

COGNITIVE

- Brain Teasers:
<https://sharpbrains.com/brainteasers/>
- Board games
- Card games
- Puzzles
- Needle work- sewing, cross stitch
- Take an online course
 - Coursera: <https://www.coursera.org/>
 - edX: <https://www.edx.org/>
 - Future Learn: <https://www.futurelearn.com/>
 - University of Alberta: <https://www.ualberta.ca/admissions-programs/online-courses/index.html>
 - Free Harvard Courses: <https://online-learning.harvard.edu/catalog/free>
- Learn a new language
<https://www.duolingo.com/>
- Reading – Book, audio book, magazine, comics
 - Calgary Public Library app - ebooks and audiobooks available with library card
 - Okotoks Public Library free memberships and renewal until June 30, 2020:
<https://okotokslibrary.ca>
 - Audible free Audio Books- <https://stories.audible.com/>



CHILDREN

- Ways to engage children
<https://www.todayparent.com/toddler/20-fun-indoor-games/>
<https://www.thebestideasforkids.com/indoor-activities-for-kids/>
<https://www.kqed.org/education/athomelearning>
- Easter Egg Hunt 2020 with social distancing (facebook group)
- 30 fun at home science experiments for kids: <https://www.todocanada.ca/30-science-experiments-to-do-at-home-with-kids/>
- Video 5 minutes craft ideas for children:
<https://www.youtube.com/watch?v=LynoDOTBw-Q>

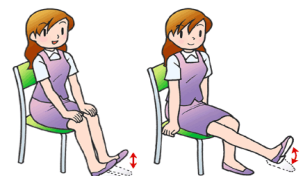
CREATIVE

- Color a picture or a Mandala
- Coloring apps:
 - Color therapy coloring number
<https://apps.apple.com/us/app/color-therapy-free-stress/id1031002863>
 - Paint by number coloring games
https://play.google.com/store/apps/details?id=paint.by.number.pixel.art.coloring.drawing.puzzle&hl=en_CA
- YouTube Crafts (The Crafts Channel, 5-minute crafts)
- Paint a picture
- Sketch
- Writing, poetry
- Baking
<https://www.tasteofhome.com/recipes/rainbow-gelatin-cubes/>
<https://lifemadesweeter.com/flourless-3-ingredient-peanut-butter->
- Paint your nails
- Style your hair
- Origami
 - Butterfly - <https://www.youtube.com/watch?v=cZdO2e8K29o>
 - Turtle - <https://www.youtube.com/watch?v=JlJsU8tspfC>
 - Dinos - <https://www.youtube.com/watch?v=IKOVYw9R7oI>



EXERCISE

- GoodLife has Virtual Classes: <https://www.goodlifefitness.com/>
- **** Kelsey Norman (fitness instructor@ Goodlife Okotoks) is offering live workouts with the Goodlife virtual classes- Facebook page: Foothills Fitness- Kelsey Norma
- Outdoor exercise parks in Calgary
<https://www.calgary.ca/CSPS/Parks/Pages/Locations/Parks-with-fitness-equipment.aspx>
- 10 minute living room workout
<https://www.youtube.com/watch?v=O5YX5xg8Seg>
- High Intensity Exercise Routines with modifications
<https://www.youtube.com/watch?v=CBWQGb4LyAM>
- 30 minute Yoga
<https://www.youtube.com/watch?v=QvgnE5aGGJ4>
- Gentle Chair Yoga Routine
<https://www.youtube.com/watch?v=KEjiXtb2hRg>





Gita Ward, MSW, RCSW

<https://www.truelivingcounselling.com>

INSPIRATION

- Positive quotes: <https://wisdomquotes.com/positive-quotes/>
- Motivational quotes: <https://www.success.com/17-motivational-quotes-to-inspire-you-to-be-successful/>
- Inspirational quotes: <https://www.keepinspiring.me/positive-inspirational-life-quotes/>
- Watch a video about someone overcoming PTSD:
<https://www.truelivingcounselling.com/about-gitaward.html>

SOCIAL

- Call a friend
- Write a letter
- Facetime, skype
- Text, whats app, social media messaging
- Watch a T.V. show or movie virtually with a friend. Netflix Party!
<https://www.netflixparty.com/>

HELP OUT

- Drive-thru style Local Food Drive Sunday March 22, 2020 1PM-5PM. 99 Okotoks Drive, Okotoks AB.
- Check Facebook Groups on how to help or if you are looking for resources:
 - Okotoks: Stone Soup Okotoks
 - Calgary: YYC Covid-19 Volunteers/
 - High River: High River and Area Community COVID-19 Quarantine Resource Forum

ORGANIZE

- Organize or clean a space in your home
(Closet, drawer, cabinet, etc.)
- Sort through household items to donate
(Clothing, jewelry, electronics, seasonal décor, etc.)
- Organize documents, files and photos on electronics
- Clean out your vehicle

SELF CARE

- Have a bath and dress in cozy clothing/pyjamas
- Use a face mask
- Listen to music- make a playlist
- Watch a movie, clip or T.V. series (try to limit time spent on current events)

- Netflix
- CRAVE
- YouTube
- CTV website
- Amazon Prime
- Disney Plus
- Calgary Philharmonic Orchestra Live

https://www.youtube.com/playlist?list=PL_rgalz9HyZ3O48XAVMe5Tax0N6tfeY-j&utm_source=newsletter&utm_medium=email&utm_content=VIEW+LIBRARY&utm_campaign=Weekly+Newsletter_March+18+2020

- Virtual Tour of museums across the world

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?>

- Watch musicals for free

www.dailymotion.com

- Progressive Muscle relaxation

<https://www.youtube.com/watch?v=ihO02wUzgkc>

- Mindfulness:

- Breathe app
- Calm - free resources for mindfulness:

<https://www.calm.com>

- Free Mindfulness Audio: <https://mbsrwithcharmaine.com/audio-practices/>

- Headspace app

- Try taking a break- see “50 ways to take a break” on the last page

- Mindfulness free online program- 8 week Mindfulness Based Stress Reduction

<https://palousemindfulness.com/>

- Book a therapy session (Phone and Video Available):

- <https://www.truelivingcounselling.com/>

- Check with your insurance if therapy sessions are covered

- Ask your work if you have EAP services- I don't provide EAP services, but many other local health professionals are available





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MENTAL HEALTH

- Distress Centre: <https://www.distresscentre.com/need-help/>
 1. **Crisis Line 24 hours** – 403.266.HELP (4357)- Offered in over 200 languages; Hearing Impaired 403-543-196
 2. Online Crisis Chat: 3:00PM- 10:00 PM weekdays and 12:00PM- 10PM on Weekends
 3. ConnectTeen Online Chat 3:00PM-10PM weekdays and 12:00PM- 10PM on Weekends at <https://calgaryconnectteen.com>
- Kids Help Phone/Text/Chat: <https://kidshelpphone.ca>
- Access Mental Health- Addiction and mental health programs- Phone 403-943-1500: <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=2381&serviceAtFacilityID=1019446#contentStart>
- Private Counsellors- Psychology Today- Enter your city: <https://www.psychologytoday.com/ca/therapists/ab/okotoks>
- Call your work benefits as you may have EAP services and/or coverage for private counselling services

FINANCIAL

- Alberta Government website for information on financial supports: <https://www.alberta.ca/covid-19-supports-for-albertans.aspx>
- Call 2-1-1 if you are looking for community resources

MEDICAL

- Self-Assessment tool for Coronavirus: <https://myhealth.alberta.ca/Journey/COVID-19/Pages/Assessment.aspx>
- TeleHealth- Access to Doctors in AB via video chat, email, etc... : <https://purposemed.com/>
- Health Link: 8-1-1

WE ARE IN THIS TOGETHER! We are a strong community with amazing people, businesses and organizations trying to help each other out. WE WILL GET THROUGH THIS TOGETHER!

***Please share with anyone who would benefit from this list**

