

# MANAGING SOCIAL DISTANCING

Resources for young people to make COVID-19 social distancing NOT SUCK



## THINGS TO DO:

**GAMING:** [Kongregate](#) — Free online games ranging from casual to more dedication

**ART:** [Google Doodles](#) — We've all seen the Google Doodles that appear during special events or to honor specific people. This is the archive that you can get lost in.

**MUSIC:** [Song Maker](#) — Song Maker lets you easily construct songs, play them back, and remix them

**MUSIC:** [The Sofa Singers](#) — Free virtual singing events each work to spark joy and human connection

**HEALTH:** [Yoga with Adriene](#) — Browse the library of free yoga videos to find a practice that suits your mood. Welcomes all levels, all bodies, all genders, all souls!

**HEALTH:** [Fitness Blender](#) — Free workout videos for every fitness level. This site has it all- HIIT, Pilates, strength-training- you name it!

**EDUCATION/INSPIRATION:** [Ted Talks](#) — The TED Talks channel features the best talks and performances from the TED Conference, where the world's leading thinkers and doers give the talk of their lives in 18 minutes (or less).

**ENTERTAINMENT:** [Open Culture](#) — 1000's of movies for free, including classics, indies, film noir, documentaries and more

**ART:** [Virtual Museum Tour](#) — Take a virtual tour of some of the world's greatest museums and sites.

**NATURE:** [Animal Cams](#) — Check out these amazing feeds! From jellyfish to an African watering hole.

## WAYS TO STAY CONNECTED:

**REDDIT:** Reddit is the largest online forum dedicated to specific and unique interests and topics known as subreddits. There is a community for everyone from your favorite TV show to cute animals!

**DISCORD:** Discord is a chat program that connects you to communities for text, voice, or streaming. You can join conversations surrounding your interests.

**NETFLIX PARTY:** Netflix Party is a Chrome extension for watching Netflix remotely with friends! It synchronizes video playback and adds group chat.

**GOOGLE HANGOUTS MEET:** Hold video meetings with people, including chat and audio.

**ZOOM:** Free to use for meetings up to 40 minutes long with video, voice, and screen share options.

**CREATE WHATSAPP GROUPS** with friends or neighbors to talk about your daily lives the way you would in normal life.

**PLAY SETTLERS OF CATAN ONLINE:** Catan Universe lets you use Catan Classic to play the board game virtually! The website is in German, use Google Translate to translate it to English and voila!

**INDIGENOUS SCHOOL TEACHERS:** Stay connected to learning and learn more about indigenous culture.

**HOUSEPARTY:** Stay connected with friends, play games, and see everyone on the same screen in an easy to pop in and out of "house".

## RESPONSIBLE NEWS:

**NPR UP FIRST:** A daily news podcast, 15 minutes or less.

**TEEN VOGUE:** Seriously - check out Teen Vogue. They're doing the best reporting on... Everything, from health to fashion to current events and the epidemic.

**THE DAILY:** NYTimes produced podcasts that keeps you updated and has interesting stories

**EEOC:** Pandemic preparedness in the workplace and the Americans with Disabilities Act

**TEEN IN PRINT COVID 19 PERSPECTIVES:** A first-person exploration of the coronavirus outbreak has impacted Boston teens' mental health, academic performance and families

**CONTRA COVID:** A group of students and professionals from Harvard Medical School and medical institutions around the country who are dedicated to ensuring that Latino and immigrant individuals have the information they need to protect themselves and their families. *Available in English, Spanish, Portuguese, and Haitian Creole*

## PLACES FOR POSITIVITY:

**ACTION FOR HAPPINESS:** Action for Happiness is a movement of people committed to building a happier and more caring society.

**TINY BUDDHA:** Tiny Buddha is about reflecting on simple wisdom and learning new ways to apply it to our complex lives-complete with responsibilities, struggles, dreams, and relationships. A leading resource for peace and happiness.

**SHINE TEXT MESSAGES:** Free app with daily messages and support for anxiety and depression.

**REPLIKA:** Personal AI that would help you express and witness yourself by offering a helpful conversation. It's a space where you can safely share your thoughts, feelings, beliefs, and experiences.

**QUARANTINE KARAOKE:** Taking the quarantine by storm is a Facebook group of people who are held up in their homes sharing their favorite songs. This is online karaoke and people supporting each other in an online environment to help each other get through this experience.

**CENTER FOR PUPPETRY:** Live streaming puppet performances.

**TEN PERCENT HAPPIER:** Host Dan Harris tackles actionable and practical tips on how to deal with the anxiety and fear that

comes with not only what is going on currently, but the lack of information around what the future holds.

**SOME GOOD NEWS:** John Krasinski of 'The Office' started a YouTube channel from his home, sharing little bits of positive news to lift spirits!

**GREATER GOOD BERKELEY'S APRIL HAPPINESS CALENDAR:** This month, find resilience and reduce anxiety.

## FIND CALM:

**ISLE OF CALM (NPR):** Stream 6 Hours of Soothing Music

**HAPPIFY:** Happify is an app that assesses a variety of domains in your life and takes you through modules (games, activities, exercises) that are designed to reflect those domains to increase happiness and reduce stress

**ALLTRAILS:** Trail Guides & Maps for Hiking, Camping, and Running | AllTrails — AllTrails is a website and app that helps you find local trails and open spaces.

## JOURNALING RESOURCES, PROMPTS, AND TEMPLATES

**BULLET JOURNALING**

**BULLET JOURNALING FOR MENTAL HEALTH AND ANXIETY**

**FUTURE SELF JOURNALING WORKSHEETS**

**I AM GRATEFUL FOR.... WORKSHEET**

## APPS

**CALM:** Short daily meditations and sleep stories to help you relax.

**HEADSPACE:** Short, 10-minute meditations.

**BREATHE2RELAX:** Stress management app, which will help you learn how to perform and use diaphragmatic breathing techniques for stress control.

**STOP, BREATHE, AND THINK:** Simple activities and meditation to help check in on your emotions and feeling.

**QUARANTINE CHAT:** Developed to help people feel connected.

**SHINE:** Provides a support system for daily stress and anxiety. Learn a new self-care strategy every day, get support from a diverse community.

**7 CUPS:** 7 Cups connects you to a trained caring listener for free emotional support.

## LEARN COOL STUFF:

### AQUARIUMS AND ZOOS: LIVE FEEDS

OMAHA ZOO FROM HOME  
AQUARIUM OF THE PACIFIC  
MONTEREY BAY AQUARIUM  
MARYLAND ZOO  
THE NATIONAL AQUARIUM  
SAN DIEGO ZOO  
WOODLAND PARK ZOO  
SMITHSONIAN'S NATIONAL ZOO

### PODCASTS

UNLOCKING US WITH BRENE BROWN  
BEAUTIFUL STORIES FROM ANONYMOUS PEOPLE

### MUSEUMS WITH VIRTUAL TOURS

THE LOUVRE  
THE SOLOMON R GUGGENHEIM MUSEUM  
THE NATIONAL GALLERY OF ARTS

The British Museum offers both **VIRTUAL TOURS** and also a chance to **VIEW THE COLLECTION ONLINE**

### SMITHSONIAN NATIONAL MUSEUM OF NATURAL HISTORY

NASA offers free virtual tours of the **LANGLEY RESEARCH CENTER** and **GLENN RESEARCH CENTER**.

### THE DALI THEATER – MUSEUM

National Woman's History Museum in Virginia provides access to **ORAL HISTORIES** and **ONLINE EXHIBITS**.

National Museum of the US Airforce offers **VIRTUAL TOURS** and the **MUSEUMS PODCAST**.

Google Art Project has partnered with over 1200 museums around the world to provide virtual tours to see the **FEATURED LOCATIONS** to see **ALL OF THE SITES**.

**HISTORY COLORADO** offers a podcast that shares stories of travel across Colorado.

### NATIONAL GALLERY OF ART: WASHINGTON DC

**YALE'S 'HAPPINESS' COURSE IS FREE ONLINE:** Make a Coursera account (free)

### LIVE STREAM THE NORTHERN LIGHTS

### FREE ONLINE IVY LEAGUE COURSES

## DO SOME GOOD:

**MEALS ON WHEELS:** Volunteers to deliver food

**RED CROSS:** Requests additional blood donations during this time.

**CRISIS TEXT LINE:** Volunteer to support those who need support .

**BOOKSHARE.ORG:** Help scan and edit book for those with disabilities.

**ALONE:** Volunteer to offer support to elderly individuals who are isolated during this time.

**LOVE FOR THE ELDERLY:** Write letters to support those living in care homes that cannot see loved ones.

STAY  
- AT -  
HOME