

# QUARANTINE ACTIVITIES

*Jacinta Miller Wills*

In an article on social media a wise woman stated that we should not call what we are doing social distancing. Her reasoning is that in this moment we need to remain socially connected. The phrase she coined instead was physical distancing. I found this very interesting. Some of the calls that we are taking come from clients who describe being lonely, home alone, without social contact. Others are in a house with various family members and they are seeking ways to keep everyone engaged and entertained with one another and individually. This, for most is more than any everyday challenge that we are accustomed to.

Part of our job has now become how do we connect our clients to social activity while still having them follow the CDC's guidelines for distancing ourselves? Virtually, there are any number of activities at our fingertips. We just do not always realize so many phenomenal resources are so readily available.

## Culture

Culturally, there are virtual tours of museums for things like [American history](#) at the Smithsonian or many other of the world's finest [museums](#). It is possible to visit [art](#) museums or [aquariums](#). As cliché as it sounds, the possibilities are endless. Other options for cultural experiences might include visiting places you might never have thought you'd have a chance to see, the [Metropolitan Opera House](#) or [Weiner Staatoper](#) allows the opportunity for operas such as Macbeth on a nightly stream. Maybe the [symphony](#) is more to your liking. I bet you never thought you would be able to experience [Broadway](#) without leaving home. Well all at once, it is a reality.

## Fitness

Maybe the couch potato thing is good for a while but you are really looking to [get up](#) from the sofa and [move](#) your body. There are several resources that you can try if options to keep you fit and fly suit your fancy. When quarantining is over your friends and relative will be amazed with your transformation and/or discipline for how you've held it all together. Yes, the gyms might be closed, but that does not mean you have to forgo the work out. Join [Planet Fitness](#) or [Sports Advantage](#) for at home work outs on Facebook. Get a great [yoga](#) workout at the click of a button. You can even take your [yoga](#) with you on your phone. Kudos to you for keeping fit.

## Children

Some of you or some of your clients have children and may be looking for ways to keep them entertained during the quarantine. Don't worry, there is an abundance of things to keep them occupied and keep them learning too. There are virtual [story times](#) to exercise the imagination. They can check in at the [Center for Puppetry Arts](#). Doesn't that sound like fun? [BrainPOP](#) is a great resource for online learning for young children and teenagers while [Khan Academy](#) assist children, teachers and parents. Are you looking for movement and mindfulness for your little ones? [GoNoodle](#) believes that "Movement Powers Change". Parents, do you have a child between the ages of 7 and 12 that likes to write? [Noredink](#) offers free writing and grammar exercises that will keep their skills sharp. [Cosmic Kids](#) combines yoga and imagination to help your child move their body and their mind. [Wonderopolis](#) feeds you child's curiosity with answers to any number of questions, from topics that are chosen or questions that the child thinks up themselves. [Getepic](#) is a digital library with a variety of books for children under 12. Still other children prefer math or science. There are options for them as well. [Reflex](#) is the site for math activities. Science lovers will be challenged by [Mystery Science](#). Civics lessons are available for older children. [ICivics](#) has games that teach about voting, the court system or any number of other things involving government.

*Established in 1989, Espyr™ is the leading behavioral health company developing innovative solutions for maximizing human and organizational potential. Our solutions cover a continuum of care from chronic and acute health conditions to helping people excel, from restoring well-being to accelerating human performance.*

For more information, contact us at (800) 869-0276

**ESPYR**  
IMAGINE. ACHIEVE. CONQUER.



## Adult online learning

And parents, you have not been left out. [Skill Share](#) provides a number of creative learnings. You can choose to become skilled in something you have thought about for years or in something that you never dreamed you would end up loving. Do you like to cook or want to learn how? For a nominal fee you can learn cooking or hundreds of other topics that suit your taste (see what we did there?). [Great Courses Plus](#) gives you the chance to learn from top professions in a variety of fields. Have you been nursing a great idea for a movie or a play? Well, it's time to get it down on paper and [Lauren Gunderson](#) can help. You can also take classes at 8 of the [Ivy League](#) schools in the country. Learn everything from Computer Science to Personal Development and they are all offered free of charge and you might find that there is no greater classroom than your own home. For a comprehensive list of other activities, please see the calendar below and check out the Instagram action from past performances.

### Past Live Activations on Instagram:

[Lizzo Hosts a Live Meditation](#)

[John Mayer Hosts Dave Chapelle on "Current Mood"](#)

[Performance: Coldplay's Chris Martin](#)

[Performance: John Legend](#)

[Performance: Charlie Puth](#)

[Performance: Keith Urban](#)

[Performance: Jordan Davis](#)

[Performance & Piano Lesson: P!NK](#)

[Performance: Bono](#)

*Established in 1989, Espyr™ is the leading behavioral health company developing innovative solutions for maximizing human and organizational potential. Our solutions cover a continuum of care from chronic and acute health conditions to helping people excel, from restoring well-being to accelerating human performance.*

---

For more information, contact us at (800) 869-0276

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<a href="#">Bright Minded: Live with Miley:</a>	11:30 AM PT	11:30 AM PT	11:30 AM PT	11:30 AM PT	11:30 AM PT		
<a href="#">Save With Stories</a>	Several times daily	Several times daily	Several times daily	Several times daily	Several times daily	Several times daily	Several times daily
<a href="#">Massimo BoTtura Live Cooking Show:</a>	12PM PT	12PM PT	12PM PT	12PM PT	12PM PT	12PM PT	12PM PT
<a href="#">Daily Dinner with Michael Symon Cooking Show</a>	Various times	Various times	Various times	Various times	Various times	Various times	Various times
<a href="#">Karaoke Quarantine:</a>	9PM PT		9PM PT		9PM PT	9PM PT	
<a href="#">ANNA KAISER'S AKT At-Home Workouts</a>	Various times	Various times	Various times	Various times	Various times	Various times	Various times
<a href="#">Barry's Bootcamp 20-min Body Weight Workouts:</a>	Various times	Various times	Various times	Various times	Various times	Various times	Various times
<a href="#">305 Fitness Cardio Dance Workouts:</a>	9AM 3PM PT	9AM 3PM PT	9AM 3PM PT	9AM 3PM PT	9AM 3PM PT	9AM 3PM PT	9AM 3PM PT

Established in 1989, Espyr™ is the leading behavioral health company developing innovative solutions for maximizing human and organizational potential. Our solutions cover a continuum of care from chronic and acute health conditions to helping people excel, from restoring well-being to accelerating human performance.

For more information, contact us at (800) 869-0276