

# Virtual CSS Webinar Series

March – April 2020

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## THEMES:

\*Physical Health and  
Wellness

\*Mindfulness/  
Stress Reduction

\*Cognitive Activities

\*Household Tasks

\*Creative Arts



## Cognitive Activities

### Apps

- Words with Friends – FREE
- Boggle with Friends – FREE
- Scattergories- Free
- Catan Classic – 4.99
- Clue: The Classic Mystery Game 3.99
- Garage Band
- Battleship Board game – can not pause - \$4-\$5
- Outburst
- Taboo
- 20 Questions
- Uno
- Ruzzle race to see who finds the most
- 4 pics 1 word
- Sporcle.com – quizzes for a variety of categories
- Kahoot.com
- <https://appamatix.com/10-best-apps-to-play-with-friends/>

### Puzzle/Paper Tasks

- <https://www.bianc.net/brain-stimulation-at-home/>
- <https://www.bianc.net/wp-content/uploads/2020/03/Brain-Games-2020-Puzzles.pdf>
  - can copy brain game ideas/ or print them- includes a different difficulty levels.
- Writing a letter to someone
- Name the emotion /use pictures of individuals - teaches empathy
- Learn a new skill by watching a how-to video, example: origami, calligraphy/hand lettering, painting, cooking, etc.
- **TALKER/ LISTENER ACTIVITY**
  - one partner assigned to the talker role and the other assigned to the listener role. The talker's job is to describe what he or she

wants from a vacation without specifying a destination. The listener's job is to listen attentively to what is being said (and what is not being said) and to demonstrate their listening through their behavior.

- After a few minutes of active listening, the listener should summarize the three or main criteria the talker is considering when it comes to enjoying their vacation. Finally, the listener should try to sell the talker on a destination for their vacation. After a quick debrief on how well the listener listened, the two should switch roles and try the exercise again.

## Art

- Crayola- color sheets- Adult options-
  - <https://www.crayola.com/athome>
- Craft kits
  - <https://www.healvets.org/news-events/coronavirus>
- <https://apps.apple.com/us/app/draw-something-classic/id488628250>
- <https://drawingpadapp.com/>
- <https://apps.apple.com/us/app/zen-brush-2/id1012274888>

## Music

- Spotify
- Pandora
- IheartRadio
- Virtual concerts
  - <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
- <https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>

## Virtual Field Trips

- <https://www.insider.com/online-games-activities-to-try-with-long-distance-friends-family-2020-3#share-your-computer-screen-with-friends-and-virtually-take-a-group-trip-to-a-world-landmark-17>
- <https://www.insider.com/museums-theme-parks-offer-virtual-tours-ideal-for-social-distancing-2020->

[3#take-a-guided-virtual-walking-tour-through-one-of-five-national-parks-including-the-picturesque-rainforest-of-hawaii-volcanoes-national-park-3](#)

- <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- ZOO/Aquarium Cams: most major zoos/aquariums have live webcams attached to different habitats (a few examples follow)
  - <https://nationalzoo.si.edu/webcams>
- Earth cam offers multiple animal/zoo type cams:
  - <https://www.earthcam.com/events/animalcams/>
- Explore offers numerous live cams for animals:
  - <https://explore.org/livecams/raptor-resource-project/decorah-eagles>
- <https://www.insider.com/national-parks-america-virtual-tours-3d-visit-2020-3>
- <https://www.travelandleisure.com/trip-ideas/disney-vacations/watch-disney-rides-on-youtube>
- Kahoot.com- allows you to create a quiz for recall activities, can be prepared ahead of time

### Podcasts

- <https://www.happify.com/hd/8-podcasts-that-will-give-you-a-happiness-boost/>
- <https://www.developgoodhabits.com/best-motivational-podcasts/>

### At Home Fun/Solo Activities

- Rush Hour Free
- Lumosity
- MindGamer
- Skills
- Unblock me
- <https://bargames101.com/two-player-card-games/>