. Now they are offering virtual cooking classes and asking for a ‘pay-what-you-can’ donation through PayPal if able.
<https://www.kids-table.com/virtual-classes>
- **Learn to Cook from a Famous Chef** – Masterclass is an online platform in which famous chefs, physicists, beauty artists and more have collaborated to create classes for viewers. However, a subscription is not free but could be well worth your time. Gordon Ramsey, Bobbi Brown, and Natalie Portman are a few of the famous names you can personally learn from on this website.
<https://www.masterclass.com/classes/gordon-ramsay-teaches-cooking>
- **Mixology Series** – Ben Potts, partner of the Zagat reviewed Miami restaurant Beaker & Gray, has began an online Instagram mixology series, aptly titled “Drinking by Yourself.” If you have been craving your favorite classic cocktails, visit and watch some of these short videos to recreate them at home.
https://www.instagram.com/tv/B-XSYSPg35z/?utm_source=ig_embed
- **Italian Cooking Lessons** – Massimo Bottura is a Michelin ranked Italian chef, who has begun to live stream cooking lessons on Instagram every day at 2 p.m. EST. Dishes that have been made so far include margherita pizza, gelato, and Osso Bucco.
https://www.instagram.com/tv/B-XN6FdJl7d/?utm_source=ig_embed
- **The Baking Club** – If you live in New York, Los Angeles, D.C., or Boston, you may very well be familiar with Milk Bar, a gourmet bakery by Christina Tosi. She has now launched a series on Instagram live called “The Baking Club,” in which Tosi will walk you through the steps of some delicious recipes in real time.
https://www.instagram.com/tv/B-KSs5ZpKMw/?utm_source=ig_embed
- **Slowfood Live** – Slowfood USA has started doing free cooking classes via Zoom on Thursdays and Fridays throughout the current pandemic. Classes air live at 2 p.m. EST, but if you cannot log in for the live stream, you can also view classes on their YouTube channel.
<https://slowfoodusa.org/slow-food-live/>
- **Virtual Vineyard Tour** – Slightly different than a culinary class, Kendall Jackson vineyards is now offering virtual winery tours that will stream live on Facebook and Instagram on April 12th, 19th,

26th, and May 3rd. The vineyard has also promised to stream a few cooking classes via Zoom and will announce those dates and times on their Facebook and Instagram pages.

<https://www.facebook.com/kjwines/>

3. Ways to Keep Your Immune System Healthy

- Without taking additional supplements, there are plenty of foods that can help boost one's immune system. Almonds are packed with manganese and vitamin E, and the combination makes this food an excellent immune system booster. Berries are also great for the immune system because they are chock full of antioxidants. Combine some berries with yogurt (great for their probiotics) and you can enjoy a delicious parfait while boosting your immune system. <https://www.superhealthykids.com/recipes/top-10-immune-system-boosting-foods-kids-ideas-recipes/>
- Another important thing to remember at anytime is to keep hydrated. Staying hydrated with plenty of water will flush any toxins from the body and keep your vital organs and muscles functioning at their best. <https://www.sfgate.com/lifestyle/article/25-natural-ways-to-boost-your-immune-system-15162348.php#photo-19223346>
- Vitamin C is one of the best ways to keep your immune system healthy. Whether it is taking a daily supplement or pairing your breakfast with some orange juice, adding vitamin C to your routine is a great way to boost the immune system. <https://www.sfgate.com/lifestyle/article/25-natural-ways-to-boost-your-immune-system-15162348.php#photo-19223346>
- Whether you are someone who finds exercise to be your therapy or you view it as a chore, there is no doubt that keeping in shape is one of the best ways to maintain your health. <https://www.sfgate.com/lifestyle/article/25-natural-ways-to-boost-your-immune-system-15162348.php#photo-19223346>
- Studies have been done increasingly to show that additional doses of zinc at the onset of a cold can help to shorten the time of illness. Zinc can be found in red meat, poultry, and many seafoods. <https://www.npr.org/2020/02/10/804408084/lozenges-with-zinc-may-shorten-a-colds-duration>
- Making sure to keep a healthy sleep schedule keeps the body refreshed and avoids negatively impacting the immune system. <https://www.sfgate.com/lifestyle/article/25-natural-ways-to-boost-your-immune-system-15162348.php#photo-19223346>

4. Quarantine with Pets

- **Workout with your pet** - This 20 minute fitness video from Planet Fitness encourages you to workout using your fur-baby as your at-home motivation. <https://www.bing.com/videos/search?q=planet+fitness+puppy+playtime+&&view=detail&mid=598F61CEA767FE890D77598F61CEA767FE890D77&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dplanet%2Bfitness%2Bpuppy%2Bplaytime%2B%26FORM%3DHDRSC3>
- **Make your own cat toy** – This Do-It-Yourself cat toy only requires some feathers (can be substituted for yarn or pom poms), a screwdriver, hot glue, and a wine cork. <https://stayingclosetohome.com/inexpensive-diy-feather-cork-cat-toys/>

- **Have a photoshoot with your pet** – Host a photoshoot for your pet using some of these tips! Give your pet the photoshoot they deserve and show off their best angles.
<https://digital-photography-school.com/top-10-pet-photography-tips-techniques/>
- **Play a game with your dog** – Test your dog’s patience with this puppy-friendly whack-a-mole game!
<https://www.bing.com/videos/search?q=dog+whack+a+mole&&view=detail&mid=4771F20B534EAA6C2BFC4771F20B534EAA6C2BFC&&FORM=VDRVRV>
- **Homemade dog treats** – This link includes nine recipes for homemade dog treats that can be cooked with ingredients you most likely already have in the house!
<https://www.tasteofhome.com/collection/homemade-dog-treat-recipes/>

5. Ways to De-Stress and Relax

- **Reading** – Get lost in one of these highly anticipated 2020 books
<https://www.newsweek.com/2019/12/13/2020-books-read-1474220.html>
- **Mindfulness** – Follow these steps to begin practicing Mindfulness
<https://www.mindful.org/mindfulness-how-to-do-it/>
- **Lower Cortisol** – This Healthline article lists several ways to lower your cortisol levels, such as getting more sleep, exercise, and learning to relax.
<https://www.healthline.com/nutrition/ways-to-lower-cortisol#section1>
- **Breathing exercises** – Practice these different breathing exercises to lower stress
<https://www.healthline.com/health/breathing-exercise>
- **Journaling** – Improve your mental wellness and help process your thoughts and ideas by keeping a journal
<https://www.healthline.com/health/mental-health/write-it-down-in-a-journal>
- **New York Times** – Enjoy being alone without being lonely, this article discusses the benefits of being alone
<https://www.nytimes.com/2019/10/28/smarter-living/the-benefits-of-being-alone.html>
- **Exercise** – This Everyday Health article discusses the various types of exercise and how they can relieve stress
<https://www.everydayhealth.com/exercise-photos/exercises-that-relieve-stress.aspx>
- **Quick ways to de-stress** – 15 easy ways to de-stress throughout the day that include taking a nap, taking a reading break, or drinking a cup of tea
<https://www.inc.com/larry-kim/how-to-de-stress-at-work-instantly-15-proven-ways-to-calm-your-mind.html>
- **Unplug from Technology** – Find ways to unplug from your devices and spend time in the present
<https://www.becomingminimalist.com/unplug-please/>

6. Children’s Resources

Webinars

1. **Kahn Academy** is a great free resource with videos and classes for all ages from kindergarten through high school
<https://www.khanacademy.org/>

2. **Ted-Ed** offers video lessons by top educators that are made into animated videos <https://ed.ted.com/>
3. **Harper Kids** is offering activities and fun, fresh content every weekday at 12pm on their Instagram @harperkids and on their website

Read-aloud

1. **Mo Willems** author of "Don't Let the Pigeon Drive the Bus" and "Elephant and Piggie" is hosting lunchtime art classes at 1pm every weekday on the Kennedy Center's website
2. **Jarret J. Krosoczka**, author of the "Lunch Lady" graphic novel series is hosing daily drawing webcasts at 2pm for all ages
<https://www.youtube.com/studiojjk>
3. **Peter H. Reynolds**, author of "The Dot" and "ish" will have daily Facebook Lives
4. **Mac Barnett**, author of dozens of children's books, is reading a different book every day at 3pm on his Instagram @macbarnett
5. **Operation Storytime** is a large collection of read-alouds, containing videos of authors and celebrities reading children's books
<https://www.romper.com/p/famous-people-reading-childrens-books-is-one-good-thing-during-the-coronavirus-shut-in-22621288> (or you can search for more on twitter using the #kidlitquarantine)
6. **Penguin Kids** is hosting read-alouds on Instagram @Penguinkids every weekday at 11am

Audiobooks, Podcasts

1. **Pinna** is offering two free months of streaming audio service which is geared towards children 3-12, just use code PINNA4KIDS
2. **Brains on!** is a podcast that explains how and why things work
<https://www.brainson.org/>
3. **Animal Safari** is a podcast about the animal kingdom and includes interesting fun facts about all kinds of animals
<https://podcasts.apple.com/us/podcast/animal-sound-safari/id1434369641>

Virtual Tours

1. **Cleveland Zoo** hosts a virtual classroom at 11am & virtual exploring at 1pm
<https://www.facebook.com/ClevelandMetroparksZoo/>
2. **Cincinnati Zoo** has a virtual safari at 12pm daily
https://www.facebook.com/cincinnati_zoo/
3. **National Parks Service** has a Youtube channel showcasing some of the country's most famous parks
<https://www.youtube.com/user/NationalParkService/featured>
4. **Google Arts and Culture** has partnership with 500 museums which allows kids to get a glimpse of some of the most renowned art collections around the world
<https://artsandculture.google.com/>

Staying Active

1. **Cosmic Kids Yoga** has free yoga video for kids
<https://www.youtube.com/user/CosmicKidsYoga>
2. **Go Noodle** features a selection of short videos to get kids up and moving
<https://www.gonoodle.com/>
3. **Disney Family Get Moving** is a collection of Disney videos encouraging kids to get active with their favorite Disney characters
https://www.youtube.com/results?search_query=disney+family+get+moving&pbjreload=10
4. **Fit Boost** is a website that creates short, fun workouts for your kids
<https://fit.sanfordhealth.org/fit-boost>
5. **My Gym Valencia** posts videos of fun exercises you can do with toddlers
<https://www.facebook.com/MyGymValencia/>

Educational

1. **Amazing Educational Resources** created a public spreadsheet listing numerous websites that are offering free subscriptions
<http://www.amazingeducationalresources.com/>
2. **Scholastic learn-at-home** is offering 20 days of free lessons for grades pre-k to 9th
https://classroommagazines.scholastic.com/support/learnathome.html?promo_code=6294&eml=CM/smd/20200312//txtl/sm/ed
3. **Open Culture** has free audiobooks, movies, textbooks, and links to free online courses from professors
<http://www.openculture.com/>
4. **ABCYA** hosts extensive content for kids including fun games
https://www.abcya.com/?fbclid=IwAR35sP8visa4xh2Yf_MTBXXWvn5AnH8fxCYHK9gckW_Qg-KbKbbk_0_XsB4
5. **New York Public Library** allows you to download over 300,000 books for free
<https://www.nypl.org/books-music-movies/ebookcentral/simplye>

Activities

1. **Jarrett Lerner**, author of "Enginerds," is creating new worksheets every few days that allow kids to be creative
<https://jarrettlerner.com/activities/>
2. **Best Coloring Pages for Kids** has hundreds of printable pages for kids to color
<https://www.bestcoloringpagesforkids.com/>
3. **Make Your Own Word Search** allows kids to make their own wordsearches and crossword puzzles
https://www.puzzle-maker.com/WS/index.htm?fbclid=IwAR2x0dYHGSIYF-stLm8dLpJo6JcO8LA-zS5H3WpYQvWS_Z5E4snoOGihbvE

