

S P R I N G 2 0 2 0

# The Remote Activity Guide

Courtesy of AWM Wellness



## The Motto So Far For 2020... Stay at Home, Save Lives

Greetings! Inside this special edition of the AWM wellness newsletter, you'll find activity ideas and links to great resources that both educate and entertain people of all ages remotely. Make sure to also check out [Live Well @ Home](#) which offers more links organized by age group and topic. Most stuff is free!

Please take advantage of this shared time together to positively reinforce your connections to family, friends, and your local community. Until we meet again - stay safe.

### Content Highlights

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#### Live & Virtual

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- Local Businesses
- Local Communities

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## eLibraries Rock!

Use your library card(s) to access tons of free digital content. Don't have a library card? No problem! Follow the links below and fill out the online application of the library system that you'd like to join (city &/or county). Each library system has some unique content, so you'll need both a city and county library card in order to access all that the collections offer. The best part – library cards are totally free!

- ❖ **County of San Diego Library System:**
  - [Instant Digital Library Card](#)
  - [Library eCard Application](#)
- ❖ **City of San Diego Library System:**
  - [Digital Library Card](#)

Note: If you currently have an active library card, then you already have access to the eLibrary collection for that library system (city or county).



## Media Basics

Here's a small sample of a variety of resources available on the internet. Note: all library references require an active library card/ecard.

### Music

- [Tiny Desk](#). Intimate music video performances recorded live at the desk of All Songs Considered - NPR.
- [Live Nation – Live From Home](#). Live musical events and streaming connections.
- [SiriusXM](#). Free access to +300 channels of streaming content (music/news/sports) **until May 15, 2020**. New subscribers either download the app or stream online.

### Videos/Movies

- [BookFlix](#) (City of San Diego Library). Pairs classic video storybooks with related nonfiction eBooks from Scholastic to build a love of reading and learning.
- [Entertainment Weekly](#). Links to free viewing content. **Limited time offers** so check out - sooner than later.

### Books (Electronic & Audible)

- [San Diego County eLibrary collections](#). eBooks, eMagazines, audiobooks, career help, and more!
- [City of San Diego eLibrary collections](#). eBooks, audiobooks, test prep help, and more!
- [Audible](#). Normally, a pay-for audiobook service. But, while school's out, it's offering free access to +150 titles **for ages 2 thru 18** with selections in 7 languages.
- [Libro.fm](#). Proceeds from these audiobook purchases are shared with your local independent bookstore.

### Live Performances

- [The Metropolitan Opera](#). Nightly opera streams. Plus, one opera per week specially selected for young patrons.
- [National Theatre at Home](#). Free full-length plays every Thursday.
- [Entertainment Weekly](#). Links to free ballet and dance performances.
- [Cirque Du Soleil](#). 60-min shows + extra content.





## Working in and around your home. Outdoor yard care, do-it-yourself projects, and home cooking.

With most of the day confined to areas in and around our home, it makes sense to focus our attention there. Home improvement stores are considered critical businesses and are open and ready to assist you. Why not take advantage? Then, when all the work is done, let's eat.

Consider creating a new garden space, installing a basic water feature, or freshening up your existing landscape plants. There are plenty of websites, blogs, magazines and books that can provide helpful tips or full-blown, step-by-step instructions to walk you thru the whole process.

Do-it-yourself (DIY) interior home projects have also gained popularity over the years. A

short search on YouTube (as well as many of those home improvement network sites) will offer you guidance to add functionality to your home or to address that pesky repair that you've been meaning to get to. While you're at it, stop procrastinating and paint that room! A fresh splash of color can lift your spirits and leave you with a real sense of accomplishment.

Next, it's time to feed the crew. Cooking at home more often these days may lead to "this again?!" syndrome. The internet is filled with recipes that are easy to follow and based upon [simple](#) and/or [few ingredients](#). The result? Meals that satisfy your hunger and promise a home cook the applause that they deserve.



## Quick & Easy Dog Treats

Recipe courtesy of [Puppy Leaks](#). Click the link to access **25 dog treat recipes made with 5 or less ingredients**

**2 cups flour**  
**½ cup creamy peanut butter\***  
**2 eggs**  
**¼ cup water**

\*If chunky peanut butter is used instead, you'll probably need to add more water to make the dough workable.

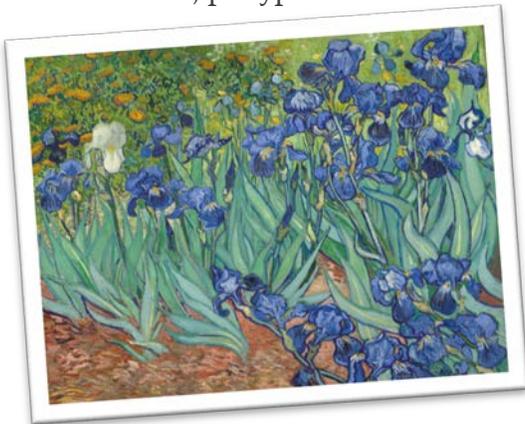
1. Preheat oven to 350 degrees F.
2. Mix together the flour, peanut butter, and eggs in a large bowl until slightly combined.
3. Mix in one tablespoon of water at a time until the mixture is wet enough to roll out as dough.
4. Roll out dough & cut out biscuit shapes
5. Use baking sheet and cook for 15 mins.

# All Things Live & Virtual

Note: 360-degree views require you to move your cursor during the action to change the default screen view

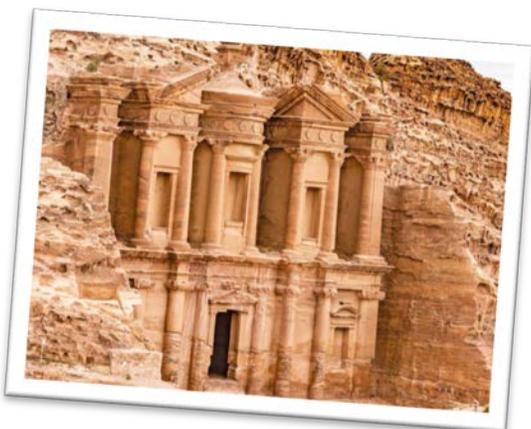
## Zoos

- [San Diego Zoo](#). Animal live cams and videos.
- [Cincinnati Zoo & Botanic Garden](#). Home safari resources. Zoo animal videos and at-home activities.
- [Dallas Zoo](#). Animal intro videos and at-home activities.
- [Smithsonian's National Zoo & Conservation Biology Institute](#). 5 live webcams: cheetah cubs + 4 more.
- [Houston Zoo](#). 7 live webcams: leafcutter ants + 6 more.
- [Lone Pine Koala Sanctuary](#) (Australia). Lots of live cams: koalas, platypus + more.



## Aquariums/Ocean Dives

- [Maui Ocean Center](#). Ocean education (online) classroom for K-5<sup>th</sup> grade.
- [Aquarium of the Pacific](#) (Long Beach). Live webcams of jelly fish, penguins, sharks + more.
- [Buck Island Reef](#). 360-degree underwater dive + more.
- [Vancouver Aquarium](#) (Canada). Live webcams.
- [Monterey Bay Aquarium](#). Live animal/coast webcams.
- [Dive into the planet with Jill Heinerth](#). Icebergs, caves...
- [National Aquarium](#) (Maryland). Live webcams.



## Museums

- [Google Arts & Culture](#). Remote access links to 1,000s of museum collections. 2D & 360-degree views + virtual tours. Check out: Palace of Versailles, Hall of Mirrors.
- [The Museum of the World](#) (The British Museum). Visually unique and highly interactive collection of world artifacts based on era, category, and/or region.
- [Prehistoric 'sea dragon'](#) (Natural History Museum, London). 360-degree multimedia.
- [Giraffatitan dinosaur](#) (Museum fur Naturkunde, Berlin). 360-degree multimedia.



## World Wonders & Beyond

- [31 U.S. National Parks](#). 360-degree, self-guided tours.
- [5 Hidden Worlds of U.S. National Parks](#). Multimedia.
- [Petra: a guided, 360-degree tour](#) (Jordan).
- [Rome: a guided, 360-degree tour](#) (Italy).
- [Glow worm caves](#) (New Zealand). 360-degree video.
- [Northern lights. 360-degree views with music](#).
- [Inside Space Shuttle Discovery](#). 360-degree video.
- [Earth as seen from outer space](#). 360-degree video.
- [VR tour of six exoplanets](#). 360-degree video.

## Have you reached electronic media burnout, yet? How do we show our support? Try going back to basics and thinking ‘outside the box’.

### ❖ Family

- Camp at home.

Canceled camping trip? Adapt. Pitch your tent and set up those lawn chairs in your own backyard. No yard? Then set up camp inside.

- Plan a scavenger or treasure hunt.

Inside or outside. Parents come up with age-appropriate clues and/or a treasure map. (Don't forget to leave a reward for the winner.) Unleash the kids, stand back, and watch the fun play out.

- “Remember when...”

Take advantage of your current communal state to recount stories and compare details about your family's history (past and present). One way to build up family bonds and camaraderie.

- Serve a family meal ‘picnic style’ – inside or out.
- Dig out those horseshoe, badminton, and croquet sets or create your own mini put-put golf course.
- Walk or bike around the neighborhood together.
- Play Pictionary or charades. Make your own.

### ❖ Kids

- Imagination play.

Encourage kids to think beyond the literal. Stretch out a blanket on the floor and it becomes an island. Use that same blanket to make a play tent or clubhouse. Watch out for pirates!

- Put on a show.

They can re-enact their favorite shows or create and perform an original play. Future musicians and singers can wow family and friends with a home-grown concert. Family fashionistas can have a runway fashion show. Or perhaps a formal art show? Invite others to access them remotely.

- Start a photo/nature journal. Or a daily-did diary.
- Create their own board game. Then all can play.
- Within their age and skill set, have them cook a meal for the family or just dessert – yum. 😊

### ❖ With Neighbors

- Music mixology. Encourage your neighbors to step out on their front porches at a given time once a week (or every weekday). Take turns blasting songs from Spotify lists, performing them on personal instruments, or vocalizing.
- Throw a socially distanced happy hour.
- Dance together. Have someone lead a dance aerobics class or some great swinging tunes. Invite your “backyard neighbors” to join in.
- Share positive thoughts thru chalk art on the family driveway, front porch, or sidewalk. Or make an art contest. Upload pics via chat link.

### ❖ Learn a New Language and/or Skill

- City of San Diego library. Free access to [30 Rosetta Stone languages](#) and skills training.
- San Diego County library. Free access to 35 languages with [Duolingo](#) and +60 languages with [Mango](#). Additional training courses, too.
- [EdX](#). Online courses from top institutions.

### ❖ Support Local Businesses

- Buy gift cards today for use by you or others in the future.
- Buy local shop items and favorite indie band merchandise online.
- Schedule a service for later. Simply knowing that work is coming their way can alleviate some anxiety & make a big difference to them.
- Get delivery or curbside pick-up.
- Tip more for service if you can. Delivery drivers and baristas (to name a few) are likely to be working less hours with fewer customers.
- Boost up your favorite businesses with rave reviews on Yelp, Google, Facebook, etc.
- Say ‘thank you.’ Right now, everyone's under stress. However, local business owners with worries about their long-term prospects are experiencing an extra dose of anxiety.

## Support Local Communities



1. Skip the refund for a missed local event. Write it off as a donation.
2. Consider continuing to pay the people who work for you.
3. [Donate blood](#) or [convalescent plasma](#) (COVID-19 recovered patients). Current [San Diego Blood Bank donation](#) appts are 4-6 weeks out.

## Help Thy Neighbor

1. Form a coronavirus neighborhood watch for those needing assistance yet lacking a computer. As people walk/bike in their neighborhoods, they can look for a mailbox ribbon or a sign in a window left by those who need help.
2. Join an electronic community board like [Nextdoor](#) to socially connect with locals in your surrounding area.



We're stronger when we work together!

Feel free to use the form below if you want to extend a neighborly helping hand "the old fashion way."

**HELLO!** If you are self-isolating, I can help.

**My name is**

.....

**I live locally at**

.....

**My phone number is**

.....

**If you are self-isolating due to COVID-19 I can help with:**

- |  |  |
|--|--|
| <input type="checkbox"/> Picking up shopping   | <input type="checkbox"/> Posting mail    |
| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Just call or text me and I'll do my best to help you (for free!)

**Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.**

**#ViralKindness**