

## Don't Forget to Play While You're Away!

We recognize that the disruption of community services, activities, and programs will present a significant challenge for both staff and persons served across the organization. In light of these circumstances, we have put together some ideas and resources to help provide some fun, social connectedness, and entertainment during this challenging time. We know that with some creativity, resourcefulness, resiliency, and maybe some humor, we will be able to navigate whatever comes our way!

We all miss seeing each other and would love to see how you are staying safe and still having fun! Please send your best photos and videos to [ccarnege@ongwanada.com](mailto:ccarnege@ongwanada.com) or [eweatherbed@ongwanada.com](mailto:eweatherbed@ongwanada.com) so that we can share your amazing ideas and attitudes with others!



**Cooking Class:** Create a dish together. Pick a dish to make that involves prep work or takes a number of steps to build the actual dish (i.e.: Sheppard's pie, Tacos, lasagna, DIY Pizzas, Fruit Salad, Stuffed Mushrooms or Peppers). Share your chef skills by videoing your creation as a cooking show!



**Book Club:** Read or listen to a fictional book/story together (audiobook links below). Discuss what happened in the segment that you listened to, ask about favorite characters, draw picture of what you think the characters look like, make a book club poster, act out a part of the story, etc.

Make your own story. For ideas try: Scholastic Creative Writing Activities  
<http://www.scholastic.com/teachers/story-starters/>

YouTube Audiobooks:

Alice in Wonderland: <https://www.youtube.com/watch?v=YC6j57PDhKE>

The Wonderful Story of Henry Sugar (Roald Dahl): [https://www.youtube.com/watch?v=tby0AhJ\\_pUg](https://www.youtube.com/watch?v=tby0AhJ_pUg)

The Lion King (Story Teller Version): <https://www.youtube.com/watch?v=sR2A20zs3wo>

Fantastic Mr. Fox (Roald Dahl): [https://www.youtube.com/watch?v=CHARGAHV\\_IA](https://www.youtube.com/watch?v=CHARGAHV_IA)

Peter Pan: <https://www.youtube.com/watch?v=ev1nR0ChRnc>

Charlotte's Web: <https://www.youtube.com/watch?v=TgsD-xdJdoM>



**Music Buffs:** Discuss hot topics and interesting stories in the music world, play music related to the topics and sing/play along using household items as instruments (pots, pans, containers of rice, spoons, wooden utensils, plastic bowls, etc), have each person pick a favourite song to play for the group. Watch a video of your favourite artists live in concert, make a poster or painting related to favourite musicians or bands. Make your own music online... and definitely DON'T FORGET to have a dance party!

Music Lab: <https://musiclab.chromeexperiments.com/Experiments>

Sing King - Karaoke YouTube: <https://www.youtube.com/user/singkingkaraoke>



**High Tea:** bake something delicious then enjoy over afternoon tea. Maybe even dress up for the occasion!

High Tea Recipe Ideas: <https://www.tasteofhome.com/collection/tea-party-recipes/>

Tea Party Game ideas: <https://www.care.com/c/stories/4266/top-10-tea-party-games/>

**Relaxation Station:** Try the links below for videos that will guide you through short, beginner level yoga and mindfulness exercises. You can also explore Cosmic Kids and Zen Den on youtube for easy and fun yoga and meditation activities for beginners.



“Yoga for Neck, Shoulders, Upper Back”: 10 minutes

<https://www.youtube.com/watch?v=X3-gKPNyrTA>

“7 Minute Bedtime Yoga”: 7 minutes

<https://www.youtube.com/watch?v=LI9upn4t9n8>

“6-Minute Yoga Chill”: 6 minutes

<https://www.youtube.com/watch?v=xLS9uQQQyB0>

“Yoga for Couch Potatoes”: 7 minutes

<https://www.youtube.com/watch?v=QzhGqjIYU14>

“Yoga for Hands, Fingers, wrists”: 11 minutes

<https://www.youtube.com/watch?v=NxC4LhOrMFw>

“3 Minutes Body Scan Meditation”

[https://www.youtube.com/watch?v=ihwcw\\_ofuME](https://www.youtube.com/watch?v=ihwcw_ofuME)

“3 Minutes Sleep Meditation”

[https://www.youtube.com/watch?v=jCmnnGMt\\_dw](https://www.youtube.com/watch?v=jCmnnGMt_dw)

“Rainbow Meditation for Kids and Adults”

<https://www.youtube.com/watch?v=zyjiz-Q2fDA>

“Butterfly Body Scan”

[https://www.youtube.com/watch?v=56\\_8aK3cLEA](https://www.youtube.com/watch?v=56_8aK3cLEA)

“Bring It Down” (Balloon Imagery): 3 minutes

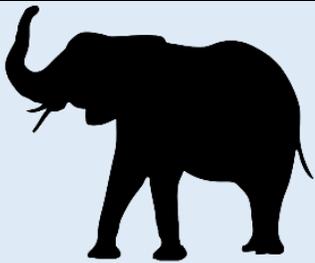
[https://www.youtube.com/watch?v=bRkLIoT\\_NA](https://www.youtube.com/watch?v=bRkLIoT_NA)

“On & Off” (Body Scan): 4.5 minutes

<https://www.youtube.com/watch?v=1ZP-TMr984s>

“Melting” (Body Scan)

<https://www.youtube.com/watch?v=mcZm2oJ7DKE>



**National Geographic:** see links below to learn about a new animal or place, watch an informative or funny videos online, test your knowledge with trivia questions about the discussion topic!

Virtual Tour of Yellowstone National Park: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

San Diego Zoo activities and videos: <https://kids.sandiegozoo.org/>

Mar Rover Interactive Site: <https://accessmars.withgoogle.com/>

Animal Planet Youtube: <https://www.youtube.com/channel/UCkEBDbzLyH-LbB2FgMoSMaQ>

National Geographic Podcasts: <https://www.nationalgeographic.com/podcasts/overheard/>

National Geographic Quizzes and Games: <https://kids.nationalgeographic.com/games/quizzes/>

NASA Climate Activities and Resources: <https://climatekids.nasa.gov/menu/big-questions/>

Smithsonian Ocean (Lesson Planning and resources available): <https://ocean.si.edu/educators-corner>



**TSN Turning Point:** play favourite sports videos, movies, or highlight reels; talk about favourite professional athletes and teams, look for stories about recent sports news, play sports related trivia or online games, read sports book.

Sports Online Games and Trivia: <https://www.cbc.ca/kidscbc2/games>

Indoor Sports/Games Ideas (Minute to Win It): <https://www.thebudgetdiet.com/top-30-minute-to-win-it-games>

## Social Distancing Special Events:

**CBC Movie Night in Canada** (Saturdays) – Schedule link: <https://mobilesyrup.com/2020/03/17/cbc-gem-movie-night-in-canada-covid-19/>

**Community Window Art:** Make art according to the schedule, put it in a street-visible window, drive or walk (only with others from your household) to find the other window art makers in your neighbourhood!

March 20<sup>th</sup>: Silly Faces

March 23<sup>rd</sup>: Animals

March 26<sup>th</sup>: Encouraging Words

March 29<sup>th</sup>: Flowers

April 1<sup>st</sup>: Jokes

April 4<sup>th</sup>: Easter Eggs

**Wonderland Kingston:** Offering free same-day delivery of board games purchases. <https://wonderlandkingston.com/>

**Tie One On Creativity Bar:** Craft kits for delivery <https://www.facebook.com/tieoneoncreativitybar/>

**Streaming Music Performances** - There are tons of artists doing live concerts or posting performances online! Some are listed here:

<https://www.cbc.ca/music/music-in-the-time-of-covid-19-live-performances-you-can-stream-from-home-1.5500113>

<https://www.tvguide.com/news/musicians-streaming-free-concerts-coronavirus-isolation-social-distancing/?rss=breakingnews&partnerid=googlepropeller&profileid=breaking>

## Other In-Home Activities

Board Games

Art

Plants and pots

Water Pong

Make a Movie

Call or Skype

Charades

Bingo

Plan a House Party

Build a Recycling Monster

Mad Libs

Jenga

Karaoke

Card Games (Uno, Go-Fish, Crazy 8s, Memory, War)

Puzzles

Egg Decorating

Balloon Tennis

Heads Up (Tablet or Smartphone Game)

Dominos

Beading or Jewelry Making

Make a Lip Syncing Video

## Outdoor Activities

Early Spring Picnic (Dress warm and enjoy hot beverages and snacks outside)

Outdoor art (ie: Driveway chalk)

Sports (Baseball, Catch, Croquet, Bocce Ball)

Fly a kite

Kingston and Area Outdoor Photography

Neighborhood Walk (following social distancing standards)

Spring clean-up activities (i.e.: rake lawns, sweep drive ways, decks, porch, wash windows)

Plan a Sunset Watching Trip at Fort Henry Hill or Lake Ontario Park