

## **Social Distancing Resources**

*Below is a collection of virtual resources for those who are looking for ways to pass the time while social distancing.*

### **Mindfulness:**

jackkornfield.com

soundstrue.com - free section titled Resilience in Challenging Times

StopBreatheThink app

Headspace app-free section titled Weathering the Storm

Grateful Yoga-free audio files section at website mindful.org-free daily course titled

Find calm and nourish resilience calm.com

### **Entertainment:**

Netflix Party - to watch a movie with friends-requires Chrome browser

Evanston Space - livestreaming some shows

Fandango - showing new releases online

Zoom - to have an online group gathering with friends/family

typatone.com - use your keyboard to create music online

diningadistance.com - Chicago restaurants that are open for pick up/delivery

### **Educational/Personal Development:**

Virtual Yosemite - "walk" though the park online

Art Institute of Chicago/Shedd Aquarium/Field Museum-online blogs/explore the collections (same exists for many national/international cultural institutions)

airpano.com - "walk" through international cities

Brookfield Zoo - Bringing the Zoo to You on Facebook at 11:00 each day or on YouTube

Monterey Bay Aquarium - animal livestream cameras

Explore some of the best museums in the world virtually. [Google Arts & Culture collection](#) includes the [Guggenheim Museum](#) in New York, London's [British Museum](#) and the [Van Gogh Museum](#) in Amsterdam.

Learn Tik Tok dances

Make a Vision Board to better your future while manifesting your goals.

Download books from your local library, often for free

**At home workouts** - It's important to still be active while being home so pull up those online workouts or download a yoga or HIT class