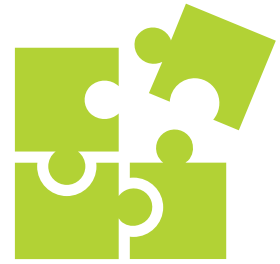




# At-home Activities for Individuals and Families



It's important now more than ever to keep mental health top of mind as we self-isolate and practice physical distancing to keep our community safe during the COVID-19 pandemic. We understand the stress and various emotional effects this situation is having on our everyday lives. To help you cope, we have compiled a list of activities, apps and videos you can do on your own or with your family while you're at home:

## Arts

- [Crayola](#)  
Multiple categories of free printable colouring pages
- [Mandala Maker](#)  
Free printable mandala colouring pages

## Fitness

- [Fitness Blender](#)  
Free workout videos for every fitness level

## Games

- [Quizfreak](#)  
Test yourself with online trivia from a variety of categories!

## Education

- [Business Insider](#)  
54 Free online courses from the best colleges in the US — including Princeton, Harvard, and Yale
- [Doulingo](#)  
Download the app “Doulingo” on your phone and learn any new language for free



## Tour the World from Your Couch

- [Museum Views](#)  
Explore virtual panoramic view of famous sites in 360 street view tours
- [The Metropolitan Opera](#)  
Watch the opera for free
- [Buckingham Palace](#)  
Virtually tour Buckingham Palace
- [Access Mars](#)  
Virtually tour Mars recorded by NASA's Curiosity rover
- [USA National Parks](#)  
Virtually tour National Parks in the USA

## Smartphone Mindfulness/Meditation Apps

- [Insight Timer](#)  
Free app for sleep, anxiety and stress
- [Calm](#)  
Offers a variety of music, movements and sounds to help you sleep, meditate and relax
- [Ten Percent Happier](#)  
Meditation for a happier, healthier you
- [Happify](#)  
Overcome negative thoughts, stress and life's challenges using effective, evidence-based solutions for better mental health
- [Headspace](#)  
Explore guided exercises, videos and more to help you get healthier and happier
- [HealthyMinds](#)  
A problem-solving tool to help students deal with emotions and cope with the stress encountered on and off campus
- [Stop, Breathe and Think](#)  
Check in with how you're feeling, and try short activities tuned to your emotions