



Welcome to the new 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>

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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## For Kids And Kids At Heart

### **Disney Princess Official YouTube Channel**

Enjoy great entertainment including clips, trailers, and YouTube exclusives from your favorite Disney Princesses! This link takes you to a hair tutorial to recreate Cinderella's look at the ball.

<https://www.youtube.com/watch?v=505jxcFZzdc>

### **Origami for Kids YouTube Channel**

Easy origami video tutorials for kids.

[https://www.youtube.com/channel/UCJME\\_um5k3Xr47bt4UGRGBg/videos](https://www.youtube.com/channel/UCJME_um5k3Xr47bt4UGRGBg/videos)

### **DIY Color Blocked Geometric Vase**

Learn how to easily update your vases with this tutorial.

<https://theproperblog.com/diy/diy-colorblocked-geometric-vase/>

## Education and Personal Development

### **The Eden Project**

The Eden Project, an educational charity, connects us with each other and the living world, exploring how we can work towards a better future. They are offering a host of fun online activities for you to learn more about the plants and animals around us.

<https://www.edenproject.com/learn/for-everyone>

# Performing Arts and Arts

## **Live Performance by Yo-Yo Ma**

Cellist Yo-Yo Ma will perform J.S. Bach's six cello suites live from the studios of WGBH on Sunday, May 24 at 3pm, a memorial for those we have lost in the pandemic and a tribute to the resilience of our communities.

<https://www.youtube.com/watch?v=AHYD7ZiiD38>

## **Cirque du Soleil**

Though it doesn't quite compare to the all-encompassing experience of seeing it in the flesh, the recently released hour-long special is a close alternative.

[https://www.youtube.com/watch?v=VL0TG\\_nCqzE](https://www.youtube.com/watch?v=VL0TG_nCqzE)

## **Concept Art and Illustration Contest Winners**

See what tomorrow's concept artists are up to in the "Forbidden Lands and Fallen Empires" digital painting contest organized by Syn Studio Art School Montreal

<https://discover.therookies.co/2020/05/19/winners-announced-forbidden-lands-fallen-empires-and-ancient-guardians/>

# Mindfulness and Wellbeing

## **Mindfulness Online Course**

30 days of mindfulness to calm anxious thoughts, strengthen emotional resilience, and cultivate compassion and connection. Free until June 30.

<https://learning.mindful.org/p/daily-mindfulness-free>

# Just For Fun

## **Virtual Plane Tours**

Bypass customs and baggage check as you take your place in the cabin of some of the world's best-equipped small jets.

<https://www.eyerevolution.co.uk/aircraft>

## **Harry Potter Ride**

Ride the Harry Potter and the Forbidden Journey ride at Universal Studios Hollywood

<https://youtu.be/JV8-CBTlc6g>

# Resources and More Ideas

## **Accès Loisirs Québec**

They are open and working again. Website is available in French only. It is best to call, since at least two of their staff members are bilingual (EN/FR). If you would like to sign up for recreational activities (loisirs) but need financial assistance, they can help you.

<https://www.accesloisirsquebec.com/accueil.ws>

## **"10 Free Things You Can Do at Home in Covid-19 Times"**

<https://www.cbc.ca/news/canada/toronto/to-do-list-amid-covid19-1.5552691>

## **"30 Ideas to Entertain Yourself During Social Distancing"**

<https://www.braininjurycanada.ca/ideas-social-distancing/>