



Welcome to the second issue of Things to do While You're at Home. The VEQ team is still working hard to ensure community members stay informed, and have the latest updates during these difficult times.

Please keep an eye on our Facebook page: <https://www.facebook.com/VoiceofEnglishspeakingQuebec>

Stay safe and don't hesitate to reach out to us if you have any questions, or require assistance.

We will do our very best to get you what you need, or point you in the right direction.

—From the team at VEQ

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## Activities for Kids

### **Michael O'Mara Books—Online Activities**

<https://www.mombooks.com/mom/online-activities/>

You will find a host of online colouring activities, quizzes, and downloadable extras from books here.

### **Toronto Zoo**

<http://www.torontozoo.com/zootoyou>

Fun home activities and lesson plans and virtual learning live every Tuesday and Thursday at 11 a.m.

### **Tate Kids**

[https://www.youtube.com/channel/UCYvsK26rzIH5F\\_s1BmlwQbw/featured](https://www.youtube.com/channel/UCYvsK26rzIH5F_s1BmlwQbw/featured)

Informational and interactive videos about, art, art movements, and artists.

### **Open School**

<https://ecoleouverte.ca/en/>

Government of Quebec online platform.

## Education and Personal Development

### **edX**

<https://www.edx.org/>

Real college courses from Harvard, MIT, and more of the world's leading universities.

## Fitness

### **PopSugar Fitness**

<https://www.youtube.com/user/popsugartvfit/videos>

A Youtube Channel full of different exercise videos for all levels.

## Music, Audio-books and Podcasts

### **National Public Radio**

<https://www.npr.org/series/tiny-desk-concerts/>

NPR's Tiny Desk Concerts featuring some of the best emerging and popular singers and bands!

### **CBC Podcasts**

<https://www.cbc.ca/radio/podcasts>

For all tastes and interests. You can also download the CBC Listen app.

### **On Being**

<https://onbeing.org/series/podcast/>

A Peabody Award-winning public radio show and podcast hosted by Krista Tippett.

### **Common Sense**

<https://www.common sense.org/education/articles/16-great-learning-podcasts-for-the-classroom>

A curated list from Common Sense Media for kids, teens and families.

## Creative Activities for Everyone

### **The Art Sherpa**

<https://theartsherpa.com/>

<https://www.youtube.com/user/HoneyBmama/featured>

Free paint night classes online. Follow along as artist, Cinnamon Cooney, shows you how to paint step-by-step. Paintings from beginner to advanced levels.

### **Bob Ross**

<https://www.youtube.com/user/BobRossInc/videos>

The official YouTube channel of Bob Ross, The Joy of Painting.

## Performing Arts

### **On the Boards**

<https://www.ontheboards.tv/>

Free multi-disciplinary performances streaming from Seattle, through the end of April 2020.

### **Nightly Met Opera Streams**

<https://www.metopera.org/user-information/nightly-met-opera-streams/>

Encore presentations from *Live in HD* series are being made available for free streaming on the Met website, with each performance available from 7:30 p.m. EDT until 6:30 p.m. the following day.

## Social Assistance

### **Government Assistance Programs COVID-19**

<https://www.quebec.ca/en/government-assistance-programs-covid19/>

Use this tool to find out to which programs you are eligible.