

Leisure, Exercise and Creativity:

Free Resources for exploring new hobbies amidst social distancing.

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Please feel free to share this document. Share this with students, friends, colleagues, and use it yourself. Leisure, exercise and creativity all contribute to positive mental health and well-being, and this time of social distancing can be used to productively explore and introduce new habits, hobbies and routines. We recommend creating a daily schedule and routine to provide structure and intentional time for leisure and exercise (Check out the resource "[Establishing a Remote Learning Environment and Routine](#)" for some tips on creating a routine at home). The activities included below are in no way "sponsored," but are simply a collection of no-cost activities that are available for **college students** to engage in leisure exploration and exercise during remote-learning. Start off by exploring 1-2 activities a day and taking note of which activities you like and which you don't like. Try at least 1 activity from each category over the course of a week!

Exercise

Fitness-

- [PopSugar](#) – YouTube exercise class videos including Zumba/Dance fitness and workouts without equipment
- [Peloton App](#) - Exercise classes on demand including running, yoga, strength, and cycling- *App is offering a 90 day free trial *remember to cancel subscription after trial ends.*
- [YMCA 360](#) - On demand YMCA classes including bootcamp, barre, yoga, weightlifting, tai chi and more. Video library is free and continuing to expand.

Yoga-

- [Yoga with Adriene](#) – All videos are free on YouTube and vary by length and style
- [Do Yoga with Me](#) - Free website which provides yoga videos varying by length and style
- [DownDog](#) – App which offers customizable yoga videos by length and style. *App is free until July 1st when you create an account with your .edu email *There is also a "Yoga for Beginners version of the App"*

Barre & Dancing-

- [DownDog Barre](#) – App which offers customizable Barre classes varying by length and style. *App is free until July 1st when you create an account with your .edu email*
- [Barre3](#) – online barre classes. *Free for 15 day trial *remember to cancel subscription after trial ends.*
- [Learn to Dance](#) - Offers free introductory dance lessons.

Mindfulness & Reflection

Journal-

- [Journal your feelings](#) - Email subscription which will provide a daily journal prompt for 30 days beginning March 22.

Meditation-

- [SimpleHabit](#)- curated meditations specific to anxiety related to Coronavirus. They are also offering free premium memberships if you contact them and explain that you have a financial need related to coronavirus.
- [Headspace](#) - curated meditations specific for this time of crisis on the app for free. *There is also a free membership for 2 weeks for additional content *remember to cancel subscription after trial ends.*

Creativity

Classes-

- [Brit + Co](#) – online classes in water-color, lettering, cake decorating and more! *Classes are free using code “SELFCARE” until March 31st.*
- [Skillshare](#) - online classes in animation, design, illustration, lifestyle, photography and more! *Premium membership is free for two months *remember to cancel subscription after trial ends.*

Reading-

- [Libby by OverDrive](#) - Borrow ebooks and audiobooks for free through this app using your local public library card as your login

Puzzles and Games

- Crossword - many free apps available, and free daily digital crossword through newspapers like [LA Times](#), [Washington Post](#), and [NY Times](#).
- Sudoku - many free apps available, and free daily puzzles [online](#)
- [GamePigeon](#)- a free app that allows you to play games through iMessage with your friends. Simply download the app, open iMessage, and pick a game!
- Online games to play with friends remotely
 - [Dominion](#)
 - [Settlers of Catan](#)

Cultural Activities (Concerts, Musicals, Museums)

Broadway-

- [The Metropolitan Opera](#) – Live streams and recorded streams of opera from the Met
- [Living Room Concerts](#) - Broadway stars perform songs every night
- [Broadway Shows](#) - Broadway HD is offering a free trial for one week to watch full-length Broadway shows from home. *Set a reminder to cancel your trial after one week.*

Virtual field trips-

- [Google Arts & Culture](#) - free tours of cultural exhibitions, especially art
- [Document](#) with information about various cultural sites you can visit remotely (zoo, aquarium, museums, etc.) All links are included.

Remote Service/Volunteer Opportunities

- Donate to a local food bank/pantry
- Reach out to neighbors, friends, older adults, family etc. to have a conversation and/or see if they need anything
- Make a card or artwork for people in nursing homes or hospitals who are not allowed to have visitors
- Make a card or artwork for nurses and doctors taking care of people in the hospitals

Additional Ideas:

- Netflix party! Watch a movie or show while chatting with friends.
<https://www.netflixparty.com/>
- Gardening
- Cooking & baking- try a new recipe or do a “Chopt” challenge (cook with only a few selected ingredients you have in your house)
- Board games
- Bird watching - the free app [Merlin Bird ID](#) can help you identify birds in your area
- Home decorating or projects
- Go for a walk or hike
- Have a breakfast or lunch date with a parent, sibling, or spouse with no phones
- Arts & crafts - learn how to paint, draw, knit, crochet, etc. Use [Pinterest](#) for inspiration
- Photography - try a 30 day “photography challenge” (try to take a photo of a different object/person each day). You can do this with a friend and share your pictures each day.
- Facetime a friend!