

Virtual CSS Webinar Series

March – April 2020

THEMES:

*Physical Health and
Wellness

*Mindfulness/
Stress Reduction

*Cognitive Activities

*Household Tasks

*Creative Arts



Creative Arts Activity Ideas and Resources

Art:

- Make a vision board

<https://blog.mindvalley.com/vision-board/>

<https://www.pinterest.com/scrappinmichele/vision-board-samples/>

-Create comic strips

<https://www.pixton.com/>

-Visit art museum virtual tour, pick favorite piece and reconstruct it in sketch/painting

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

-Design a themepark virtually

<https://www.khanacademy.org/humanities/hass-storytelling/imaginering-in-a-box?CMP=ILC-DPFY19Q4wo0808190814190031F> - 'Imaginering in a Box'

-Create Origami or clay sculpture

<https://origami.me/diagrams/>

-Draw picture from photo/adult coloring books/print from home color by number

<https://www.crayola.com/athome>

www.classcentral.com

<https://www.skillshare.com>

-Make a collage virtually or on paper

<https://www.kapwing.com/collage>

-Order free craft kits (wood, leather, etc.)

<https://www.healvets.org/>

- Engage in lego therapy- (create 3 different types of cars)

Written Material:

-Start/keep a journal

-Writing stories/poems

<https://www.writersdigest.com/writing-prompts>

<https://www.poem-generator.org.uk/>

-Listen to audible books

<https://www.loc.gov/programs/national-library-service-for-the-blind-and-print-disabled/about-this-service/>

-Start a family tree

<https://www.ancestry.com/>

-Learn calligraphy

<https://www.lettering-daily.com/modern-calligraphy/>

-Make new connections and find a pen pal

<https://www.globalpenfriends.com/>

Music/Dance:

- Make a music mix of upbeat songs

[SiriusXM.com/streamfree](https://www.siriusxm.com/streamfree)

-Cirque de soleil special

<https://www.cirquedusoleil.com/cirqueconnect>

- Make instruments

<https://www.learningliftoff.com/make-homemade-music-with-these-6-diy-instruments/>

<https://feltmagnet.com/crafts/Music-Instruments-for-Kids-to-Make>

https://www.google.com/search?q=making+rain+sticks&oq=making+rain+stick&aqs=chrome.0.0j69i57j0l6.6665j0j7&sourceid=chrome&ie=UTF-8#kpvabx=_wnGPXtaXCM2OggeajJ7oCw42

- Write a song/make music

<https://www.theverge.com/2020/3/16/21181915/synth-apps-free-moog-korg-kaossilator-minimoog-model-d-coronavirus>

<https://apps.apple.com/us/app/minimoog-model-d-synthesizer/id1339418001>

<https://creativets.org/>

-Watch free concerts online

<https://www.vulture.com/2020/04/all-musicians-streaming-live-concerts.html>

<https://www.classicfm.com/music-news/live-streamed-classical-music-concerts-coronavirus/>

Photography/Film:

-Watch short film festivals: watch together and discuss or warrior gives thumb up/down

<https://artandhealing.org/filmfest3/>

-Brainstorm suitable family movie and plan movie night (make list/print list of best movies and each night someone else picks one)

-Watch movie and then write a review

<https://www.dailywritingtips.com/7-tips-for-writing-a-film-review/>
<https://www.nyfa.edu/student-resources/9-tips-for-writing-a-film-review/>

-Take pictures with a cell phone during walks/in your yard/take pics of things up close and have WW or CSS guess item

<https://blog.hubspot.com/marketing/good-pictures-phone-tips>

<https://www.creativelive.com/blog/eleven-mobile-photography-tips/>

-Plan a meal and create pretty presentation on plate and take picture

<https://www.lightspeedhq.com/blog/10-food-plating-and-presentation-tips/>