

# Activity Resource Booklet



“... a mind needs books as a sword needs a whetstone, if it is to keep its edge.”

— George R.R. Marti



V4 - Created April 2020 in response to the need to socially distance and self-isolate. Each updated version includes the latest sourced resources and feedback from those of you who have reached out; Thank You.

- This resource is intended to be a “Grab and Go” link to several printable resources that you can use. **Utilize this booklet with your clients.** This resource is not intended to be handed to your client in whole, but to be customized to suit their interests and their needs. Please use your best judgement as to which documents you share with your clients.
- Print in whole or in part, however, to ensure use of the additional resources within this document (most of which are printable PDFs), share digitally when able in order to utilize the embedded links.
- As I have directly linked to printable documents, to support the creators of all of the included resources and to find more, please visit the websites from which I have included within this booklet.
- Please note that some of the resources and information regarding services included within this booklet is intended for local use (Alberta, Canada), it is always best practice to source out services available in your local area.
- I do not promote or endorse any materials found on third party websites; I only wish to provide assistance with connecting my fellow humans with opportunities for recreation and leisure during these times.

Feel free to share with anyone you feel appropriate.

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# Covid-19 Information

- [COVID-19 and Your Mental Health](#) (AHS)
- [COVID-19 Mental Health Podcasts](#) (AHS)
- [Help in Tough Times](#) (AHS)
- [Healthy Together](#) - Your guide to home life during COVID-19. Each weekday, they post a new story about how families can be healthy, active, and safe in these changing times. (AHS)
- [Mental Wellness Moment with Dr. Mitchell](#) (YouTube) - **NEW**
- [Manage Anxiety & Stress](#) (CDC)

# Goals for Activity Resource Booklet

- Reducing anxiety, stress, and depression
- Providing opportunities to acquire and develop varying knowledge and skills
- Preventing decline in mental and physical health status
- Improving or maintaining physical and cognitive fitness
- Increasing independence
- Decreasing social isolation
- Decreasing focus on pain and increasing focus on control
- Providing opportunities for fun and social inclusion

# Ideas for Everyone

1. **Plant Seedlings** - Planting seedlings and watching their growth is rewarding, as well as educational. You would need to do a bit of research as to what would be the best time to plant. The time frame fluctuates between various types of plants. Most plants take 3-15 weeks to mature to a level to be transplanted into a garden. You would want to know what type of plants you are planting and the time needed. It brings great joy to watch them develop and bloom once they are transplanted into a garden.
  - [Therapeutic Gardening in a Box](#) – Though this was designed for the Memory Care population, this document is a comprehensive guide to having a Gardening activity indoors. (PDF)
  - [Guidelines for Starting Healthy Seedlings: Tips & Troubleshooting Advice](#) (PDF)
2. **Film a “Newscast”** - The technology that exists today is awesome. Smartphones come equipped to make videos. *If you can't beat 'em; join 'em!* We can't escape the news, but we can create our own! Set up and make a newscast of events that are going on locally or events that are taking place.
  - [How to Make a News-Style Video](#) (YouTube)

- To create an entire program with this activity in mind, check out this PDF lesson plan on [Video Production of a Newscast!](#) (PDF)

3. **Host a Movie Night** - There are many movies that have sequels. Pick a genre that everyone would enjoy. Plan for a whole evening of back-to-back viewing of the movies. Make sure you have plenty of popcorn and snacks on hand! If you want to be really creative, find props that go with the movie and set them out. You can even make a dessert that matches the movie theme.

- Put it on the big screen!
- Make it cozy!
- Get snacks!
- Encourage Voting!

#### **Popcorn Recipes:**

**Sushi Popcorn:** Whisk 1 1/2 tablespoons each vegetable oil and soy sauce with 2 teaspoons each toasted sesame oil and rice vinegar; drizzle over 16 cups hot popcorn. Toss with 2 cups torn roasted seaweed snacks and 1 cup wasabi peas.

**Maple Pecan Popcorn:** Heat 2 cups sugar, 1 cup maple syrup and 1/2 cup light corn syrup in a large pot until it reaches 260 degrees F on a candy thermometer, about 12 minutes. Add 3 cups pecans and cook 2 minutes. Stir in 3 tablespoons butter until melted, then pour over 16 cups hot popcorn; toss to coat. Spread on baking sheets and let cool.

**Cinnamon Sugar Popcorn:** Drizzle 6 tablespoons melted butter over 12 cups hot popcorn; toss with 4 cups cinnamon cereal (such as Cinnamon Toast Crunch), 1/3 cup sugar, 2 teaspoons cinnamon and 1 teaspoon kosher salt.

4. **Play Games** – Board games are an excellent way to have fun at home. There are so many options to choose from. Not much of a selection? Try these printable [paper games](#).
5. Have an Indoor/Outdoor **Scavenger Hunt** - Everyone loves hunting for hidden things. Type up a list of things that need to be found and give everyone a list. The things can be inside your home or even outdoors around the yard. Put a time limit on how long they have to locate the articles.

Using technology? Check out [Goose Chase](#).

Using paper? Check out these printable hunts! [Indoor Treasure Hunt](#) (PDF) and [Printable Treasure Hunts, Riddles, Clues, and Party Games](#).

6. **Play Cards** – Here are [instructions](#) on how to play many of the classic card games.
7. **Play Family Feud** – Love the TV game?
- [Here](#) are all of the materials you need to make this yourself!
  - [Instructions](#) on how to make a game board!
  - More [Instructions!](#)

8. **Play Charades** - This game has existed for such a long time and yet it never grows old.

- [Charades Rules](#)
- [Reverse Charades Rules](#) (PDF)
- [Word List for Charades or Reverse Charades](#) (PDF)
- [Online Word Generator for Games](#)

9. **Tell Jokes** – We could all use some positivity and humour!

- [The World's Greatest Collection of Clean Jokes](#) (PDF)
- [1001 Jokes](#) (PDF)
- [Dad Jokes](#) (PDF)
- [101 Humorous One-liners](#) (PDF)
- [Knock-Knock Jokes](#) (PDF) - **NEW**

10. Play a game of [Would You Rather](#)! If you have a Smart TV, put this on the big screen! (PDF)

11. [Wash Your Lyrics.com](#) - Create your own hand washing song or infographic!

12. Play **Minute to Win It** Games!

- [Printable Minute to Win It – 1](#) (PDF)
- [Printable Minute to Win It - 2](#) (PDF)

13. Do [Science Experiments](#)! - The Telus World of Science is posting daily science fun facts to their social pages and are also posting fun experiments you can try at home.

14. **Fortune Tellers** – Not just for kids! [Printable template](#) (PDF)

15. Make and fly **Paper Airplanes**!

- [Guinness World Record Paper Airplanes](#) (PDF)
- [Printable Paper Airplane instructions and templates](#) (PDF)
- [Paper Airplane Instructions](#) (PDF)
- [Best Ever Paper Airplanes that Really Fly](#) (PDF)

16. **Learn Origami:**

- [Printable Origami Instructions](#)
- [Easy Origami Instructions](#)

17. **Have a Karaoke Night** - Plan an evening of karaoke! This is a great way to spend time together. From experience, this is an evening of lots of laughter and joy! Everyone loves to sing... even those who might not have a singing voice like to bust out at karaoke.

- [How to setup Karaoke at Home using YouTube](#)
- [Karaoke Catalog of Songs](#)
- [Large Print Version of 1000 Songs](#) (PDF)

18. **30 Second Dance Parties** - Dancing improves one's lung and heart condition, while improving one's self confidence and overall psychological well-being, even if for just 30 seconds. Put on some music and engage others and invite them to dance with you! Join in online – [Live Dance Challenge!](#)

19. **Learn Yoga** - Yoga is so beneficial for every age group.

- [Gentle Yoga in the Chair](#) (YouTube)
- [Yoga Poses - NEW](#)
- [Chair Yoga Routine](#) (PDF)
- [Chair Yoga for Your Mind, Body, and Spirit](#) (PDF)

20. **Meditation, Mindfulness & Well-Being**

- [YouTube](#) – Endless amounts of videos
- [Focus Ambient Music/Sound](#) – (YouTube) - **NEW**
- [Meditation for Anxiety](#) - Yoga with Adriene (YouTube)
- [Everything you need to start meditating](#) (PDF)
- [How to Meditate: A Primer for Beginners](#) (PDF)
- [Mindful Meditation Guide and Journal](#) (PDF)
- [The WE Well-being Playbook](#) - downloadable resources to inform and support you and your family during this uncertain time. - **NEW**
- Apps:
  - [Headspace](#) - Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day.
  - [Calm](#) - Sleep more. Stress less. Live better.
- [Almost Magical Quotations](#) (PDF) – **NEW**
- [Cute Animals will Cheer you Up Every Time](#) (PDF) – **NEW**
- [Positive Psychology's 27 Most Fascinating Facts](#) (PDF) - **NEW**

21. **Breathing Exercises** - Paying attention to how we breathe can often be overlooked because it's completely automatic. However, becoming aware of and incorporating breathing exercises into our daily routine has many benefits, including promoting calmness, increasing focus, and performing your best; [Printable PDF](#).

## 22. Grounding Exercises

- [Grounding Techniques](#) (PDF)
- [Create Personal Calm](#) (PDF)

23. **Have a Spa/Self-Care Day** - Plan an at-home spa or self-care day. Put on relaxing music and make your atmosphere resemble a spa. You can do facials, manicures, and pedicures. You also can have bubble baths. Schedule it so that each person is doing a different thing and rotate the process. You will enjoy this time of pampering and relaxing - [Treat Yo' Self... for Pennies: 24 Spa Treatments You Can Do at Home](#).

### Self-Care Posters (PDF) - NEW

- [Colouring](#)
- [Create](#)
- [Kindness](#)
- [Mind](#)
- [Nature](#)
- [Self-Care](#)

24. **Planning Your Day** – When there is a *New Normal*, sometimes we need assistance with creating that, here is a great [day planner](#) (PDF) for AMH clients. You do have to enter your details to 'order' the printables from this website. The items listed as free are in fact free, simply complete their order form and the downloadable content will be emailed to you.

25. **Sleep**, encourage sleep in those that would benefit from it.

- [Sleep Needs](#)
- [Sleep Hygiene](#) (PDF)
- [Sleep Music for Quarantine 24/7, Insomnia, Sleep Meditation, Calm Music, Spa, Study, Relax, Sleep](#) (YouTube)

26. **Fitness & Exercise** – 150mins per week; are we getting enough?

- [YouTube](#) – Endless amounts of videos
- [Darebee.com](#) – a non-profit free global fitness resource, printable PDF workouts.
- [Exercises for EveryBODY](#) (PDF) - NEW

27. **Do a Puzzle** - Puzzle-making is a calming way to spend time at home. Hours can be spent finding just the right pieces to add to the puzzle. The best part is when you see the finished product.

28. **Learn to Knit or Crochet** – It's not just for old ladies anymore! Find some yarn and needles/hook and get started!

Crocheting (PDF)	Popular Websites for Crocheting
<ul style="list-style-type: none"><li>• <a href="#">The 4H Crocheting Handbook</a></li><li>• <a href="#">How to Crochet</a></li></ul>	<ul style="list-style-type: none"><li>• <a href="#">Crochet Guild of America</a></li><li>• <a href="#">Crochet 'n' More</a></li></ul>

Knitting (PDF)	Popular Websites for Knitting
<ul style="list-style-type: none"> <li>• <a href="#">Essential Guide to Crochet</a></li> <li>• <a href="#">How to Knit for Beginners</a></li> <li>• <a href="#">Knitting 101 for Beginners</a></li> <li>• <a href="#">How to Cast On</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Interweave Knits Magazine</a></li> <li>• <a href="#">Knit 'n' Style Magazine Online</a></li> <li>• <a href="#">Vogue Knitting International</a></li> <li>• <a href="#">Knitting Now</a></li> <li>• <a href="#">ChicKnits</a></li> <li>• <a href="#">The Knit List</a></li> <li>• <a href="#">Baa Baa Knits &amp; Needleworks</a></li> </ul>
	Popular Websites for Both
	<ul style="list-style-type: none"> <li>• <a href="#">Craft Yarn Council of America</a></li> <li>• <a href="#">The National Needle Arts Association</a></li> <li>• <a href="#">Needle Pointers</a></li> </ul>

## 29. Journaling, Poetry, and Creative Writing

### Journaling:

- [Therapeutic Journaling - Clinical Tool](#)
- [Calm Mindfulness Journal](#)
- [The 5 Minute Journal](#)
- [Create a list of 101 of Your Past Accomplishments \(PDF\) - NEW](#)

### Poetry:

- [Poem in Your Pocket \(PDF\)](#)
- [An Introduction to Poetry \(PDF\)](#)
- [Poetry Activities \(PDF\)](#)
- [Teaching Poetry – The Ultimate Guide \(PDF\)](#)
- [Poetry: Rhyme, Repetition, and Rhythm \(PDF\)](#)
- [Poem in Your Pocket Day \(PDF\)](#)

### Creative Writing:

- [500 Prompts for Narrative and Personal Writing](#)
- [101 Picture Prompts to Spark Super Writing \(PDF\) – Could also be used for “Caption This” - NEW](#)

## 30. Arts & Crafts:

- [28 to Make – Daily Creative Project Guide \(PDF\)](#)
- [100 Art Therapy Exercises](#)
- [15 Art Therapy Activities, Exercises & Ideas & PDF - NEW](#)
- [More Art Therapy \(PDF\) - NEW](#)
- [Cheap & Easy Crafts \(PDF\)](#)
- [The Guided Sketchbook \(PDF\)](#)

- [Doodle Book](#) (PDF)
  - [Crayola DIY Craft Ideas](#)
  - [Mixed Media Canvas Tutorial](#) (PDF) – NEW
  - [Mixed Media Crafts](#) (PDF) – NEW
31. **Have a Great Conversation** – Not sure how to start? Check out the [1001 Complete Book of Questions!](#) (PDF)
32. Use [Skype](#), FaceTime, [Google Hangouts](#), or Marco Polo to **video chat** with your long-distance friends.
33. **Write to Someone** - Homemade cards are unique and special. Use your creative skills and have an evening where you all come together and make cards to send to your loved ones or thank you cards to those that have gone out of their way for you.
34. **Learn a New Language** - Download [Duolingo](#), or a similar app, and teach yourself a foreign language.
35. **Take a Free Course or Class:**
- [University of the People](#) - the first non-profit, American-accredited, tuition-free online university dedicated to opening access to higher education globally
  - [edX](#) – Access 2500+ Online Courses from 140 Top Institutions. Start Today!
  - [Harvard University](#) – Browse the latest free online courses from Harvard University
  - [Open Culture](#) – Get 1,500 free online courses from the world's leading universities -- Stanford, Yale, MIT, Harvard, Berkeley, Oxford and more.
  - Dhawal Shah, founder of the online course aggregator Class Central, compiled a list of [more than 400 classes](#) that are available in subjects as varied as Machine Learning for Data Science and Analytics from Columbia University; HOPE: Human Odyssey to Political Existentialism from Princeton University; The Science of Well-Being from Yale; and Gamification from the University of Pennsylvania.
  - The educational publishing company [Scholastic announced](#) it has a digital learning hub for free that's intended to "support virtual learning plans." It says the curriculum covers English language arts, STEM, social studies and social-emotional learning.
  - [The Science of Well-being](#) - In this free 10-week online course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life. – NEW

## Brain Teasers, Mazes, Puzzles, & Trivia

- More printable [Brain Teasers and Puzzles](#)

- [Critical Thinking Worksheets](#)
- [The Critical Thinking Workbook](#): Games and Activities for Developing Critical Thinking Skills (PDF) - **NEW**
- Printable [Maze](#) booklet 1 (PDF)
- Printable [Maze](#) booklet 2 (PDF)
- More printable [puzzles, mazes, sudokus, and more!](#)
- [Kingdom of Mazes](#) (PDF)
- More printable [I Spy](#) games
- [Guess What It Says?](#) (PDF) – **NEW**
- [Rebus Puzzles](#) (PDF) - **NEW**
- [Word Searches](#) (PDF) - **NEW**
- Printable [Word Searches](#)
- Printable [Word Puzzles](#)
- Printable [Word Search Puzzles](#)
- [National Puzzle Day 2019](#) – Downloadable Word Search Puzzles Book! (PDF) – **NEW**
- [Word Games and Puzzles](#) (PDF) – **NEW**
- [Good Old-Fashioned Challenging Puzzles](#) (PDF) - **NEW**
- [The General Knowledge Quiz Book](#) (PDF)
- [The Official World Almanac Trivia Quiz Night](#) (PDF)
- [Trivia Camp.com](#) – Printable Trivia
- [100 Weird Facts About the Human Body](#) (PDF) – **NEW**
- [Did You Know?](#) A booklet of facts on food, agriculture and biotechnology (PDF) – **NEW**
- [Eye Openers – Exploring Optical Illusions](#) (PDF) – **NEW**
- [Extreme Dot to Dot](#) (PDF) – **NEW**

## Colouring Activities

- You can create colouring books using Word templates: [Shapes](#) and [Mandalas](#) are two that I have generated already for you! (PDF)
- [Super Coloring](#) – Thousands of colouring pages for all ages to download in PDF to print or colour online!
- [Just Color](#) - Discover our 1,500+ Free Adult Coloring pages to download in PDF or to print: various themes, artists, difficulty levels and styles.
- [Creative Live](#) Colouring Book (PDF)
- [Faber Castell](#) Colouring Pages – **NEW**
- [Coloring Books for Adults - 40 Stress Relieving and Relaxing Patterns](#) (PDF) - **NEW**
- [Coloring Books for Adults - 40 Stress Relieving and Relaxing Patterns](#) (PDF) - **NEW**
- [Adult Coloring Book - 40 Relaxing and Stress Relieving Patterns](#) (PDF) - **NEW**
- [Crayola Adult Colouring](#) Pages (PDF)
- [Colouring Pages for Adults](#) (PDF)
- [Crochet Colouring](#) Pages (PDF)
- [Animal Colouring](#) Pages (PDF) – **NEW**
- [Relaxing Pattern Colouring Book](#) (PDF) – **NEW**
- [Animal Colouring Book](#) (PDF) - **NEW**



- New York Academy of Medicine Library [Coloring Book](#) 2020 (PDF)
- Getty Research Institute [Coloring Book](#) 2020 (PDF)
- Printable [Mandala Colouring Book](#) (PDF)
- Printable [Mindful Coloring](#) (PDF)
- [GetDrawings.com](#) – Colouring pages, drawing, and more!
- [Spot the Difference](#) Printables – **NEW**

## Arts & Culture

### These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video):

- **Experience the best museums from London to Seoul in the comfort of your own home.** According to *Fast Company*, Google Arts & Culture teamed up with over **2500 museums and galleries** around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous **museums** around the world.
- **British Museum, London** - This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. You can also find hundreds of artifacts on the museum's **virtual tour**.
- **Guggenheim Museum, New York** - Google's **Street View** feature lets visitors tour the Guggenheim's famous spiral staircase without ever leaving home. From there, you can discover incredible works of art from the Impressionist, Post-Impressionist, Modern and Contemporary eras.
- **National Gallery of Art, Washington, D.C.** - This famous American art museum features **two online exhibits** through Google. The first is an exhibit of American fashion from 1740 to 1895, including many renderings of clothes from the colonial and Revolutionary eras. The second is a collection of works from Dutch Baroque painter Johannes Vermeer.
- **Musée d'Orsay, Paris** - You can **virtually walk through** this popular gallery that houses dozens of famous works from French artists who worked and lived between 1848 and 1914. Get a peek at artworks from Monet, Cézanne, and Gauguin, among others.
- **National Museum of Modern and Contemporary Art, Seoul** - One of Korea's popular museums can be accessed from anywhere around the world. Google's **virtual tour** takes you through six floors of Contemporary art from Korea and all over the globe.
- **Pergamon Museum, Berlin** - As one of Germany's largest museums, Pergamon has a lot to offer – even if you **can't physically be there**. This historical museum is home to plenty of ancient artifacts including the Ishtar Gate of Babylon and, of course, the Pergamon Altar.

- **Rijksmuseum, Amsterdam** - Explore the masterworks from the Dutch Golden Age, including works from Vermeer and Rembrandt. Google offers a [Street View tour](#) of this iconic museum, so you can feel as if you're actually wandering its halls.
- **Van Gogh Museum, Amsterdam** - Anyone who is a fan of this tragic, ingenious painter can see his works up close (or, [almost up close](#)) by virtually visiting this museum – the largest collection of artworks by Vincent van Gogh, including over 200 paintings, 500 drawings, and over 750 personal letters.
- **The J. Paul Getty Museum, Los Angeles** - European artworks from as far back as the 8th Century can be found in this California art museum. Take a [Street View tour](#) to discover a huge collection of paintings, drawings, sculptures, manuscripts, and photographs.
- **Uffizi Gallery, Florence** - This less well-known gallery houses the art collection of one of Florence, Italy's most famous families, the de'Medici. The building was designed by Giorgio Vasari in 1560 specifically for Cosimo I de'Medici, but anyone can wander its halls from [anywhere in the world](#).
- **MASP, São Paulo** - The Museu de Arte de São Paulo is a non-profit and Brazil's first modern museum. Artworks placed on clear perspex frames make it seem like the artwork is hovering in midair. Take a [virtual tour](#) to experience the wondrous display for yourself.
- **National Museum of Anthropology, Mexico City** - Built in 1964, this museum is dedicated to the archaeology and history of Mexico's pre-Hispanic heritage. There are [23 exhibit rooms](#) filled with ancient artifacts, including some from the Mayan civilization.

Sadly, not all popular art museums and galleries could be included on Google Arts & Culture's collection, but some museums are taking it upon themselves to offer online visits. According to *Fast Company*, the Louvre also offers virtual tours on its [website](#).

To see more of Google Arts & Culture's collection of museums, visit the collection's [website](#). There are thousands of [museum Street Views](#) on Google as well. Google Arts & Culture also has an online experience for [exploring famous historic and cultural heritage](#) sites.

## Nightly Met Opera Streams

During this extraordinary and difficult time, [the Met](#) hopes to brighten the lives of our audience members even while our stage is dark. Each day, a different encore presentation from the company's Live in HD series is being made available for free streaming on the Met website, with each performance available for a period of 23 hours, from 7:30 p.m. EDT until 6:30 p.m. the following day. The schedule will include outstanding complete performances from the past 14 years of cinema transmissions, starring all of opera's greatest singers.

# Indigenous Arts

- [How Indigenous artists are getting even more creative during COVID-19](#) - Nightly internet talk shows. Streaming comedy. Ojibwe colouring books. Across the province, Indigenous creators are sharing their work — and trying to adjust to the new challenges of the pandemic.
- [An Ojibwe Colouring Book](#) - Things to Colour from Mother Earth (PDF)

# Local Arts

- **Citadel Theatre** - The Citadel Theatre has launched a [“Stuck-in-the-House Series”](#) which will [run on its Facebook page](#), featuring a new artist each day. The shows will feature caberet, music and comedy.
- **Die-Nasty, The Live Improvised Soap Opera** - The Edmonton improv group has switched to a “radio drama” version of the show to allow for social distancing. The Die-Nasty actors gather through the Zoom conference app to record an improv performance that will then be shared through [its Facebook page on Monday evenings](#). The group has also been contacted to put on a Canada Performs show in the coming weeks.
- **Edmonton Musician Community Online** - A Facebook group that launched in response to the COVID-19 pandemic provides a space where smaller-known musicians can share their plans for [live-streamed concerts](#).
- **Locked in Love remote theatre production** - A group of Edmonton-based performers are launching [“Locked in Love.”](#) a YouTube mini-series that will be acted and directed remotely.
- **Martin Kerr** - The Edmonton-based singer-songwriter hosted a “couch concert” from home Sunday evening. Kerr played for over an hour-and-a-half to over 4,000 viewers, and said he would be hosting similar live events in the future. He will be posting more information about future live events [on his Facebook page](#).
- **Party Queens drag** - After its live event was cancelled, the Party Queens drag group moved to a live stream format. The group said it will be continuing the live shows through the Zoom app throughout the pandemic. Updates on when the next show will be streamed can be found on the [Party Queens Facebook page](#).
- **Underdog Comedy Show** - One of Edmonton’s most well-known indie comedy shows is launching a live-stream format on its [Facebook page each Thursday evening](#). The show’s creators say they won’t be leaving the streams up afterwards, meaning it will be only visible if people tune in live at 9 p.m.
- **Winspear Centre** - The [Winspear Centre](#) is streaming a live performance from the Edmonton Symphony Orchestra’s principal cellist Rafael Hoekman and its guest pianist

Jeremy Spurgeon.

## Streaming Services

**Music** - As a number of music festivals around the world have been forced to cancel their events, the music community has come together to connect with their fans via free broadcasts on YouTube and Facebook. If you want the soothing sound of a string ensemble while you work from home, the Seattle Symphony will share performances that “provide strength, comfort and joy” via YouTube.

- London-based venue [Wigmore Hall](#) is also sharing performances, masterclasses, talks and more from past events until it reopens its doors. These will be shared on similar viewing platforms as the Symphony. [A number of artists are also playing live on their Instagram channel.](#)
- The [Royal Opera House](#) has announced that it will be launching a programme of online shows and masterclasses, following the coronavirus outbreak.
- Orchestras like the [Seattle Symphony](#) are offering free broadcasts via YouTube and Facebook.
- [Musicians Perform Online Concerts Despite COVID-19](#) - Artists are streaming concerts live, meanwhile, other musicians are also taking to social media to express their creativity away from their usual performance venues.

**Fitness** - Many gym chains across the country have closed but are offering online classes for free.

- [Chris Hemsworth’s fitness app](#) - Fitness buff Chris Hemsworth is treating us all to six weeks of his Centr app for free. It provides workouts you can do at home – covering everything from yoga to HITT and boxing – as well as nutrition and stretching.
- Golds Gym is offering free access to its app, [Goldsamp](#), until the end of May, where more than 600 audio and video workouts along with DJ mixes get you ready to work up a sweat. Planet Fitness is offering "Home Work-Ins" streamed live at 7 p.m. ET daily [on its Facebook page](#).
- If you are looking for something to offer strength and maybe a little stress relief, there are some paid yoga sites that are now providing some online classes for free, including [Core Power Yoga](#) and [Down Dog](#).

**Sports** - With all the major sports leagues shut down, some of the leagues are dropping their subscription fees to their paid streaming services.

- [PBS Baseball](#).
- The National Hockey League is making all games played during the suspended 2019-2020 regular season [available to stream on demand](#). Additionally, the league launched "[NHL Pause Binge](#)" on its website and YouTube channel, allowing fans to view documentaries and "full-length classic NHL games dating from the 1950s to present day."
- The NBA and NFL are providing similar offerings through [NBA League Pass](#) and [NFL Game Pass](#).
- If it's sports history you crave, PBS announced that it is making the [1994 Ken Burns documentary Baseball](#) available to be streamed for free.

**Comedy** - Comedians are finding ways to keep themselves and others entertained from the self-isolated comfort of their own homes: [Comedy in the time of COVID-19: How Canadian comics are making us laugh.](#)

## Music Apps

- [Spotify](#) - Access and listen to music or podcasts. Option to create a playlists to save for later. Paid version available.
- [TuneIn Radio](#) - Access any radio station from around the world.
- [Music and Memory](#) - website dedicated to the therapeutic benefits of personalized music when working with people with neurocognitive decline.
- [Lux Radio](#) - Lux Radio Theatre was a radio show running from 1934 – 1955 and featured by iconic stars like Judy Garland and John Wayne. Provides a throwback to another time.
- [Google Play](#) - Google Play is the Android version of iTunes. Here the recreation therapist can safely download music, podcasts, apps, or audiobooks onto the smart device.
- [YouTube](#) - Search music, video, podcasts or related media. Able to stream live content when connected to internet.
- [Shazam](#) - Can't remember the name of that song? Shazam helps to identify music that is playing.

## Podcasts

- [Stitcher](#) - Podcast data base. Just search any topic and play!
- [Stuff You Missed in History Class](#) - The podcast covers a range of topics, including important social, cultural, political and historical events.
- [Slow Road to Better](#) - Hosted by people who experience aphasia. The show aims to inspire others and to connect people on the road to recovery.
- [Good Job, Brain!](#) - Podcast for all trivia buffs! An interactive quiz show on a wide range of topics.
- ["As Maple As" by Ron Maclean](#) - Hosted by Canadian sportscaster Ron Mclean, known best for being the host of Hockey Night in Canada.
- [CBC Comedy Factory](#) - CBC Radio shares jokes, stories, skits and commentaries.
- [CBC Podcasts](#) - CBC podcasts – a variety of podcasts that can be searched for topics of interest for all.

## Podcasts

[By Lian Brooks](#)

Best True Crime Podcasts	
The Missing Cryptoqueen - <b><u>LISTEN NOW</u></b> <b>The brief:</b> Unsolved mystery, tech edition <b>Frequency:</b> Eight episode series <b>Average time:</b> 35 minutes	Redhanded - <b><u>LISTEN NOW</u></b> <b>The brief:</b> Two Brits cover whodunits, mysteries and other curious crimes

	<p><b>Frequency:</b> Weekly <b>Average time:</b> 50 minutes</p>
<p>Casefile - <b><u><a href="#">LISTEN NOW</a></u></b> <b>The brief:</b> The answer to your true crime addiction <b>Frequency:</b> Every Saturday <b>Average time:</b> One hour</p>	
<b>Best Interview Podcasts</b>	
<p>Dolly Parton's America - <b><u><a href="#">LISTEN NOW</a></u></b> <b>The brief:</b> A look into the Dolly-verse <b>Frequency:</b> Nine part series <b>Average time:</b> 50 minutes</p>	<p>Awards Chatter - <b><u><a href="#">LISTEN NOW</a></u></b> <b>The brief:</b> Hollywood heavyweights talk through their careers <b>Frequency:</b> Weekly <b>Average time:</b> One hour</p>
<p>Table Manners - <b><u><a href="#">LISTEN NOW</a></u></b> <b>The brief:</b> Dinner table discussions <b>Frequency:</b> Every Wednesday <b>Average time:</b> 50 minutes</p>	<p>How I Built This - <b><u><a href="#">LISTEN NOW</a></u></b> <b>The brief:</b> Innovators share the stories behind their brands <b>Frequency:</b> Typically every Monday <b>Average time:</b> 50 minutes</p>
<p>Getting Curious with Jonathan Van Ness - <b><u><a href="#">LISTEN NOW</a></u></b> <b>The brief:</b> Cosy chats with our favourite feel good queen <b>Frequency:</b> Every Wednesday <b>Average time:</b> Roughly 50 minutes each</p>	<p>How to Fail - <b><u><a href="#">LISTEN NOW</a></u></b> <b>The brief:</b> Reassuring anecdotes of failure from the people who seem to have it all <b>Frequency:</b> Every Wednesday <b>Average time:</b> 50 minutes</p>
<p>Happy Place - <b><u><a href="#">LISTEN NOW</a></u></b> <b>The brief:</b> Uplifting and inspiring people explain how they navigate life <b>Frequency:</b> Every Monday <b>Average time:</b> Around 40 minutes each</p>	
<b>Best Comedy Podcasts</b>	
<p>Dear Joan and Jericha - <b><u><a href="#">LISTEN NOW</a></u></b> <b>The brief:</b> Mercilessly sardonic agony aunts <b>Frequency:</b> Two seasons, 8 episodes each <b>Average time:</b> 20 minutes</p>	<p>GOSSIPMONGERS - <b><u><a href="#">LISTEN NOW</a></u></b> <b>The brief:</b> Ridiculous rumour reading from British comedians <b>Frequency:</b> Two seasons, 17 total episodes <b>Average time:</b> 30-40 minutes</p>
<p>Off Menu with Ed Gamble and James Acaster - <b><u><a href="#">LISTEN NOW</a></u></b> <b>The brief:</b> Where food and comedy meet <b>Frequency:</b> Every Wednesday <b>Average time:</b> One hour</p>	<p>Sh**ged Married Annoyed - <b><u><a href="#">LISTEN NOW</a></u></b> <b>The brief:</b> Giggles, gripes and grossness <b>Frequency:</b> Every Friday <b>Average time:</b> One hour</p>
<p>Mortified - <b><u><a href="#">LISTEN NOW</a></u></b> <b>The brief:</b> Adults read out hysterical, honest and heartwarming relics of their childhood <b>Frequency:</b> Twice a month <b>Average time:</b> 30 minutes</p>	<p>Sooo Many White Guys - <b><u><a href="#">LISTEN NOW</a></u></b> <b>The brief:</b> Hilarious, candid discussions with a diverse line-up of innovators <b>Frequency:</b> Four seasons, between 10-15 episodes each <b>Average time:</b> 40 minutes</p>

<p>If I Were You - <a href="#">LISTEN NOW</a>  <b>The brief:</b> Comedy duo give their two cents on listeners' tribulations  <b>Frequency:</b> Every Monday  <b>Average time:</b> 45 minutes</p>	<p>Comedy Bang Bang - <a href="#">LISTEN NOW</a>  <b>The brief:</b> Amazingly absurd improv-come-chat  <b>Frequency:</b> Every Monday  <b>Average time:</b> Between one to two hours</p>
<b>Best music podcasts</b>	
<p>Song Exploder - <a href="#">LISTEN NOW</a>  <b>The brief:</b> Musicians explain the stories behind their hits  <b>Frequency:</b> Every other Wednesday  <b>Average time:</b> 20 minutes</p>	<p>Popcast - <a href="#">LISTEN NOW</a>  <b>The brief:</b> A music critic dissects the charts  <b>Frequency:</b> Generally weekly, differing days  <b>Average time:</b> One hour</p>
<b>Best podcasts for learning something new</b>	
<p>99% Invisible - <a href="#">LISTEN NOW</a>  <b>The brief:</b> The design podcast you didn't know you needed in your life  <b>Frequency:</b> Every Tuesday or Wednesday  <b>Average time:</b> 30 minutes</p>	<p>Something Rhymes with Purple - <a href="#">LISTEN NOW</a>  <b>The brief:</b> Your fresh vocab fix  <b>Frequency:</b> Every Tuesday  <b>Average time:</b> 20 minutes</p>
<p>You're Dead to Me - <a href="#">LISTEN NOW</a>  <b>The brief:</b> History meets comedy  <b>Frequency:</b> Weekly  <b>Average time:</b> 45 minutes</p>	<p>No Such Thing as a Fish - <a href="#">LISTEN NOW</a>  <b>The brief:</b> A curated round up of facts that seem too ludicrous to be true  <b>Frequency:</b> Every Friday  <b>Average time:</b> 45 minutes</p>
<p>Revisionist History - <a href="#">LISTEN NOW</a>  <b>The brief:</b> Intricate deep dives into things of the past  <b>Frequency:</b> Four seasons, 10 or 11 episodes each  <b>Average time:</b> 40 minute</p>	
<b>Best culture podcasts</b>	
<p>Revisiting - <a href="#">LISTEN NOW</a>  <b>The brief:</b> Your 2010s nostalgia fix  <b>Frequency:</b> Weekly  <b>Average run time:</b> 30 minutes</p>	<p>Your Broccoli Weekly - <a href="#">LISTEN NOW</a>  <b>The brief:</b> Engaging, easy to digest news  <b>Frequency:</b> Every Sunday  <b>Average time:</b> 50 minutes</p>
<p>Homo Sapiens - <a href="#">LISTEN NOW</a>  <b>The brief:</b> Eclectic and energetic discussions around LGBTQ+ themes  <b>Frequency:</b> 35 episodes as well as a handful of shorter bonus clips  <b>Average time:</b> 50 minutes</p>	<p>The Guilty Feminist - <a href="#">LISTEN NOW</a>  <b>The brief:</b> Validation you're not a "bad" feminist  <b>Frequency:</b> Twice a week, often Mondays and Wednesdays  <b>Average time:</b> 50 to 70 minutes</p>
<b>Best fashion and beauty podcasts</b>	
<p>The Business of Fashion podcast - <a href="#">LISTEN NOW</a>  <b>The brief:</b> Compulsory listening for fashion followers  <b>Frequency:</b> Every Friday  <b>Average time:</b> 40 minutes</p>	<p>Fashion No Filter - <a href="#">LISTEN NOW</a>  <b>The brief:</b> Intimate, easy to digest industry insights  <b>Frequency:</b> Irregular episodes, 25 and counting  <b>Average time:</b> 45 minutes</p>
<p>The Beauty Brains - <a href="#">LISTEN NOW</a>  <b>The brief:</b> Experts explain the science behind beauty  <b>Frequency:</b> Generally weekly  <b>Average time:</b> 40 minutes</p>	<p>Fat Mascara - <a href="#">LISTEN NOW</a>  <b>The brief:</b> Your go-to for all things beauty  <b>Frequency:</b> Every Tuesday  <b>Average time:</b> 40-60 minutes</p>

## Virtual Tours

- [Skyline](#) - Experience worldly destinations by watching these live HD webcams. Visit New York City and Africa in the same day! For example, click here to view Italy's Trevi Fountain.
- [AirPano](#) - View panoramic videos from exotic places around the world.
- [360 Degree Access](#) - Visit all 7 Wonders of the World! Google offers a 360 degree virtual tour of each of these amazing landmarks.
- [ArmChair Tourist: Where in the World?](#) - Explore cities around the world and play "guess the location" with your participants.
- [Buckingham Palace](#) - Experience a virtual tour of the Buckingham Palace.

## Local Resources

- [Senior's Centre without Walls](#) – for seniors aged 55+ who find it difficult to go to regular community centres or programming in person. Fun; Building of Skills; Health and Wellness. Call 780-395-2626 (press '0'); Check their website for the program schedule.
- [Text4Hope](#) - A tool supporting mental health and wellness in a time of stress and isolation.
- The Psychologists Association of Alberta has activated their [Disaster Response Network](#). They are offering 1-3 telepsychology sessions pro bono for those who may need a bit of extra support.

## On the Light Side of Covid-19

- [Flatten That Curve](#) – A light-hearted song about Covid-19
- [Silver Linings of Covid-19](#) - Good news itself is not in short supply; the broadcasting of it is.



## 15 FREE FUN VIRTUAL WORKOUTS TO GET YOUR EXERCISE IN

[Good Morning Workout](#) Get you up and moving first thing in the morning

[Sun Salutation](#) Wake up with this quick Yoga workout.

### Dance Workouts

[Fitness Marshall](#) Caleb Marshall takes the cardio dance workout to the NEXT LEVEL.

[Move with Colour](#) These are short 10-minute dances, but you will learn how to dance like Britney Spears, Justin Bieber, Disco Funk, and more. You will love it!

[305 Fitness](#) This hip hop dance routine workout promises to be “lit” Ha!

### Fun For Everyone

[Sweatin’ to the Oldies](#) So cheesy, it’s fun! Gather a group and get to sweatin’ together. Sing the songs out LOUD as you workout!

### Country Music Hoedown

[Dance Off The Inches – Country – Line Dance Party](#) An easy, lower intensity workout to fun country music.

[Zumba Country](#) For all my country babies out there. This is a fast paced, country dance Zumba style workout.

### Disney Workout

[Disney’s Mousercise TV episode pt 1 of 3](#) It’s really retro, really Disney, and really fun.

[Bethany Foutz Disney Inspired Workout](#) This one isn’t cardio, but it’s still Disney, and fun!

### Zumba

[Zumba with Dovydas](#) He makes Zumba feel like a party! There are both adult and kid videos on this site! So Fun.

[JECA – Zumba Pilates Aerobics](#) These are super fun Zumba style workouts for adults and kids alike!

### KPop Workouts

[KPop Fitness](#) Where my KPop lovers at? This one’s for you. These 15-minute workouts make you feel like you’re a KPop backup dancer.

[Guardian of the Universe](#) This is more intense version of a KPop Workout. You can do it!

[Emi Wong, KPop Workout](#) This is an easy KPop workout that anyone should be able to do.

# Beat the Shark:

Use the [Online Word Generator for Games](#) or this printable Word List for this fun version of the traditional word guessing game.

How to play:

Beat the Shark is a simple word guessing game. Players try to figure out an unknown word by guessing letters. If too many letters which do not appear in the word are guessed, the player is not able to beat the shark.

- Setup the game by drawing a line for each letter in the unknown word.
- As letters in the word are guessed, write them above the corresponding line.
- If a letter not in the word is guessed, draw a picture of a shark fin in each wave of the water—one for each incorrect letter guess.

— E — T — T — E — — — R — —



A B C D ~~E~~ F ~~G~~ H I J K L M N O P Q ~~R~~ S T U V ~~W~~ X Y Z



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



ABCDEFGHIJKLMNOPQRSTUVWXYZ

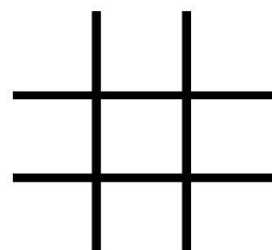
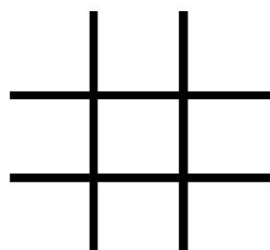
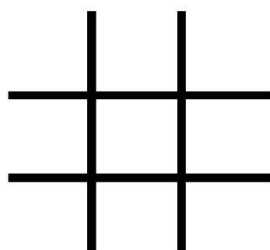
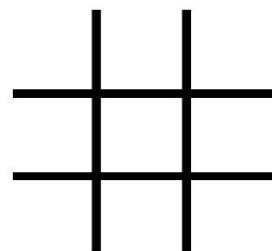
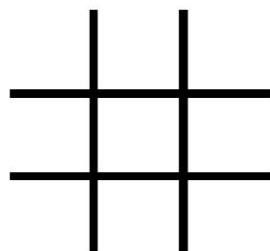
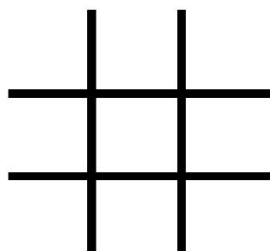
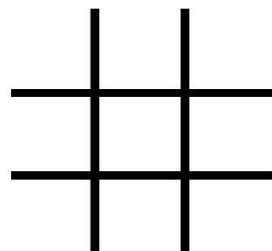
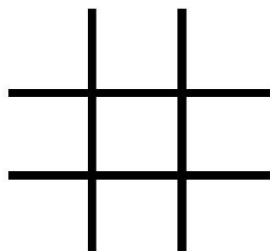
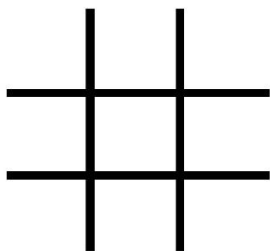
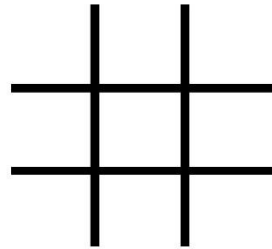
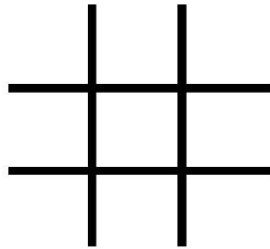
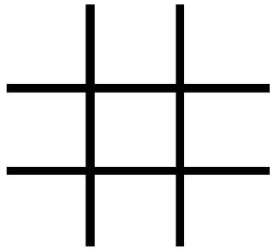


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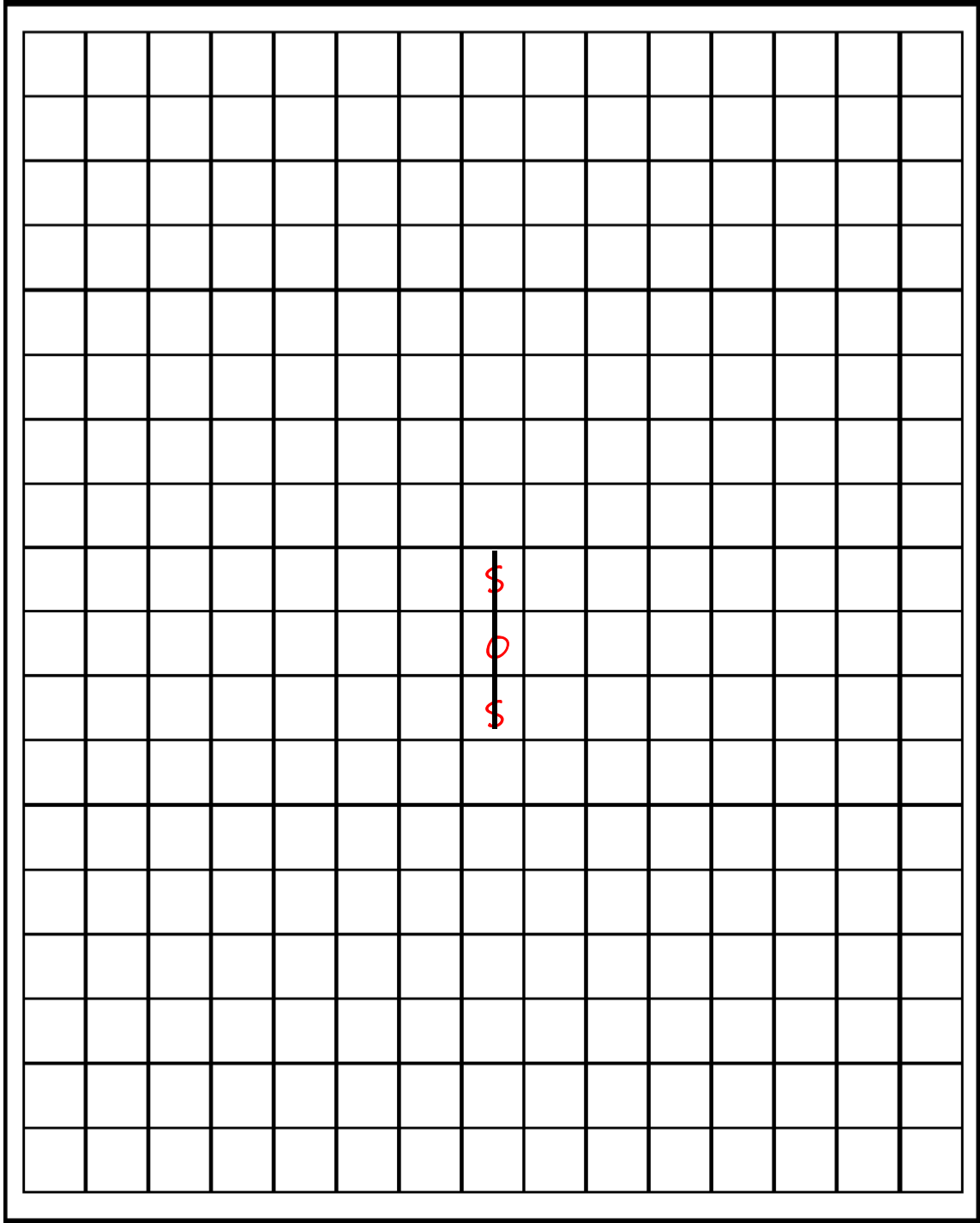


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# TIC TAC TOE

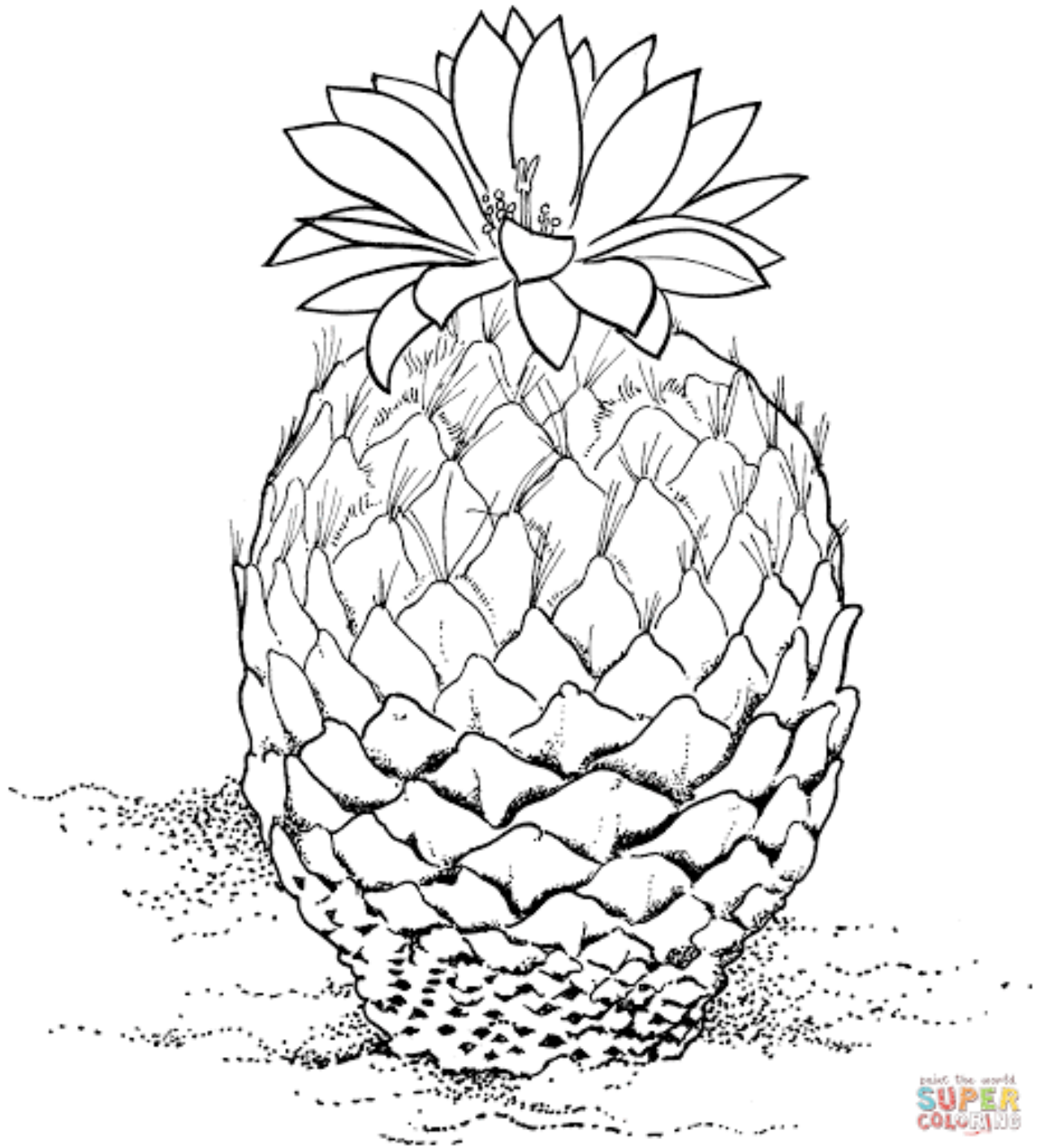


COURTESY OF [WWW.IAMKRISTIN.COM](http://WWW.IAMKRISTIN.COM)



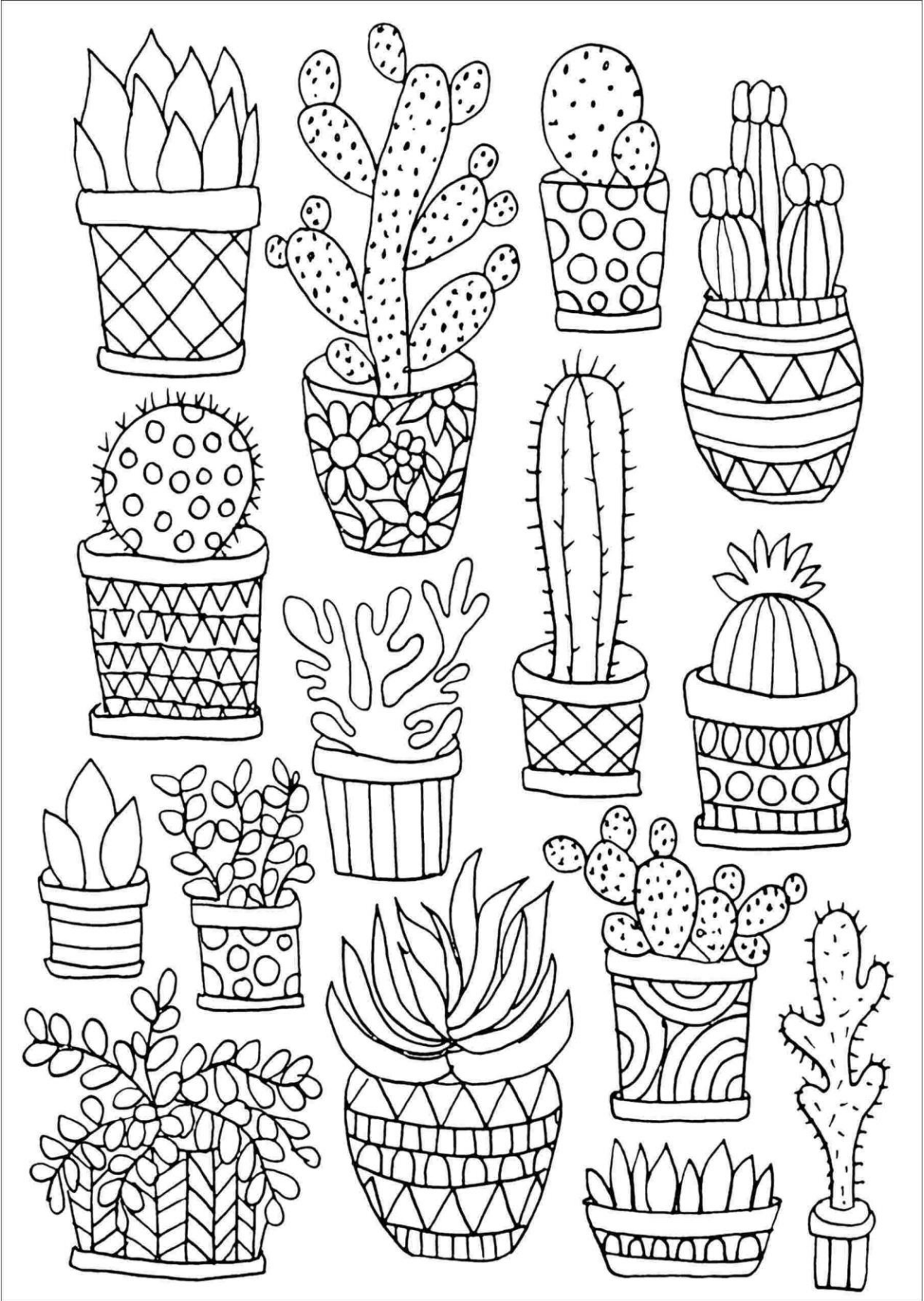
**How to play S.O.S.**

- S.O.S. is a two-player game played in a grid.
- The players have the option to put either S or O at an empty square.
- Each turn plays one player.
- If a player makes an SOS sequence (horizontal, vertical or diagonal) that player plays another turn.
- Play until there are no empty squares left.



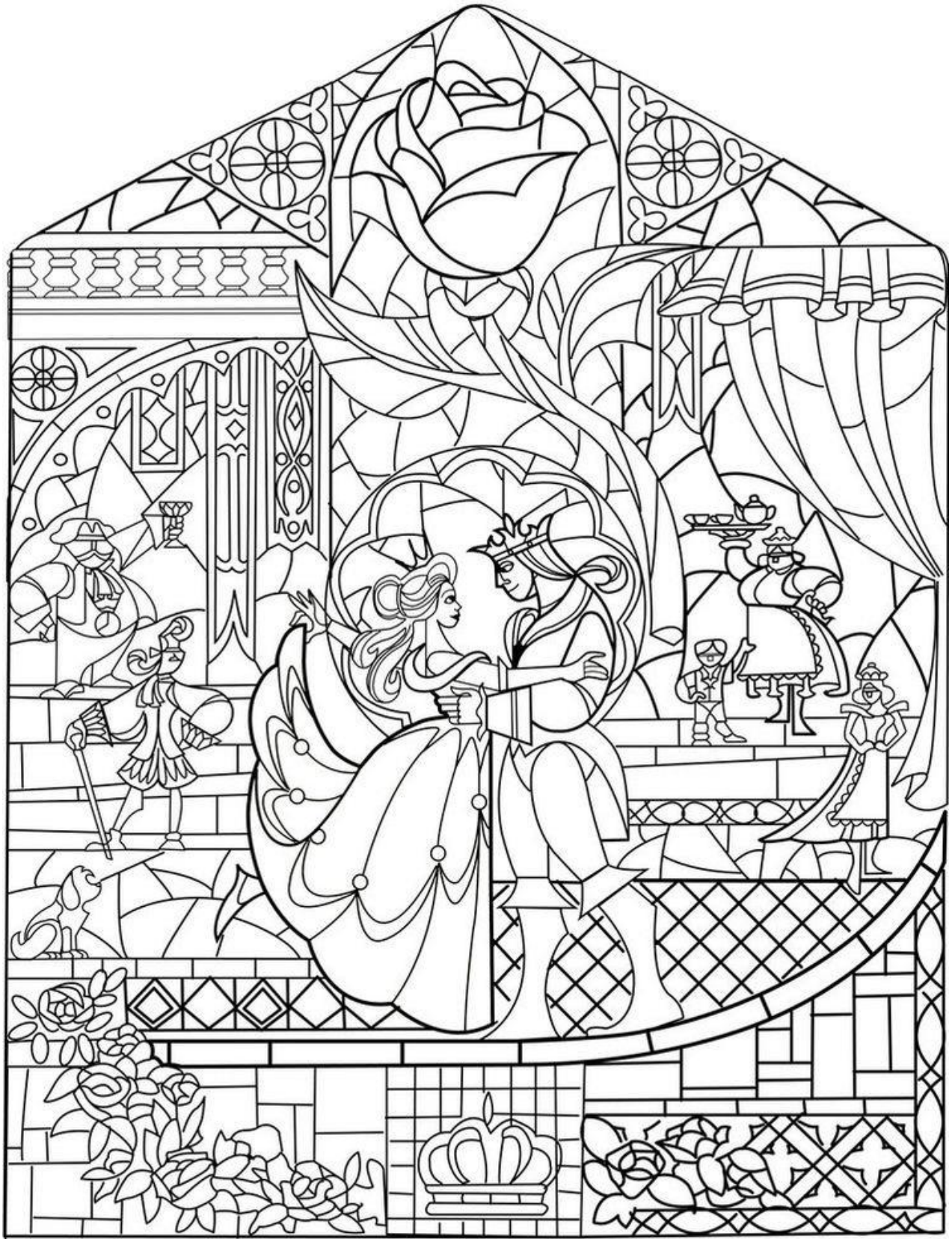


















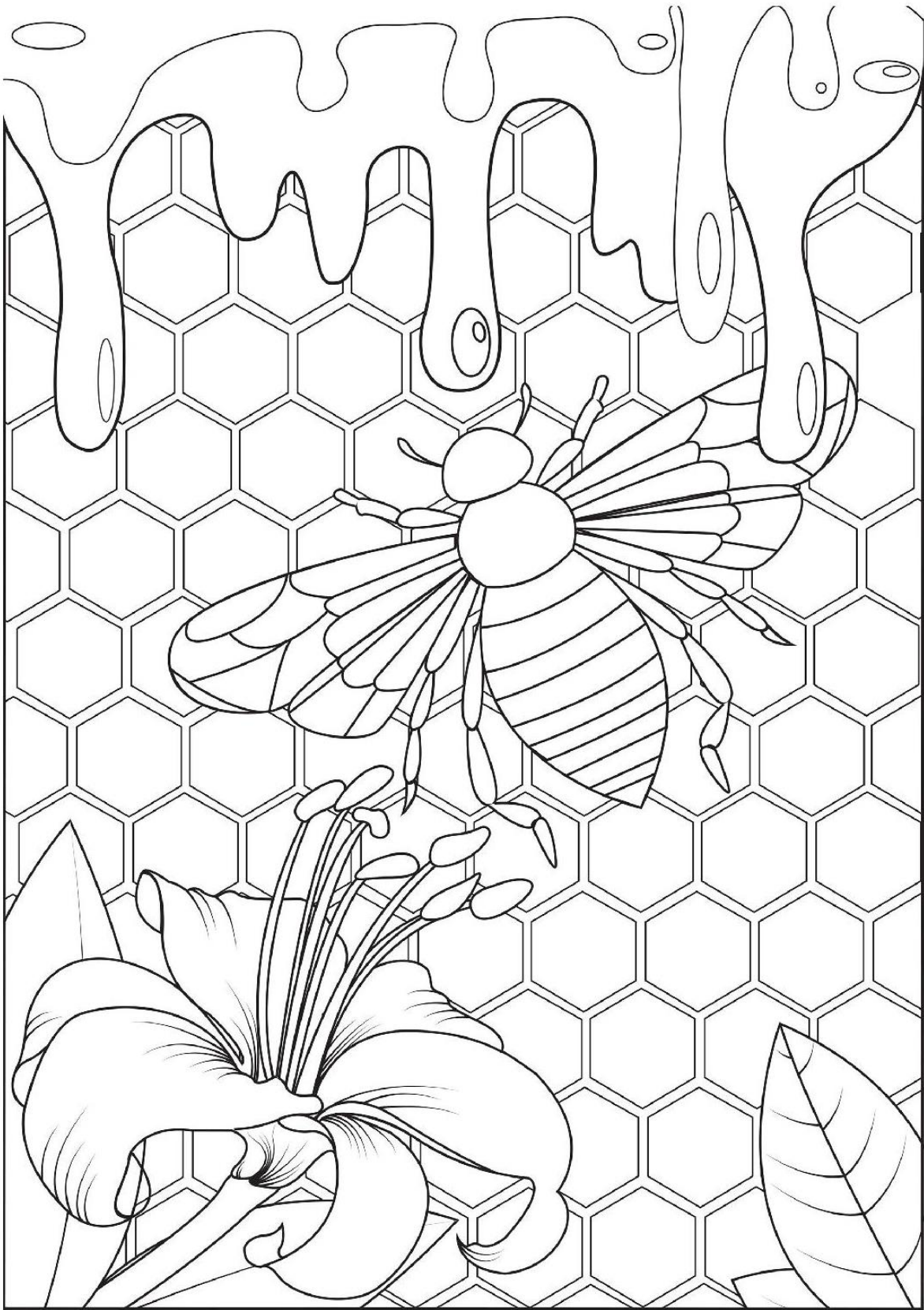
---THE CHARACTERISTICS THAT RESULT  
FROM THE INDWELLING OF  
THE HOLY SPIRIT---



Galatians 5:22,23

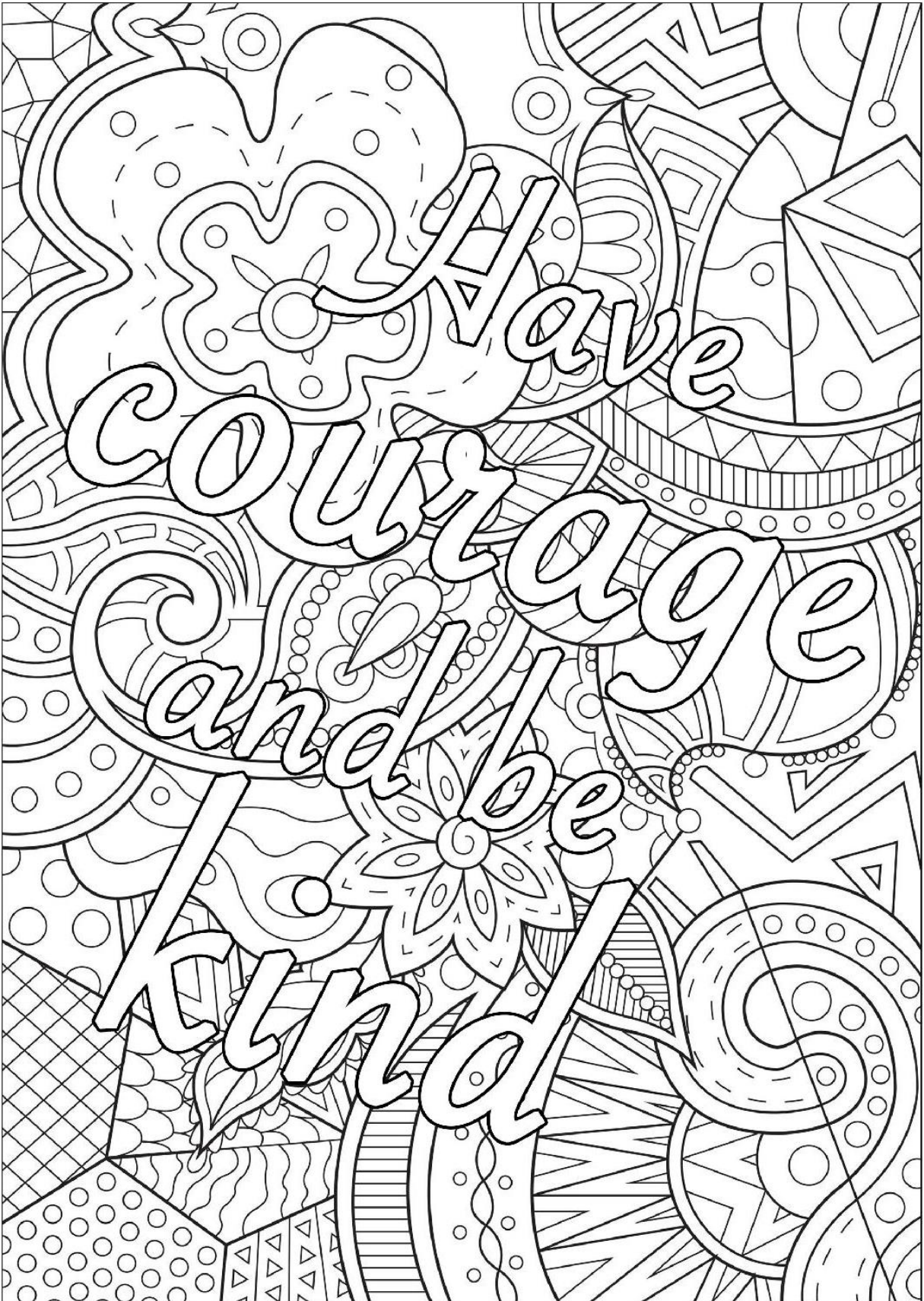






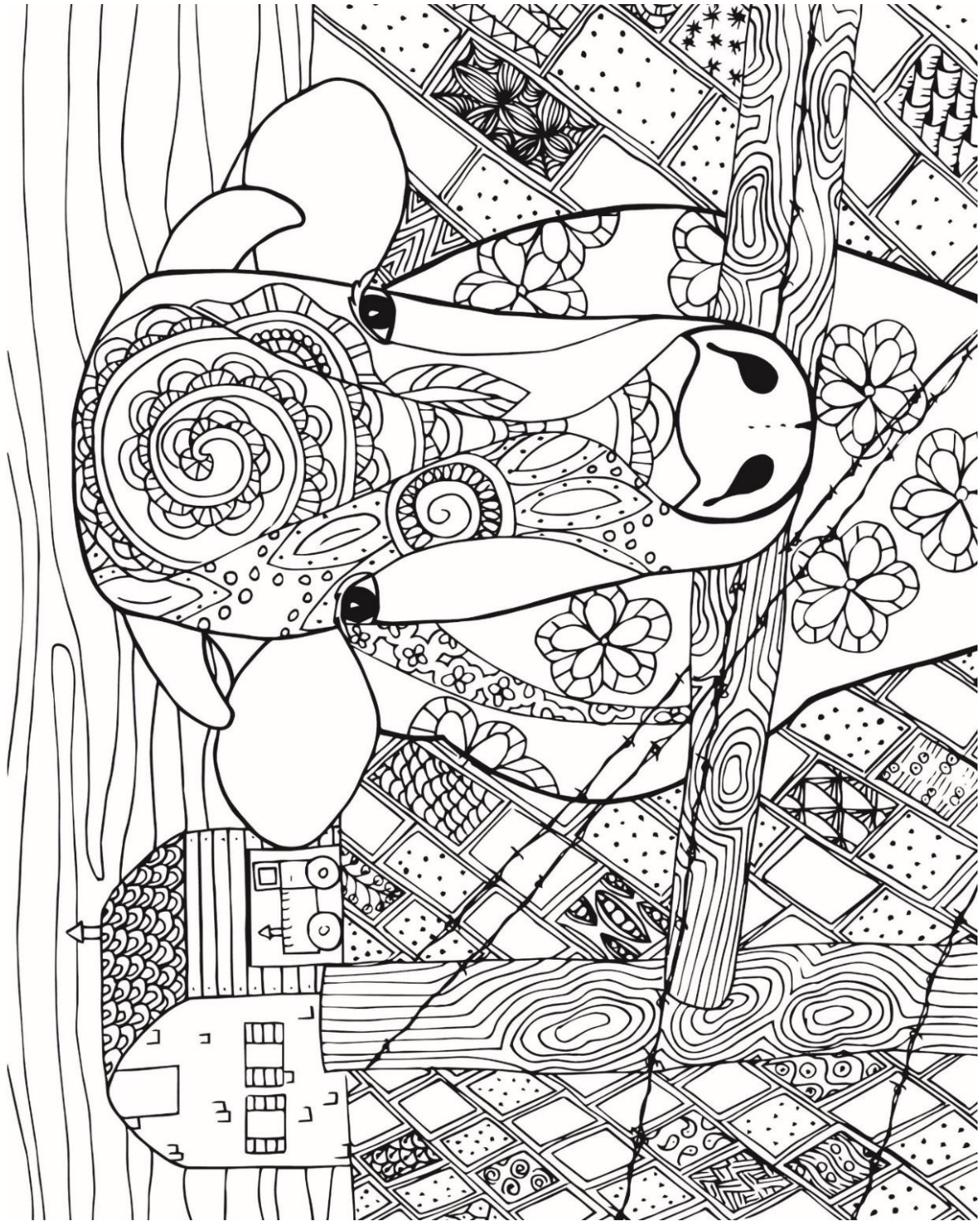






Have  
courage  
and be  
kind

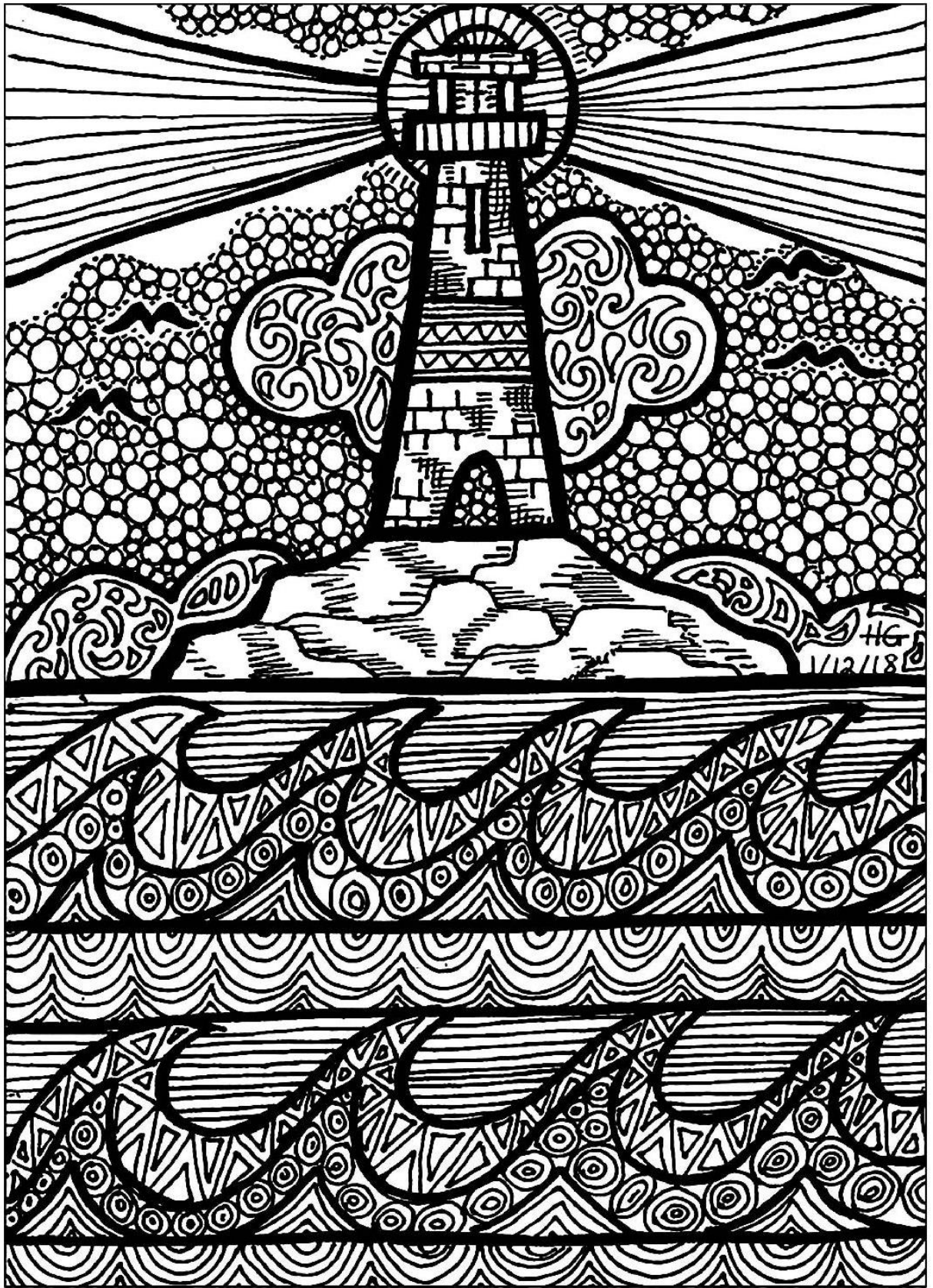


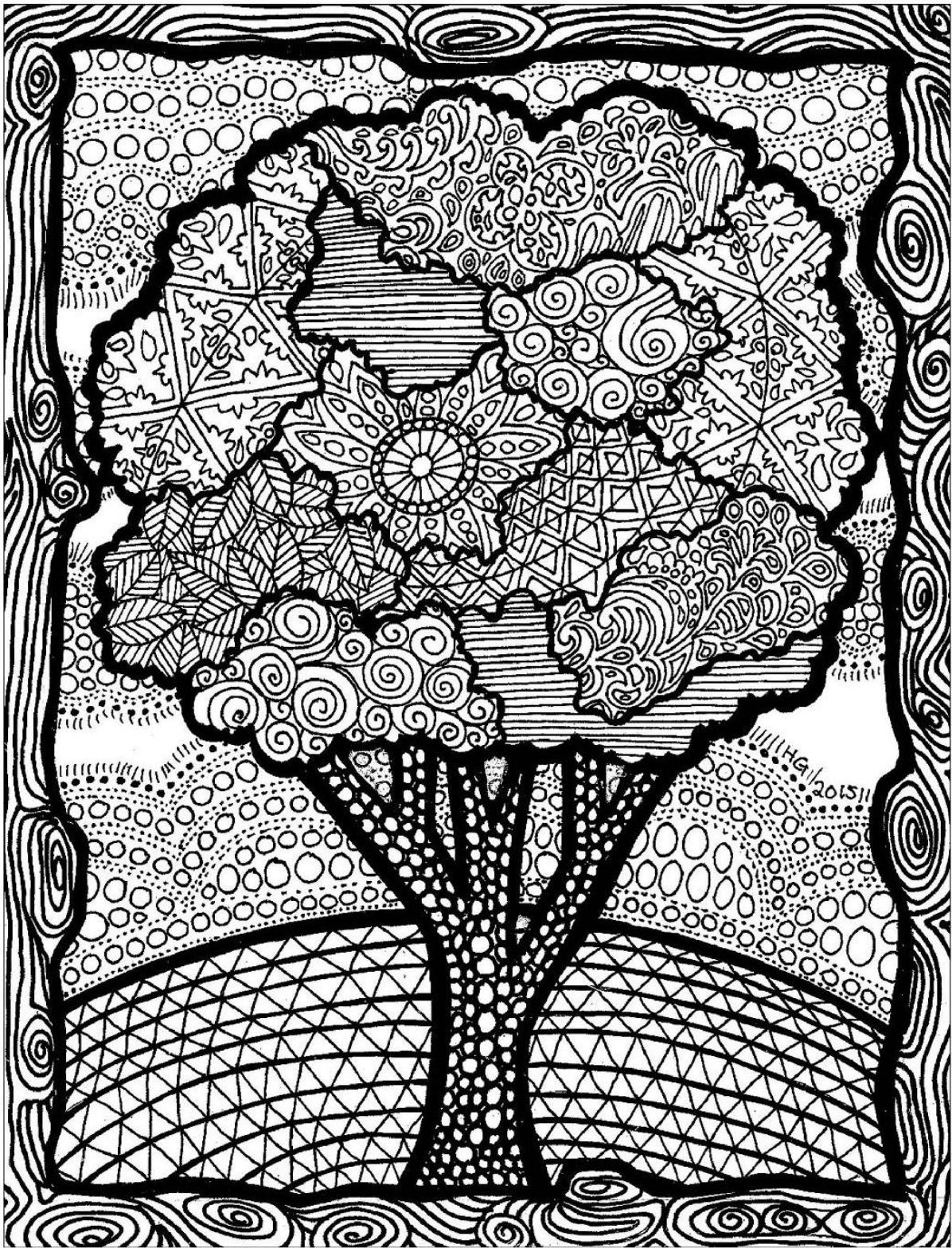








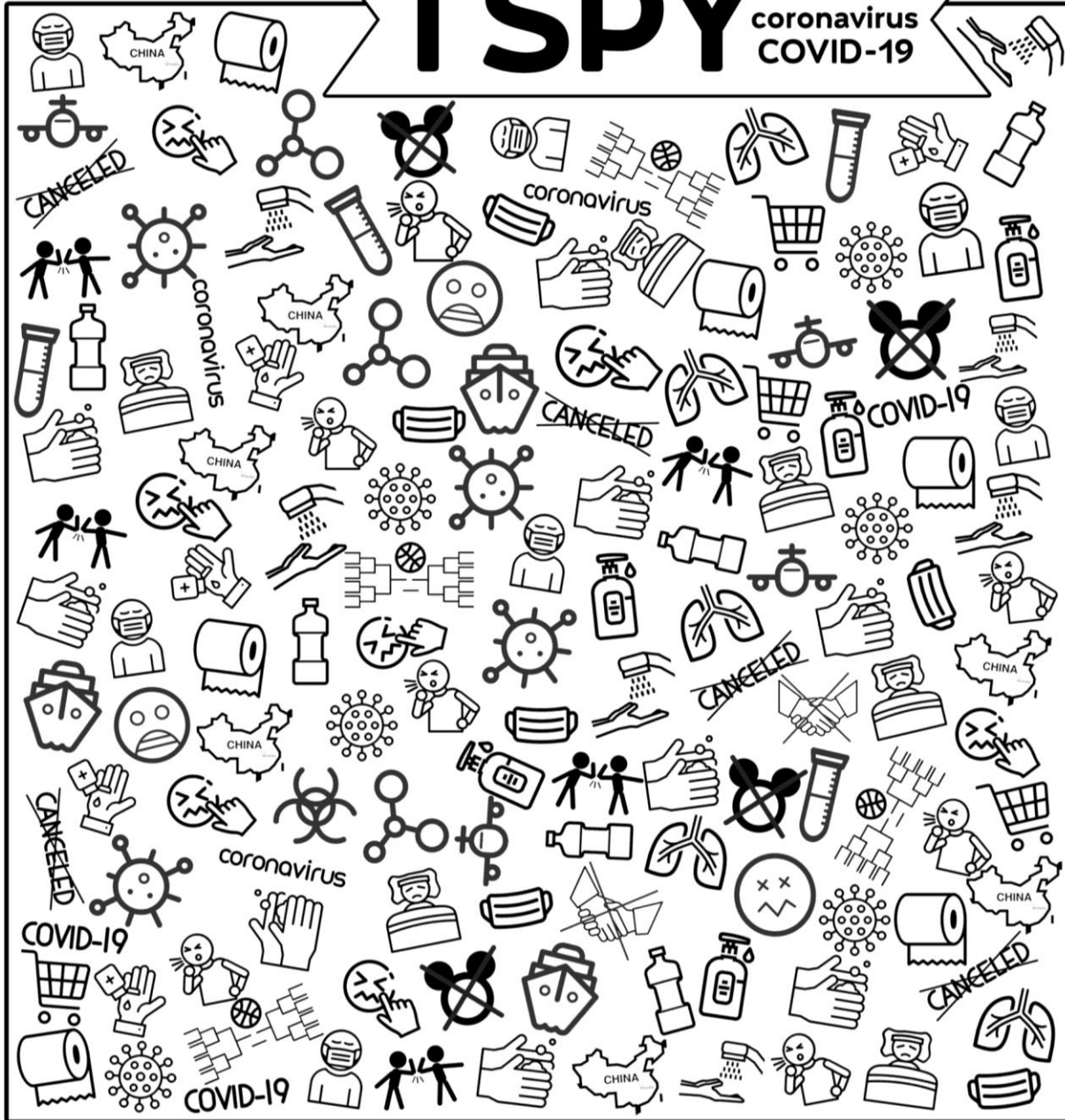






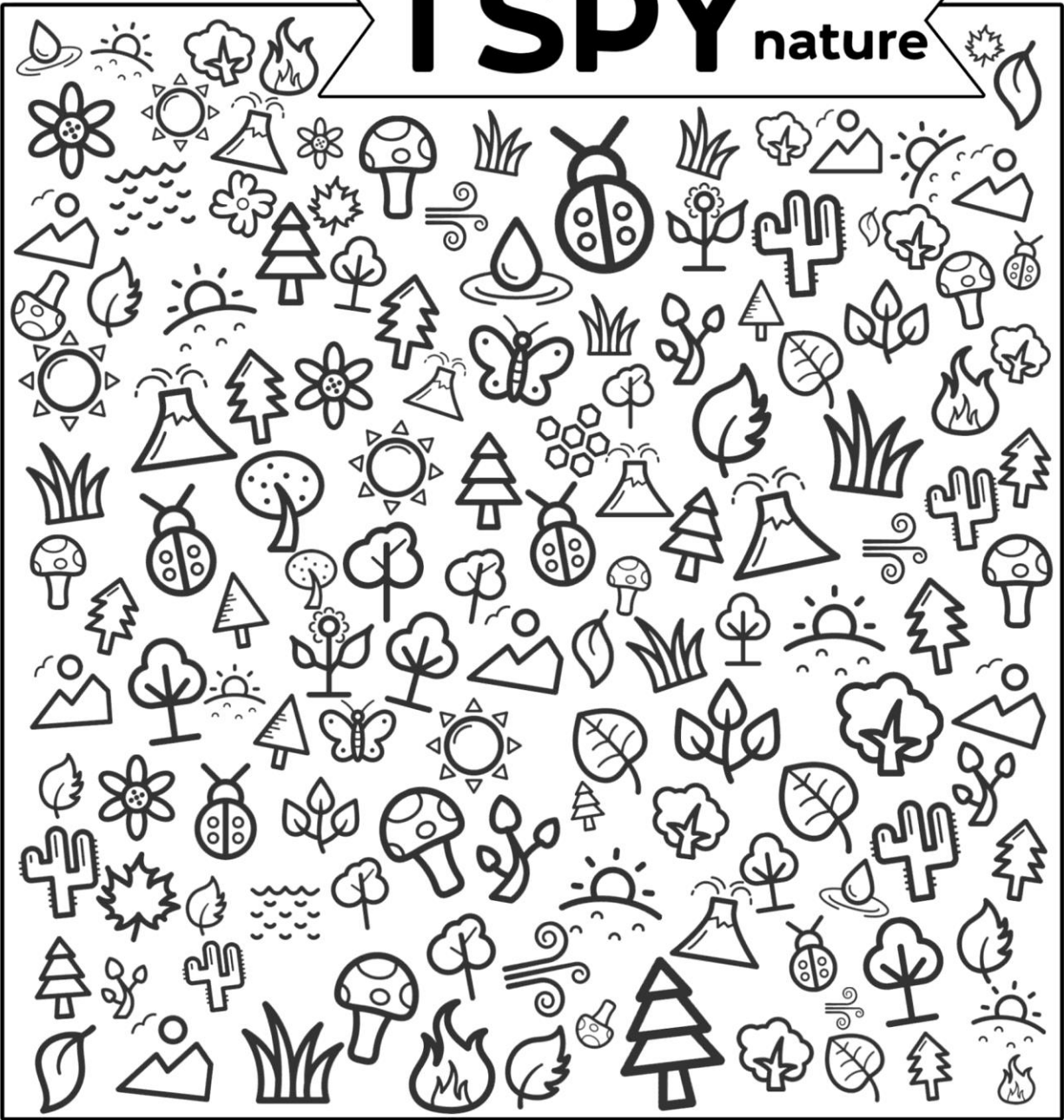
# I SPY

coronavirus  
COVID-19



- |   |  |   |  |   |  |   |  |   |             |   |  |   |           |   |  |   |  |   |          |
|---|--|---|--|---|--|---|--|---|-------------|---|--|---|-----------|---|--|---|--|---|----------|
| 2 |  | 4 |  | 4 |  | 5 |  | 4 |             | 5 |  | 7 |           | 4 |  | 6 |  | 5 |          |
| 1 |  | 6 |  | 7 |  | 1 |  | 3 | coronavirus | 6 |  | 7 |           | 4 |  | 7 |  | 5 |          |
| 3 |  | 3 |  | 4 |  | 6 |  | 2 |             | 7 |  | 5 | CANCELLED | 9 |  | 6 |  | 3 | COVID-19 |

# I SPY nature

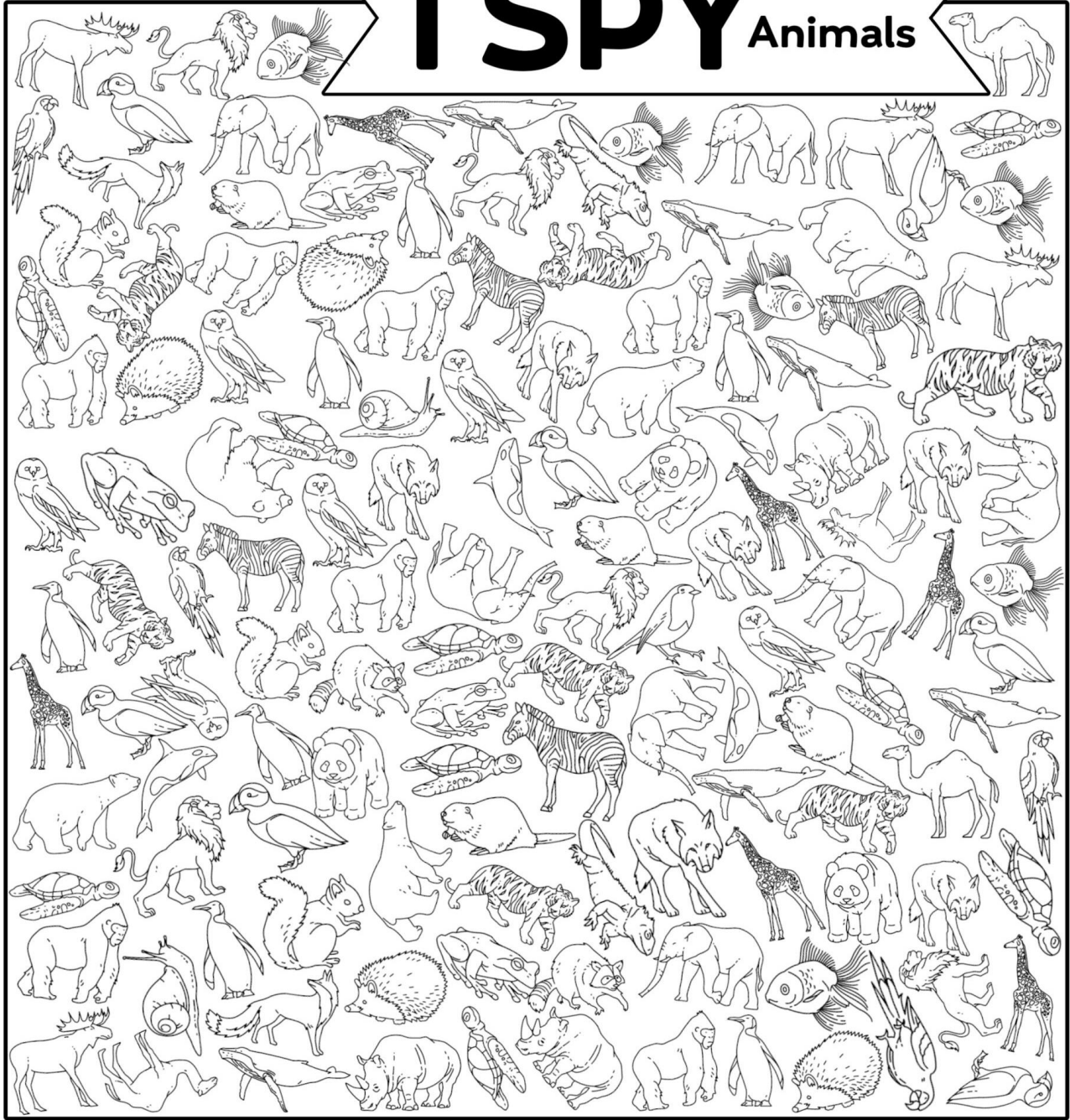
































- |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |   |  |
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| 2 |  | 4 |  | 4 |  | 2 |  | 4 |  | 5 |  | 7 |  | 4 |  | 6 |  | 5 |  |
| 1 |  | 6 |  | 7 |  | 1 |  | 3 |  | 6 |  | 7 |  | 4 |  | 7 |  | 4 |  |
| 3 |  | 2 |  | 4 |  | 6 |  | 2 |  | 7 |  | 3 |  | 9 |  | 6 |  | 3 |  |

papertraildesign.com



# ISPY Animals

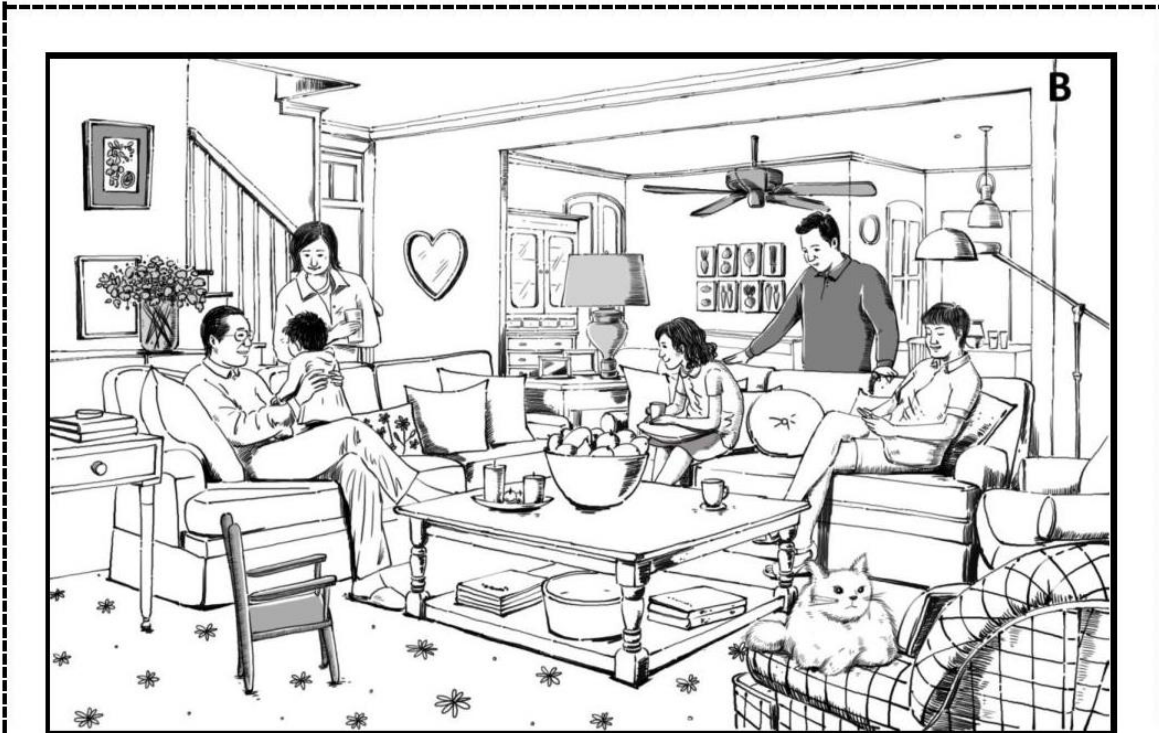
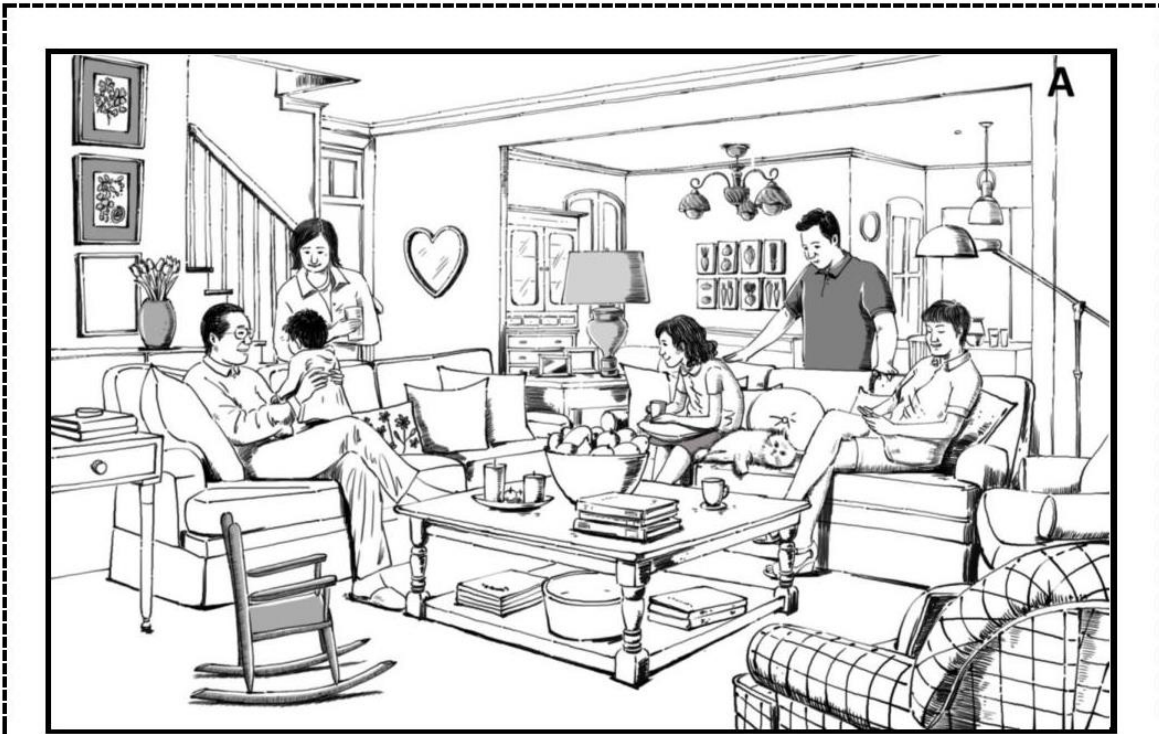


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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2 |  | 4 |  | 4 |  | 2 |  | 4 |  | 5 |  | 7 |  | 4 |  | 6 |  | 5 |  |
| 1 |  | 6 |  | 7 |  | 1 |  | 3 |  | 6 |  | 7 |  | 4 |  | 7 |  | 4 |  |
| 3 |  | 2 |  | 4 |  | 6 |  | 2 |  | 7 |  | 3 |  | 9 |  | 6 |  | 3 |  |

# SPOT THE DIFFERENCES

# APARTMENTS and HOUSES

- Find all eight differences in the pictures.



## SPOT THE DIFFERENCES

## Apartments and Houses

**Aim** Speaking practice

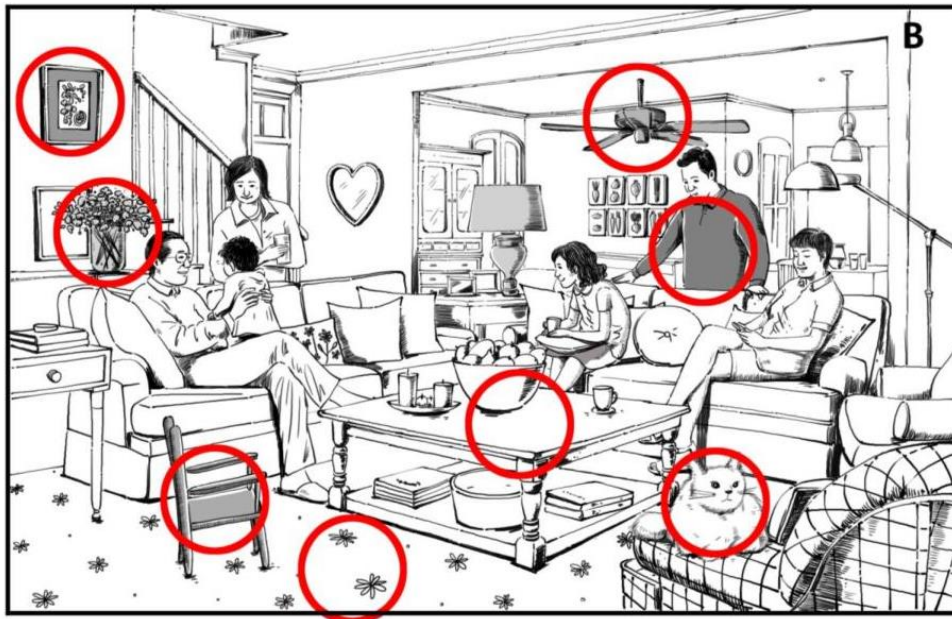
**Level** Elementary to Advanced

**Time** Approximately 15 – 20 minutes

### ACTIVITY NOTES

Have your students sit in pairs, preferably face to face. Distribute the handouts, “A” to one student in the pair, and “B” to the other. Tell them not to look at each other’s handout. Instead, they carefully describe their picture to their partner. Tell them that there are eight differences they must find and that they have only fifteen minutes to find them. After the allotted time has passed, elicit all the eight differences from your students. (15 – 20 minutes)

### ANSWER KEY





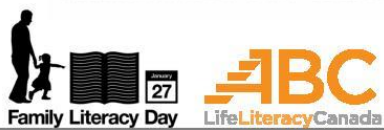
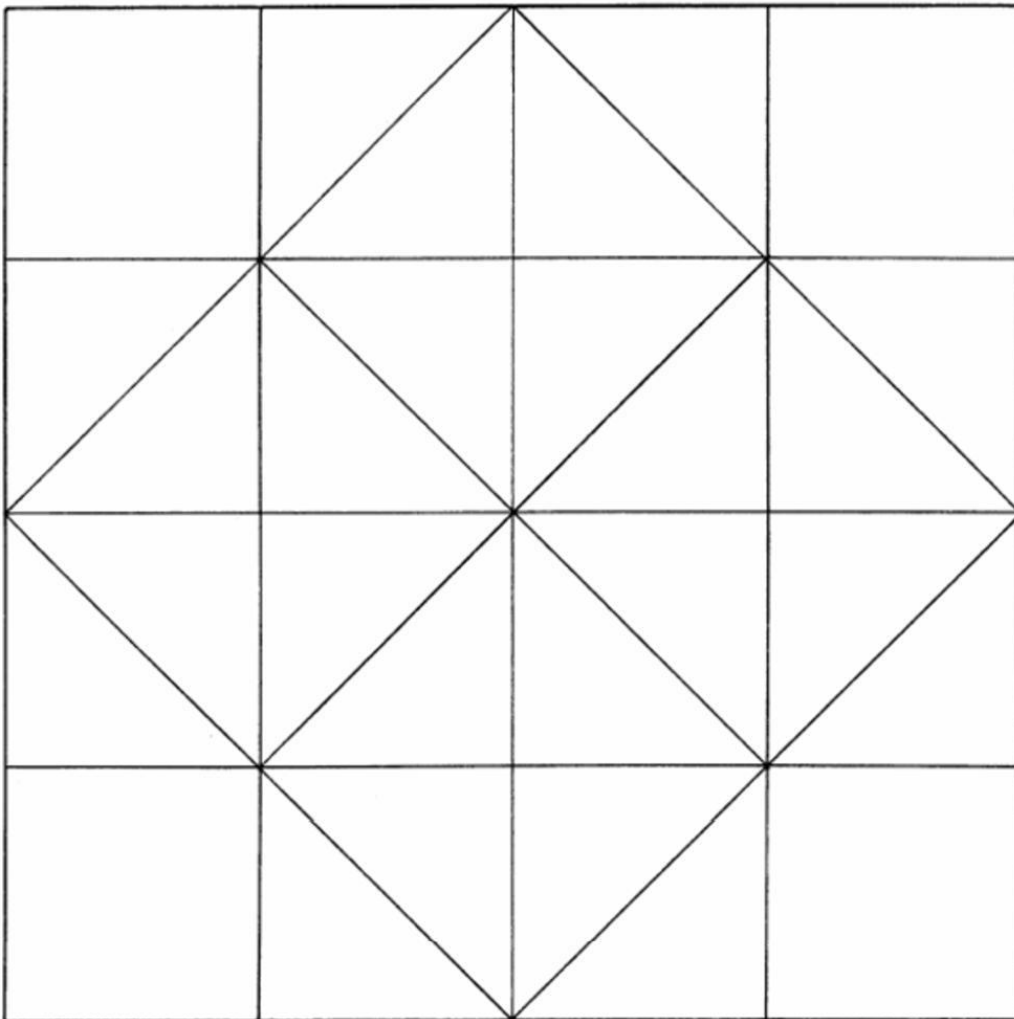


## Make your own fortuneteller!

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**Instructions:** Follow the steps below to create your own fortuneteller.

**Step 1:** Cut out the square below (ignore the inner lines!)



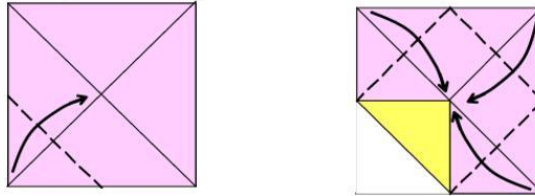
Special thanks to:



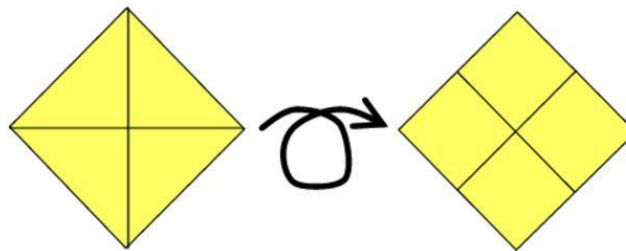
# 15 Minutes of Fun

Take 15 minutes a day to learn with your family.

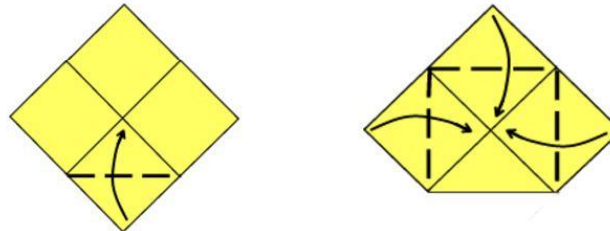
Step 2: Fold each corner point into the centre.  
You should have four flaps.



Step 3: Flip the paper over  
And place it flap side down.



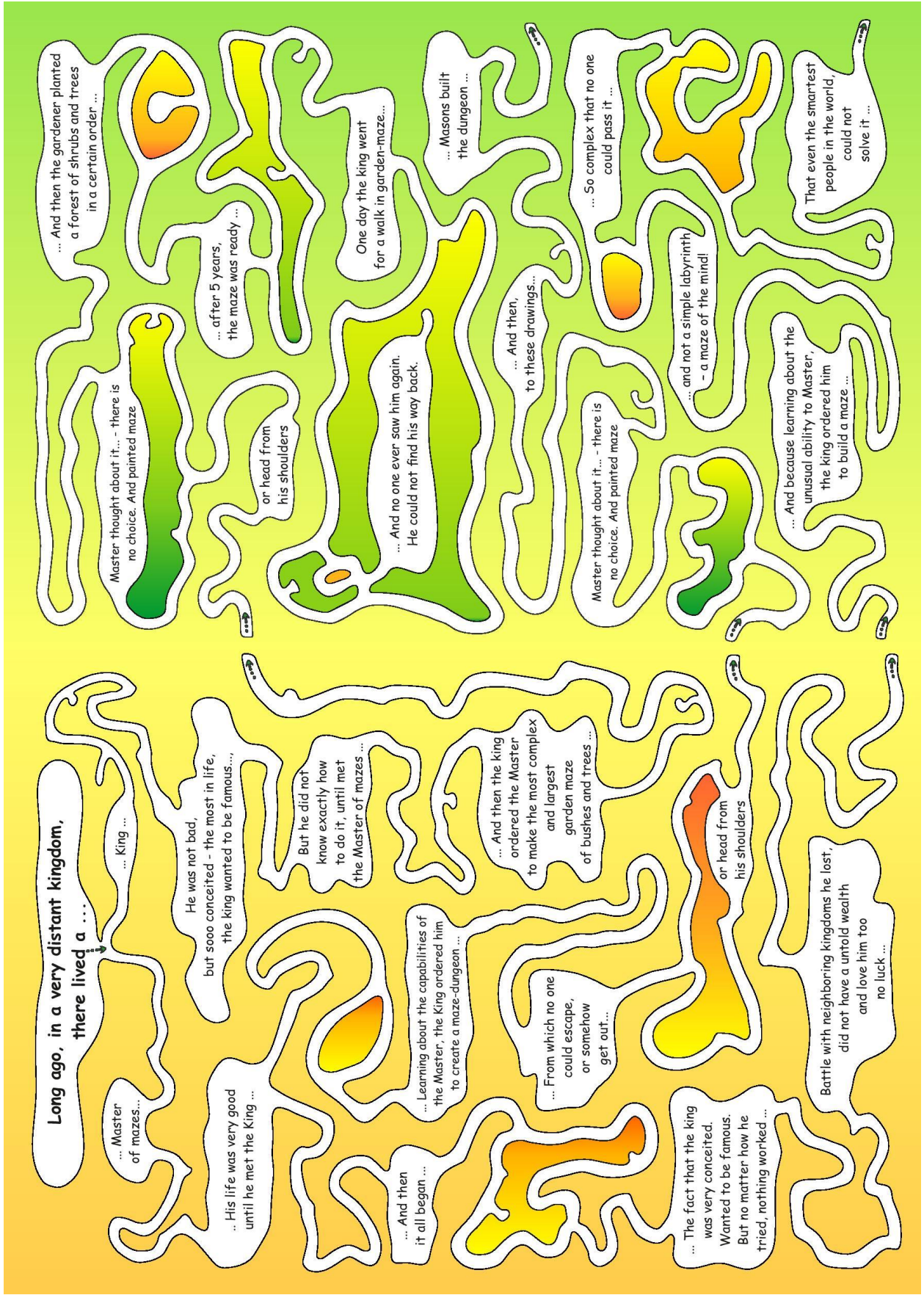
Step 3: Again, fold all four corner points into the centre.  
You should have four flaps  
With eight small triangles.



Step 4: Write the numbers 1-8  
on each of the triangles.



Step 5: Lift each flap and write a fortune on the under side of the small triangle. Do this until you have a fortune for each small triangle. Then close flaps and fold paper in half. Using both hands slide your thumb and index fingers underneath flaps to open your paper fortuneteller. Ta da!



Long ago, in a very distant kingdom, there lived a ...

... Master of mazes...

.. His life was very good until he met the King ...

... And then it all began ...

... Learning about the capabilities of the Master, the King ordered him to create a maze-dungeon ...

... From which no one could escape, or somehow get out...

... The fact that the king was very conceited. Wanted to be famous. But no matter how he tried, nothing worked ...

Battle with neighboring kingdoms he lost, did not have a untold wealth and love him too no luck ...

He was not bad, but sooo conceited - the most in life, the king wanted to be famous...

But he did not know exactly how to do it, until met the Master of mazes ...

... And then the king ordered the Master to make the most complex and largest garden maze of bushes and trees ...

or head from his shoulders

... And then the gardener planted a forest of shrubs and trees in a certain order ...

Master thought about it... - there is no choice. And painted maze

... after 5 years, the maze was ready ...

or head from his shoulders

... And no one ever saw him again. He could not find his way back.

One day the king went for a walk in garden-maze...

... Masons built the dungeon ...

... And then, to these drawings...

Master thought about it... - there is no choice. And painted maze

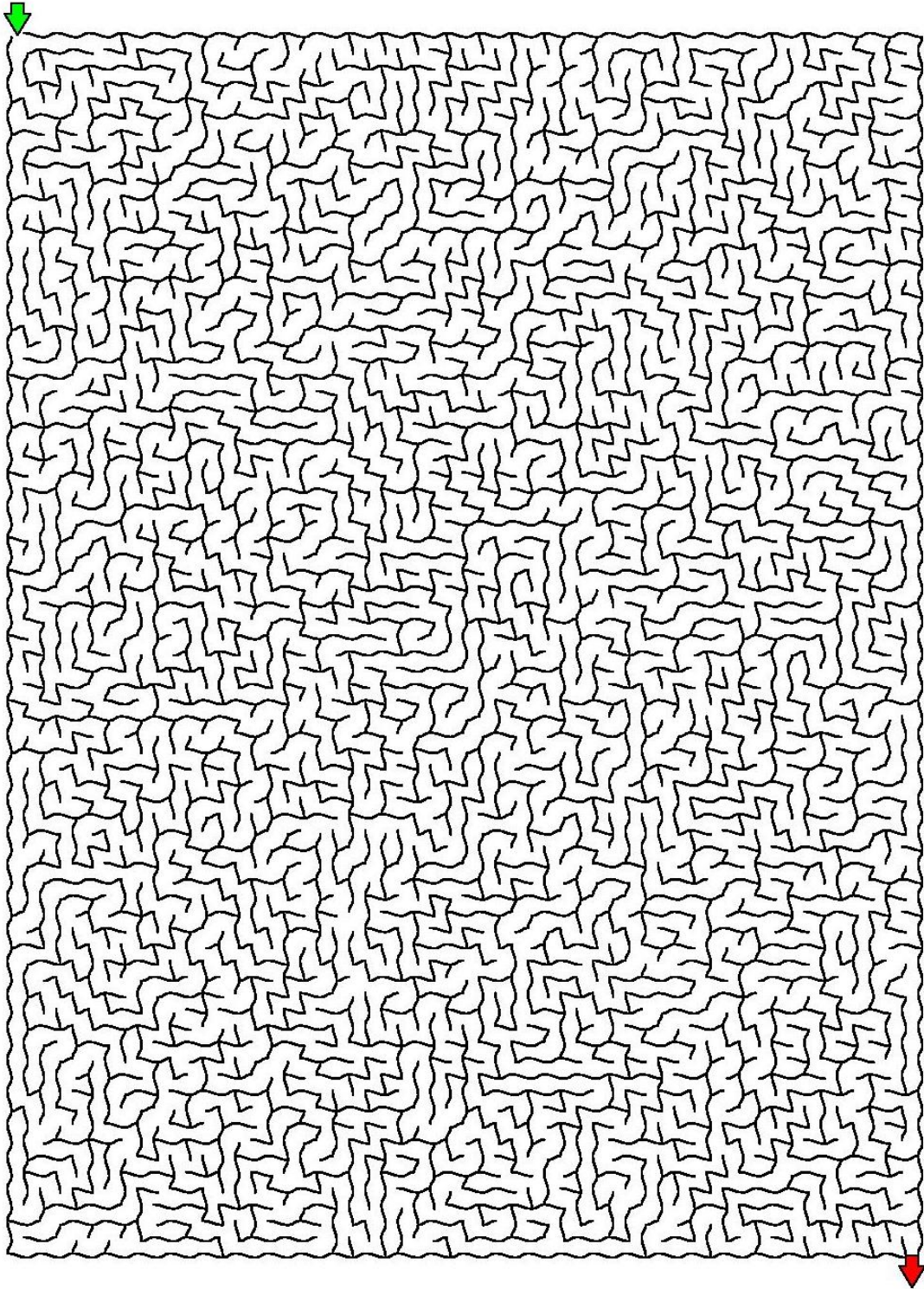
... So complex that no one could pass it ...

... and not a simple labyrinth - a maze of the mind!

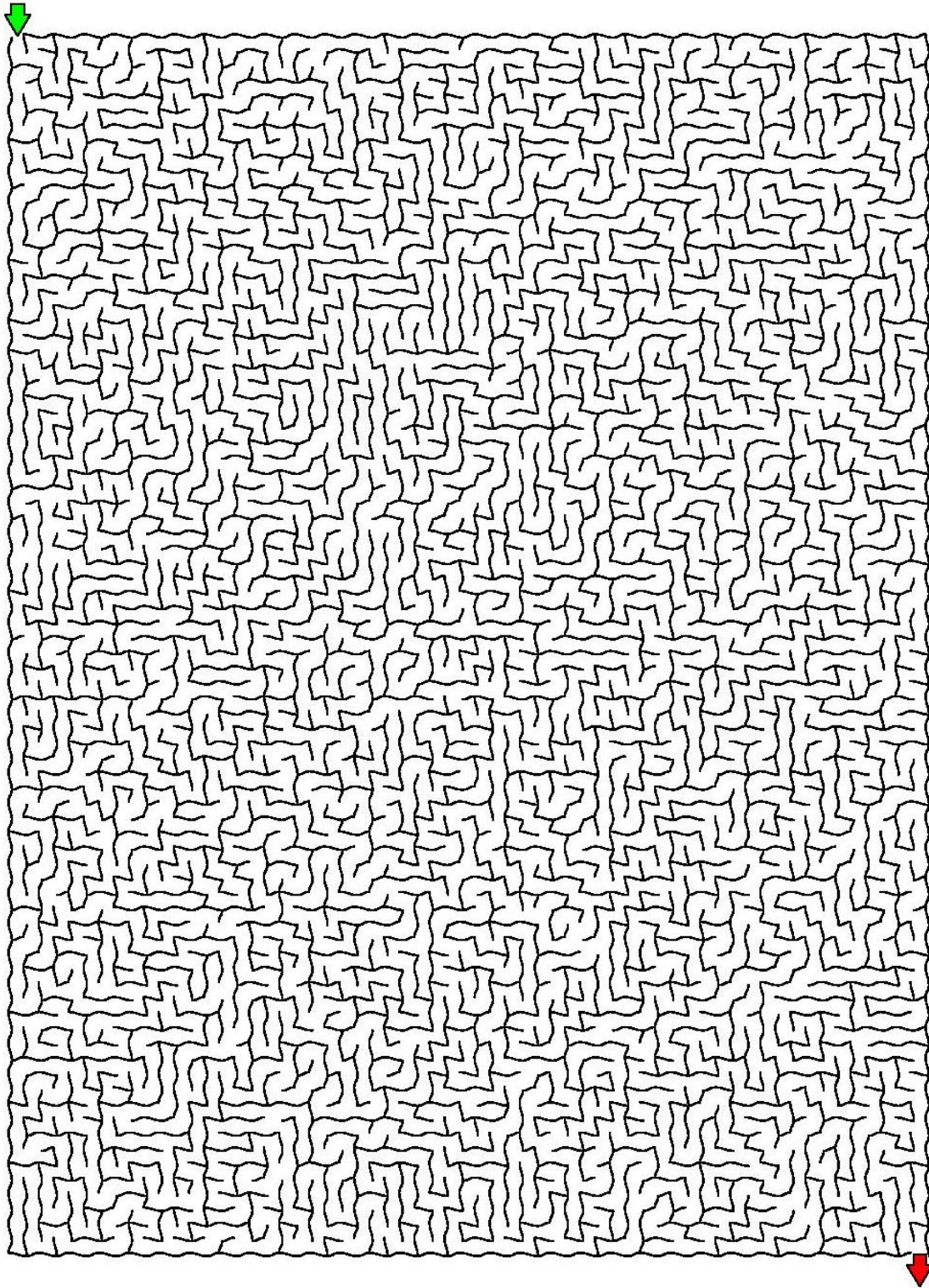
... And because learning about the unusual ability To Master, the king ordered him to build a maze ...

That even the smartest people in the world, could not solve it ...









**KRAZYDAD.COM/PUZZLES**

Need the answer? <http://krazydad.com/mazes/answers>

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Guess What it Says?

1 <i>another one thing</i>	2 <b>heart</b>	3 <i>thought But thought</i>
4 <del>LEAST</del>	5 MILL1ON	6 FOOLING
7 <i>historyhistoryhistory</i>	8 <i>musically</i>	9 ↓ <b>end</b>
10 B R I A N	11 ↑ FILE	12 <b>ecapace</b>
13 <b>ECNALG</b>	14 LOVE   HATE	15 ALL THINGS <i>all things</i>

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# Guess What it Says?

## ***Answers***

1. "one thing after another"
2. "broken heart or heart broken"
3. "but on second thought"
4. "last but not least"
5. "one in a million"
6. "fooling around"
7. "history repeats itself"
8. "musically inclined"
9. "the beginning of the end"
10. "scatter brain"
11. "line up in single file"
12. "pacing back and forth"
13. "a backwards glance"
14. "a thin line between love and hate"
15. "all things great and small"