

Activities, Staying Active & Entertainment

Staying Active

Staying home and practicing social distancing can leave you feeling antsy. To ensure you are able to stay active, while gyms, playgrounds and other activities are closed, we have compiled a list of activities you can do at home to keep you up and moving.

- [Special Olympics School of Strength](#)
- [YMCA Free Online](#)
- [Ms. Chitra Adaptive Yoga Sessions](#)
- [Planet Fitness free workout sessions](#)

Activities & Entertainment

Being stuck inside with little to nothing to do can cause anxiety, depression or feeling isolated. We've compiled a list of activities and other entertainment to keep everyone feeling engaged in their local (or sometimes not local) communities.

- [Virtual Museum Tours](#)
- [Free Online Cooking Classes](#)
- [Free Met's Opera Streaming](#)
- [Free NPR Live Virtual Concerts](#)
- [Free Live-Streamed Concerts](#)
- [Jackbox TV](#) - Inexpensive co-gaming online platform
- [Explore Nature Cam](#)
- [National Zoos and Aquariums](#)
 - [Georgia Aquarium](#)
 - [Monterey Bay Aquarium](#)
 - [Atlanta Zoo](#)
 - [Houston Zoo](#)
 - [National Zoological Park](#)
 - [San Diego Zoo](#)

- Other Places to Explore
 - [The Great Wall of China](#)
 - [The Louvre Museum](#)
 - [The Frozen Tundra](#)
 - [Machu Picchu](#)
 - [Farms](#)
 - [Yellowstone National Park](#)
 - [The 75 Best Virtual Museum Tours Around the World \[Art, History, Science, and Technology\]](#)

- Backyard Garden - easy and inexpensive outdoor activity that can be done from home.
 - Seed Donation websites include:
 - [Territorial Seed Company](#)
 - [Sow True Seed](#)
 - [Savers Exchange](#)
 - [High Mowing](#)
 - [Burpee](#)

Connecting with Others

Business Insider website provides a number of ways to connect including:

- [Houseparty](#), a face to face social network app, allows up to 8 users (and their faces) at a time
- [Marco Polo](#), this app combines features of texting, social media and video chat
- [Netflix Party extension](#), use this feature to host a movie night (for Netflix members, requires Google Chrome)