

## **Social-Distancing - Online and Virtual Activities**

If you are looking for ways to stay busy while Social Distancing, check some of the activities below:

### For Kids

- [Turtle Diary](#)
- [Free Online French Classes or Stories in French](#)
- [Switch Zoo Animal Games](#)
- [Teach your kids how to draw with Mo Willems](#)
- [National Geographic for Kids](#)

### For Adults and Family

- <https://www.nytimes.com/2020/03/20/arts/theater-dance-classical-art-stay-home-virus.html>
- [Paris Museum put 100,000 images online](#)
- [National Park Virtual Tours- Have you always wanted to visit but just haven't had the chance? Take your pick from parks in Alaska, Hawaii, New Mexico, Utah or Florida!](#)
- [Movies streaming early! You can't go to the movies, so some new movies are coming to you. Here's a list of new movies that are streaming early.](#)
- [Color Our Collections- Check out this website where you can explore, color and connect with libraries and their collections.](#)
- [Amazon Prime Video- Streaming free kids movies and TV, with no Prime account needed!](#)

### For the Aspiring Chef

Looking for quick easy less than 30-minutes to assemble? Check out below healthy recipes from the Blue Zones Project:

- [Take-out Style Vegetable Lo Mein](#)
- [No-Bake Cranberry Nut Energy Bites](#)
- [Blue Zones Chili](#)
- [Banana Oatmeal Cookies](#)

### Staying Healthy in Body and Mind

You already know that exercise is good for your body. But did you know it's also effective in dealing with depression, anxiety, stress and more? Check out this article on [The mental health benefits of exercise](#).

Do you want to keep your immune system up? Check out this article on how to [Boost Your Energy and Immunity with These 13 Super "Blue" Foods](#).

Many colleges and universities offer free online courses to expand our knowledge. Check out this course from Yale University! <https://www.coursera.org/learn/the-science-of-well-being>