



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

For Kids And Kids At Heart

OISE Stay at Home Club

The OISE Stay At Home Club is a new Twitter Live series that features alumni and friends of the Ontario Institute for Studies in Education leading interactive lessons for children and adults alike. You can access the schedule and past videos here.

https://www.oise.utoronto.ca/oise/News/2020/OISE_Stay_at_Home_Club.html

Nature Notes by ON Nature magazine

These four-page resources cover a wide range of environmental topics and are geared to kids aged 10 - 12

https://onnaturemagazine.com/nature_notes.html

Story Time from Space

Astronauts are reading to your kids from space, and you can enjoy the stories here:

<https://storytimefromspace.com/>

Seussville

An interactive website full of games and ideas inspired by Dr. Seuss' imagination.

<https://www.seussville.com/play/>

Carmen Sandiego Worksheets

Use code-breaking and geography skills in awesome Carmen Sandiego worksheets.

<https://www.carmensandiego.com/resource/code-breaking-activities/>

Fun Mindfulness Activities for Children and Teens

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

19 Homemade Instruments That Really Work

Get crafty with the kids and make your own musical instruments with things you already have at home.

<https://redtri.com/homemade-instruments/slide/1>

Education and Personal Development

Basic First Aid

Get an introduction to basic first aid, including how to help someone who is choking, with this free first aid course.

<https://www.futurelearn.com/courses/basic-first-aid>

Performing Arts

National Theatre at Home

Enjoy world class theatre online for free.

<https://www.nationaltheatre.org.uk/>

The Shows Must Go On!

The Shows Must Go On YouTube channel brings you show tunes, backstage access and full performances from some of the best loved musicals in history! Featuring melodic moments, show-stopping solos and high notes for the history books.

<https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag/featured>

Songs of Comfort Project

The 'Songs of Comfort' project world-renowned cellist Yo-Yo Ma launched on social media continues to expand in new directions.

<https://www.pbssocal.org/programs/pbs-newshour/songs-of-comfort-1589403340/>

Mindfulness and Wellbeing

Conversations for Self-reflection and Connection

In this 3-part mini-course you'll learn how to have Fierce Conversations that enrich and strengthen your relationships with family, friends, and most importantly, yourself.

<https://shortenthedistance.fierceinc.com/csd>

Journal

Journaling is a great way to organize your thoughts and process stress. An added bonus would be to make your own journal— it is surprisingly easy! With some old paper lying around the house, a needle, thread, and an online tutorial, you can both record your thoughts and save materials from the recycling bin.

<https://www.instructables.com/id/Simple-bound-journal-with-recycled-materials/>

Just For Fun

10 Fun Games to Play on Zoom That Will Amp up Your Next Virtual Party

Whether you prefer trivia, Bingo, word games, or card games, there's a way to play online.

<https://www.goodhousekeeping.com/life/entertainment/g32098665/best-games-to-play-on-zoom/>

Fruit and Veggie Stamping

Make art using a little paint and the fruits and veggies in your kitchen. Check the blog link for inspiration.

<https://abeautifulmess.com/2012/08/fruit-veggie-stamping.html>

Animals and Nature

E-Bird

Are you a bird-watching enthusiast? eBird is the world's largest biodiversity-related citizen science project, with more than 100 million bird sightings contributed each year by eBirders around the world. Access the database, grow your bird knowledge or even share your experiences!

<https://ebird.org/home>