

Recreation Resources and Ideas

It is important to stay active, social, and engaged during this time – but it can be hard to know how. We've put together some ideas to help!

To start: keep as regular a schedule as you can - change out of your pajamas in the morning as you normally would, and try to incorporate physical activity, mental stimulation, and social connection (remotely) every day.

Please note: some of these resources, particularly the physical activities and exercises, may not be appropriate or safe for everyone. Seek support from family, caregivers, or remotely from clinicians before trying something new!

Physical Activity:

- Do your Home Exercise Program given to you by your PT
- Check out Youtube for a huge variety of exercise videos for people with different abilities. Try searching “chair exercise”, “seated exercise”, “low impact exercise”, or anything else that interests you that you'd like to try. Here's one example:
<https://www.youtube.com/watch?v=R6Nr-VaFcqM>
- YMCA free online exercise programs: <https://ymca360.org/on-demand#/category/85>
- Get outside – walks/wheels (remember to keep at least 2 meters away from other people), or out on your own patio for some fresh air and sunshine.
- Chair Yoga online videos – some examples:
 - CP Association - Yoga (youth & adults) every Tuesday: 5:00 – 6:00 pm (Taught by Toni van der Marel) - Join URL: <https://us04web.zoom.us/j/430297987>, Email Denzil to RSVP: programs@bccerebralpalsy.com
 - “Chair yoga for the upper body” <https://www.youtube.com/watch?v=aL-GPmrDH9s>
 - “Yoga Techniques – Chair yoga for upper body” <https://www.youtube.com/watch?v=vWgZLy5s4wc>
- Tai Chi online videos – some examples from Youtube:
 - Adaptive Wheelchair Tai Chi Seven Form – Demonstration <https://www.youtube.com/watch?v=bAaSfUtlBA> (3 minutes only)

- St Richard's Hospice - adapted Tai Chi, sitting
<https://www.youtube.com/watch?v=-PPulByfUyo> (PT led)
- Seated Tai Chi For Seniors with David-Dorian Ross
https://www.youtube.com/watch?v= V29hEO_oBE

Keeping your mind active:

- Read or listen to an audiobook – the Libby app is great...
<https://www.overdrive.com/apps/libby/>
Audible: 1st book free with membership: <https://www.audible.ca>
- Draw, sketch, paint - pull out those old art supplies and pull up an online tutorial – such as Bob Ross videos on YouTube! You can also search “simple drawing/painting tutorials”
- Learn how to watercolour paint with these step-by-step online tutorials:
<https://www.youtube.com/channel/UCEYTvzdLrD1bx1NTOO4nwpA>
- Create an Art Journal: a visual diary using imagery, art, words to express thoughts and emotions.
- Write in a journal. Start a gratitude journal.
- Crafts - knitting, crochet, sewing, Try a new craft with your kids (fun for adults too!):
<https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/>
- Build models: various models can be found on amazon.ca
- Check Netflix and other apps for TV show and movie content.
- MET Nightly Opera Streams: https://www.metropera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/?fbclid=IwAR1-6RGTPYQacoSaHz8Loam69sYUe3WXQTfXDUMGRDjn0_r1ziljFAz-VaM
- 15 Broadway Plays and Musicals: https://playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR099FxcI8ZAetx8Noh51vYr4QM1n-nhDD7CMH3rn_nrowldsP-4IEZfHBo
- Attend a virtual concert: <https://www.npr.org/music>
- Print off free coloring pages: https://mymodernmet.com/free-coloring-pages-color-our-collections/?fbclid=IwAR0CavtK7O47ye4RURY3zMfXioiERn_UEs03PvwTr4G6ecww9k--YpsAAQ

- Various virtual fieldtrips - world wide:
<https://www.wowtravelagency.com/virtualfieldtrips?fbclid=IwAR2nQD-lzy6grSowxx8bYUboIx2CVbEhY0B7mlhpyw0yIlg2nQ0YK8MUMWM>
- Cincinnati Zoo and Botanical Garden:
https://www.facebook.com/cincinnati_zoo/?hc_location=ufi
- Watch a comedy, or look up stand up comedy on Netflix or You Tube.
- Do some baking with a family member or caregiver
- Take a virtual tour of somewhere you've never visited before (great for kids too!):
<https://www.refinery29.com/en-ca/2020/03/9579803/free-virtual-tours-online>
- Museum tours: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- Meditation - online guided meditation videos, Free Apps: Headspace: <https://www.headspace.com/> & Insight Timer: <https://insighttimer.com/>
<https://www.uclahealth.org/marc/mindful-meditations>
- Shambhala Meditation Centre - Wednesday evening online meditation session - 7pm - 9pm - includes guided meditation for beginners at 7pm, announcements and social at 8pm, dharma talk and discussion at 8:20pm - join on Zoom from the website:
<https://vancouver.shambhala.org/programs/open-house/>
- Do something you've been avoiding - clean out the junk drawer, organize your papers, tidy a closet
- Listen to podcasts and radio shows: try Spotify, or the CBC Listen App
- Plant seeds in indoor pots or start patio plants
- Phone and tablet games - solitaire, spider solitaire, Sudoku, candy crush, etc.
- Language learning apps - Duolingo is a great free option: <https://www.duolingo.com/>
- Photography - learn to use your camera or phone camera better! Search for free online courses
- Listen to music – Spotify has a free app
- Puzzles! Jigsaw, crossword, word find, Sudoku, Solitaire, online examples:
 - Larry King's Word Search: <https://appadvice.com/app/larry-kings-word-search/1288695071>
 - Jigsaw Puzzles Epic:
https://play.google.com/store/apps/details?id=com.kristanix.android.jigsawpuzzlepic&hl=en_US
- Michaels' curbside pick-up - order arts and crafts materials online, select "in-store pick-up", and they will email you with a code. Take the code and ID to the store and they will put the items right in your trunk! (requires a vehicle, driver, and credit card)

- Amazon.ca is a great resource for art /craft materials, some necessities such as toiletries (soap, shampoo, deodorant, etc), DIY projects.
- If the boredom is *really* getting to you, find inspiration on this list of 94 fun things you can do in your own home!
<https://www.apartmenttherapy.com/fun-things-to-do-at-home-35003444>

Ways to socialize:

- Video games - online games allow you to talk to others and connect socially.
 - Overcooked: https://store.steampowered.com/app/728880/Overcooked_2/ cost: \$28.99 CAD
 - Simms free play <https://www.ea.com/en-gb/games/the-sims/the-sims-freeplay>,
 - Sociable Soccer: <https://sociablesoccer.com/> (stay tuned for release date)
- Articles about video gaming:
 - <https://www.theguardian.com/games/2020/mar/17/25-best-online-video-games-coronavirus-self-isolating>
 - <https://www.psychologytoday.com/ca/blog/video-game-health/201901/video-games-are-social-spaces>
 - <https://disabilityhorizons.com/2018/05/10-fun-accessible-game-and-activity-apps/>
- Facetime, Skype, Zoom with family and friends
- Host Netflix watch parties with your friends/family.
<https://chrome.google.com/webstore/detail/netflixparty/oocalimimngaihdkbihfgmpkcpnmlaoa?hl=en>
- Meetup - www.meetup.com
 - "Virtual Yoga, Fitness & Wellness Online - Free & Live"
 - "Virtual (for now) 40+ Absolutely Fabulous Meetup Group"
- Go outside at 7pm and make some noise in support of frontline healthcare workers
- Write a letter to a friend, send someone a card
- Stay socially connected through SCI BC's Virtual Groups for exercise, yoga, mindfulness, socializing, and even online Netflix Watch parties! Everything is open to anyone with any disability or mobility limitation, not just those with a spinal cord injury. <https://sci-bc.ca/events-directory/>

- For anyone who has had a stroke – there are virtual groups you can join to stay connected with others and to keep physically and mentally active:
 - Email Jill at jjukes@marchofdimes.ca to get on the mailing list for the virtual stroke recovery groups – take place every Wednesday and Friday at 1:00

Coping and support:

- Mental Health- Mood fit app: Moodfit is an emotional tool to help people suffering from stress, depression and anxiety to improve their mood. The app lets you track your mood, create daily goals and learn mindfulness techniques. It is free to download but requires you to create an account to log into. You can use zoom and voiceover functions on this app too. The app is available on [iTunes for iPhone](#) and [Google Play for Android](#). Please note that this does not replace the importance of connecting with a mental health professional if needed.
- Join a Vancouver-based online support group; you can even request help from community members if you are in need of essential items:
<https://www.vancourier.com/community/vancouver-covid-19-community-support-group-comes-together-online-1.24101468>
- Read about dealing with anxiety during these uncertain times:
<https://newsnetwork.mayoclinic.org/discussion/covid-19-tips-for-mindfulness-coping-with-anxiety/>
- Online Chat service for Adults: www.CrisisCentreChat.ca (Noon to 1am)