

Virtual & Online Resources for Stay-At-Home

Local Resources	Link
Recreation & Parks Updates	https://www.stmarysmd.com/emergency/rpannounce.asp
St. Mary's County Government Updates	https://www.stmarysmd.com/covid-19/updates/
Maryland Department of Health	https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx
St. Mary's County Health Department	http://www.smchd.org/
St. Mary's County Public Libraries	https://www.facebook.com/stmaryslibrary/
Maryland Digital Library	https://maryland.overdrive.com/maryland-southernmarylandregional/content
Maryland State Parks – Closure Updates	https://dnr.maryland.gov/publiclands/Pages/COVID-19-Virus-Alert.aspx
St. Mary's County Meals On Wheels	https://www.stmarysmd.com/aging/mealsonwheels.asp
How Do I Volunteer in St. Mary's County?	https://www.stmarysmd.com/howdoi.asp?div=Volunteer
Donate Blood	https://rcblood.org/2wYb77l
Social Media Accessibility Toolkit	https://exploreaccess.org/social-media/

Cultural Virtual Tours	Link
National Park Service – Take a Virtual Tour of Parks	https://www.nps.gov/subjects/npscelebrates/find-your-virtual-park.htm
Smithsonian National Museum of Natural History	https://naturalhistory.si.edu/visit/virtual-tour
The Louvre Museum in France	https://www.louvre.fr/en/visites-en-ligne
12 Famous Museums Offer Virtual Tours	https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours
25 Amazing Virtual Field Trips	https://www.weareteachers.com/best-virtual-field-trips/
Museums, Zoos and Theme Parks	https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/
The 15 Most Amazing Virtual Field Trips	https://www.earlychildhoodeducationzone.com/virtual-field-trips/
13 Virtual Ways to Educate Kids about History & Preservation	https://savingplaces.org/stories/13-virtual-ways-to-edutain-kids-about-history-and-preservation#.Xoc-DepKjIW
10 Best Virtual Tours of World's Natural Wonders	https://www.theguardian.com/travel/2020/apr/06/10-best-virtual-tours-of-worlds-natural-wonders-everest-patagonia-grand-canyon-yosemite
Frank Lloyd Wright Virtual Tours	https://www.dezeen.com/2020/04/07/frank-lloyd-wright-sites-virtual-tours-coronavirus/
UK National Gallery Virtual Tour	https://www.nationalgallery.org.uk/visiting/virtual-tours

Health & Wellness	Link
Dance Through Time – Evolution of Dance	https://www.youtube.com/watch?v=uqHt2VeYJN4
John’s Hopkins – Practicing Wellness at Home	https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-practicing-wellness-while-you-stay-at-home
Fitness Studio Exercise Videos	https://www.nhs.uk/conditions/nhs-fitness-studio/?tabname=aerobic-exercise
Cosmic Kids Yoga	https://www.youtube.com/user/CosmicKidsYoga/featured
Free Livestream Workouts & At-Home Workout App Trials	https://www.bustle.com/p/24-free-livestream-workouts-at-home-workout-app-trials-22628328
How to Stay Fit When the Gym is Closed	https://www.cnn.com/2020/03/20/health/exercise-gym-close-coronavirus-quarantine-wellness-jampolis/index.html
Free workout videos and healthy living information	https://www.fitnessblender.com/
Jazzercise On Demand	https://www.jazzercise.com/covid-19
Planet Fitness – Free Home Workouts	https://www.planetfitness.com/
30 At-Home Workout Moves	https://www.healthline.com/health/fitness-exercise/at-home-workouts
10 Tips for Eating Healthy When You’re Working From Home	https://health.clevelandclinic.org/10-tips-for-eating-healthy-when-youre-working-from-home/
How to Stay Physically and Mentally Healthy While COVID-19 Has You Stuck At Home	https://time.com/5804130/covid-19-social-distancing-wellness/

Mental Health, Guidance & Positivity	Link
Recreation & Parks’ Positivity & Growth Mindset Kit	https://www.stmarysmd.com/docs/positivityandgrowthmindsetkit.pdf
Maintaining a Positive Attitude	https://www.lifhack.org/articles/communication/11-tips-for-maintaining-your-positive-attitude.html
Tips to Keep Your Family Active	https://www.heart.org/en/healthy-living/fitness/getting-active/daily-tips-to-help-keep-your-family-active
Care for Your Coronavirus Anxiety	https://www.virusanxiety.com/
A Parents’ Guide for Meeting the Challenge During the COVID-19 Pandemic	https://nyulangone.org/news/schools-out-parents-guide-meeting-challenge-during-covid-19-pandemic
Encouraging older adults to stay active and safe	https://www.ncoa.org/blog/encouraging-older-adults-to-stay-active-and-safe-during-the-coronavirus-pandemic/
Stress and Coping during a quarantine	https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html
How to manage COVID 19 Anxiety	https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and
Relaxation techniques for stress and anxiety	https://medicine.umich.edu/sites/default/files/content/downloads/Relaxation-Skills-for-Anxiety.pdf

St. Mary's County Mental Health Resources	https://www.smcps.org/ss/mental-health-resources
Educational Resources	Link
Journal Writing Exercises for Kids	https://education.yourdictionary.com/for-teachers/journal-writing-exercises-for-kids.html
Teach Kids Daily Journal Writing	https://www.wikihow.com/Teach-Kids-Daily-Journal-Writing
Journal Writing Prompts for Kids	https://www.journalbuddies.com/journal_prompts_journal_topics/journal-writing-prompts-kids/
How to Teach a Child to Sew	https://www.wikihow.com/Teach-a-Child-to-Sew
Teaching Kids how to Hand Sew	https://makeit-loveit.com/teaching-kids-to-hand-sew
Famous People Reading Children's Books	https://www.romper.com/p/famous-people-reading-childrens-books-is-one-good-thing-during-the-coronavirus-shut-in-22621288
The National Zoo	https://nationalzoo.si.edu/education/educational-activities-you-can-do-home
NPR Activity of the Day	https://www.npr.org/local/309/2020/03/27/822514541/c-o-v-i-d-19-outdoor-activity-of-the-day-plant-a-veggie-garden
How Support Children's Learning, at Home	https://bit.ly/3e79wMY
Literacy, Math & Science Ideas	https://bit.ly/2Xl4G8U
200 Free Kids Educational Resources	http://www.openculture.com/free_k-12_educational_resources
Virtual Storytimes	https://www.commonsemmedia.org/blog/free-online-events-activities-kids-at-home-coronavirus
Kacey the Quality Koala	http://www.marylandexcels.org/quality-time-with-kacey/
Family Fun & Games	Link
Concentration Memory Matching Game	http://jumpingfishes.com/memory/
5 Cool Apps & Websites to Research Family History with your Kids	https://www.scholastic.com/parents/school-success/learning-toolkit-blog/5-cool-apps-websites-to-research-family-history-your-kids.html
Genealogy Activities and Resources for Kids	https://www.familytreemagazine.com/kids-genealogy/
At Home Quarantine Family Fun Bingo	https://stuffedsuitcase.com/wp-content/uploads/2020/03/At-Home-Quarantine-Fun-Bingo-for-kids.pdf
6 Easy Paper Flowers – Flower Making DIY Video	https://www.youtube.com/watch?v=d9mTJ7jCk4&feature=youtu.be
Printable Games & Worksheets	http://www.miniaturemasterminds.com/2015/05/14/who-did-it-free-printable-guessing-game-and-crime-solving-worksheets/
Outdoor Activities	Link
Kids Gardening	https://kidsgardening.org/garden-activities/

How to Create a Backyard Treasure Hunt	https://entertainment.howstuffworks.com/backyard-fun-games/create-backyard-treasure-hunt.htm
Backyard Scavenger Hunt	https://www.thedatingdivas.com/backyard-savenger-hunt/
Printable Back Yard Scavenger Hunt Ideas on Pinterest	https://www.pinterest.com/pin/486036984767297390/
Low Prep Obstacle Courses for Kids	https://playtivities.com/obstacle-courses-for-kids/
Fun Family Fitness Activities	https://www.nays.org/sklive/features/fun-family-fitness-activities-to-turn-to-during-coronavirus-pandemic/
Lego Sun Prints	https://littlebinsforlittlehands.com/lego-construction-paper-sun-prints-activity/
Ideas for Outdoor Adventures	https://bit.ly/3c2qOsM
Resources For Safe Outdoor Activity During COVID-19	https://www.railstotrails.org/trailblog/2020/march/27/resources-for-safe-outdoor-activity-during-the-covid-19-pandemic/

Practicing Kindness & Compassion

Link

Thoughtful Care Packages That'll Brighten Anyone's Day	https://www.realsimple.com/work-life/care-package-ideas
17 ways for kids to practice kindness & compassion	https://www.naturespath.com/en-us/blog/17-activities-kids-practice-kindness-compassion/
Pinterest Board of Kindness Activities	https://www.pinterest.com/counselorkeri/kindness-activities/
Learning to be Kind	https://kidsactivitiesblog.com/24332/learning-to-be-kind/
Kindness Rocks	https://inspirekindness.com/blog/rock-painting
Fun Family Fitness Activities	https://www.nays.org/sklive/features/fun-family-fitness-activities-to-turn-to-during-coronavirus-pandemic/
Feelings	https://bit.ly/2ytGFIQ
Adult Ideas for Kindness	https://ripplekindness.org/community-project/for-adults/ideas-for-kindness/
Mindfulness Exercises	https://mindfulnessexercises.com/course/6-empathy/
How to Help Stem the Global Pandemic when you're just an ordinary person	https://www.forbes.com/sites/civcnation/2020/03/23/your-covid-19-care-package-from-usow/#744d27ae221d
9 Ways to Help Others During COVID-19	https://www.idealists.org/en/careers/help-others-coronavirus

Sports - Golf

Link

Golf Putting Skills at Home	https://www.golfchannel.com/video/martin-hall-putting-drills-home-school-golf
Hole by Hole Tour of Augusta National Golf Course	https://www.masters.com/en_US/course/index.html

Pine Valley - #1 Ranked Golf Course in America	https://www.youtube.com/watch?v=FAIbmd5UdzA
Greatest Golf Shots & Moments	https://www.youtube.com/watch?v=n1PhCPqMK40
5 Golf Games You Can Play at Home	https://www.golfdigest.com/story/five-golf-games-you-can-play-at-home

Sports - General	Link
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How to Keep Kids Physically Active When Sports Are Cancelled	https://www.aspenprojectplay.org/coronavirus-and-youth-sports/#how-do-you-keep-kids-physically-active-if-schools-and-sports-are-closed
5 Sports Related Things To Do With Your Kids During Quarantine	https://www.sportingnews.com/us/mlb/news/five-sports-related-things-to-do-with-your-kids-during-covid-quarantine/8i9icd1my9ur1o4wt5o3fyaov
The Valuable Lessons and Benefits From COVID-19 For Kids in Youth Sports	https://www.westchesterfamily.com/the-valuable-lessons-and-benefits-from-covid-19-for-kids-in-youth-sports/