Fun Activities

TO KEEP YOU BUSY DURING THE COVID-19 SHELTER-IN-PLACE

Boredom Busters

- Visit your favorite animals via live cam at the <u>San Diego Zoo</u>, the <u>Monterey Bay Aquarium</u>, or view over thirty <u>virtual tours of various locations!</u>
- Travel is limited but take a <u>virtual tour of Yosemite!</u>
- Sit back, relax and catch up on new released movies/shows on Netflix.
- Stay in touch. Call or FaceTime a friend or relative.
- Story time! <u>Watch famous</u> actors/actresses read children's books.
- The <u>City of Santa Fe Springs Library</u> has many free streaming services for its patrons.
- Let the kids do the cooking! Here are recipes for kids ages 2-12 to cook with their grown-ups.
- Want a scavenger hunt you can do in your own backyard? Here is a <u>biodiversity bingo</u> card! Kids can look around their backyard and try to find enough biodiversity for bingo.
- Do you like crafting? <u>Bluprint</u> is offering free creative crafting classes through April 16th.
- Create your own coloring book! Visit <u>Crayola</u> for free coloring pages.

Visit the <u>City of Santa Fe Springs Community</u> <u>Services Department Virtual Recreation and</u> <u>Resource Center</u> for additional programs and resources.

The City of Santa Fe Springs does not endorse any of these specific products, channels, or organizations.



Fitness

- Go outside to get some air while going for a walk or jog. Remember to continue to practice social distancing.
- Visit <u>Planet Fitness's Facebook</u> page for their daily free online class!
- Practice <u>yoga</u> to help soothe tension and anxiety in the mind and body.
- Visit <u>Virtual YMCA</u> for at home workout videos that include: yoga, Zumba, boot camps, Tai Chi and even kid friendly exercises!
- Visit <u>Fitness Blender</u> for workout videos for every fitness level.
- It's recess time! The school playgrounds may be closed but you and your kids can still play these old-school recess games.

Educational

- Ö
- Visit <u>PBS Teaching Materials</u> for ideas on educating children during their time away from school.
- Visit <u>The Aquarium's Online Academy</u> for activities and a schedule of interactive live programs from the Aquarium of the Pacific.
- Explore <u>distance learning resources</u> for every subject and topic. Many are free!
- Science experiments you can do at home!
- Learn more about the oceans with different educational materials for children.
- <u>Smart videos for curious minds</u>. Many kidfriendly videos.
- Explore the exciting subject of Geography with your kids through <u>National Geographic</u> Kids.

