

Care Plus NJ

Stay at Home Activities

DIGITAL ACTIVITIES

1. Online Courses

- **Coursera/Udemy**

Description: These courses on both websites are taught by top instructors from world-class universities and companies that range from beginner to advance difficulty, so that you can learn something new anytime and anywhere. Both Coursera and Udemy offer hundreds of free courses that give you access to video lectures, homework exercises, and community discussion forums. Individual will have to create a free account on either website to keep track of your progress.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free, \$)

-Coursera Link: <https://www.coursera.org>

-Udemy Link: <https://www.udemy.com>

2. Reading

- **Project Gutenberg**

Description: This is an online library that offers over 60,000 eBooks that are mostly composed of older literary works. No sign up necessary.

Activity Requirements: Must have access to WIFI, either a Kindle, eBook readers, smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Project Gutenberg Link: https://www.gutenberg.org/wiki/Main_Page

- **Audible**

Description: Audible is the world's largest producer and provider of spoken-word entertainment and audiobooks, enriching the lives of our millions of listeners every day. Start with 30 days of free, plus one audiobook and a selection of Audible Originals to get you started. After the 30 free trial is up, you will have to pay \$14.95/month if you wish to continue to subscribe. You will get an email reminder seven days before your trial ends. No commitments cancel anytime.

Activity Requirements: Will have to create an Amazon account if you don't have one already. Must access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free, \$)

-Audible Link: <https://www.audible.com>

3. Online Games/Fun Activities

- **Online Games**

Description: These are games/activities to play and enjoy with no login in or registration information required.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Chess Link: <https://www.chess.com/play/computer>

-Checkers Link: <https://cardgames.io/checkers/>

-Card Games (Solitaire, Gin Rummy) Link:

<https://cardgames.io/solitaire/> (Solitaire)

<https://cardgames.io/ginrummy/> (Gin Rummy)

-Yahtzee Link: <https://cardgames.io/yahtzee/>

-Connect 4 Link: <https://www.mathsisfun.com/games/connect4.html>

-Jigsaw Puzzles Link: <https://www.jigsawexplorer.com> , <https://www.jigsawplanet.com>

-Tetris Link: [https://tetris.com/play-](https://tetris.com/play-tetris/?utm_source=flyout_button&utm_medium=web_button&utm_campaign=playNow_btm_flyout&utm_content=button_play_now_flyout)

[tetris/?utm_source=flyout_button&utm_medium=web_button&utm_campaign=playNow_btm_flyout&utm_content=button_play_now_flyout](https://tetris.com/play-tetris/?utm_source=flyout_button&utm_medium=web_button&utm_campaign=playNow_btm_flyout&utm_content=button_play_now_flyout)

-Tic Tac Toe Link: <https://gametable.org/games/tic-tac-toe/>

- **Virtual Museum's and Zoo's**

Description: These are virtual museum's and zoo activities to explore with no sign up required.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Virtual Tours:

-Smithsonian National Museum of Natural History Link: <https://naturalhistory2.si.edu/vt3/NMNH/>

-National Museum of the United States Air Force Link:

<https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>

-Metropolitan Museum of Art Link: [https://artsandculture.google.com/streetview/metropolitan-museum-](https://artsandculture.google.com/streetview/metropolitan-museum-of-art/KAFHmsOTE-4Xyw?hl=en&sv_lng=-73.9624786&sv_lat=40.7803959&sv_h=335.0285349959785&sv_p=0.9453475127378823&sv_pid=KeFx8oXHzeuY8L5rfepHaA&sv_z=0.6253222631835358)

[of-art/KAFHmsOTE-4Xyw?hl=en&sv_lng=-73.9624786&sv_lat=40.7803959&sv_h=335.0285349959785&sv_p=0.9453475127378823&sv_pid=KeFx8oXHzeuY8L5rfepHaA&sv_z=0.6253222631835358](https://artsandculture.google.com/streetview/metropolitan-museum-of-art/KAFHmsOTE-4Xyw?hl=en&sv_lng=-73.9624786&sv_lat=40.7803959&sv_h=335.0285349959785&sv_p=0.9453475127378823&sv_pid=KeFx8oXHzeuY8L5rfepHaA&sv_z=0.6253222631835358)

-Atlanta Zoo Panda Live Cam Link:

<https://zooatlanta.org/panda-cam/>

-Houston Zoo Live Cam Link:

<https://www.houstonzoo.org/explore/webcams/>

-San Diego Zoo Live Cam Link:

<https://kids.sandiegozoo.org/videos>

- **Online Broadway Shows**

Description: The Show Must Go On is a YouTube channel created by Andrew Lloyd Webber. This activity is calling on all musical lovers and anyone who is looking to see a show. A new musical is released every Friday at 2p.m. and are only available 48 hours after its initial release so make sure you catch it before it's gone.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Broadway Shows Link: <https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag>

FITNESS ACTIVITIES

- **In Home Exercises**

Description: These are in home exercises designed to keep individuals up, active, and moving to create a healthier lifestyle. Can be done either standing up or sitting down.

Activity Requirements: Change into a comfortable t-shirt, pair of shorts or stretchy pants.

Cost: (Free)

In Home Exercising Precautions: Always warm up before doing exercise and cool down afterwards to lower the risk of strains and sprains; take appropriate breaks during the activity; do not exercise with an empty stomach. Eat something light to give you some stamina. Do not exercise immediately after a full meal because this will affect digestion; replenish extra fluids before, during and after physical activity, especially for prolonged exercise like hiking; listen to the body. Do not exercise when unwell. If there is any sort of pain or abnormal feelings with your body, stop the activity and seek medical advice as soon as possible. Physical activity carries risks as well as benefits. By engaging in these exercises, you agree that you do so at your own risk and assume all associated risk of injury. These exercises are not mandatory, they are just suggestions.

Recommendation: Make sure to listen and do what is best for your body. Form is more important than the amount of sets and reps you can do.

Exercises:

-Resistance Band Exercises Link: <https://greatist.com/fitness/resistance-band-exercises#arms> , <https://www.womenshealthmag.com/fitness/g29565103/best-resistance-band-exercises/>

-Seated Chair Exercises Link: <https://www.silversneakers.com/blog/total-body-chair-workout-for-older-adults/> , <https://www.youtube.com/watch?v=azv8eJgoGLk>

-30 Day Exercise Routine Link: <https://www.nbcnews.com/better/lifestyle/30-day-strength-training-routine-no-equipment-required-ncna988936>

-Yoga Poses Link: <https://www.yogajournal.com/poses/poses-by-level/beginners-poses>

-Lower Body Exercises Link: <https://www.self.com/gallery/killer-legs-no-gear-required-slideshow> , <https://breakingmuscle.com/fitness/10-no-equipment-needed-exercises-for-strong-legs>

-Upper Body Exercises Link: <https://www.fitnessblender.com/videos/no-equipment-upper-body-workout-for-great-arms-shoulders-and-upper-back> , <https://www.fitnessblender.com/videos/10-minute-no-equipment-upper-body-workout-complete-upper-body-workout-without-weights>

-Core Exercises Link: <https://www.self.com/gallery/core-exercises-top-trainers-swear-by>

HANDS ON ACTIVITIES

1. Brain Games

- **Brain Games**

Description: These are some brain games to help sharpen thinking skills, improve working memory, processing speed, planning skills, reaction time, and decision making skills. These brain games are **printable**.

Activity Requirements: Must have a writing utensil, and a printer to print out copies of brain games.

Cost: (Free)

-Word Searches Link: <https://thewordsearch.com/printable/>

-Cross Words Link:

How to Access: Once you are brought to the website via clicking the link below, scroll down the page where you will see links of monthly crossword puzzles. Click on the link of your desire, and then you will be brought to a new page where you scroll down the page again. Once again, click on the specific crossword puzzle you wish to complete. It will then bring you to a PDF of the crossword puzzle for you to print.

<http://freedailycrosswords.com/printable-crossword-puzzles/>

-Sudoku Link: <https://sudoku.cba.si/en/>

-Mazes Link: <https://yofreesamples.com/mazes/>

2. Daily Affirmations

- **Daily Affirmations**

Description: “Daily affirmations are to the mind what exercise is to the body.”

This activity will allow the individual to keep their thoughts organized, improve their writing skills, set and achieve goals, record any ideas that come to their mind, relieve any stress, allow themselves to reflect, boost memory, and inspire creativity.

Activity Requirements: Have a writing utensil, a piece of paper or a notebook.

Cost: (Free)

-Daily Affirmations Link: <https://www.jackcanfield.com/blog/practice-daily-affirmations/>

3. Magic Tricks

- **Magic Tricks**

Description: These are easy to learn magic trick tutorials that teach you step by step on how to perform them.

Activity Requirements: Must have a deck of playing cards.

Cost: (Free)

-Magic Tricks Tutorial Link: <https://www.bustle.com/articles/55300-9-easy-card-tricks-that-will-make-you-look-like-basically-a-wizard-video>

ARTS AND CRAFTS

- **Coloring/Drawing Pages**

Description: Choose from many of the offered coloring pages. These coloring pages are **printable**.

Activity Requirements: Must have either crayon's, color pencils, or markers to draw.

-Coloring/Drawing Pages Link: <https://www.justcolor.net> ,
<http://www.supercoloring.com>

- **Color/Paint by Numbers Prompts**

Description: Choose from many of the offered color/paint by numbers prompts. Follow the color scheme and watch the image come to life before your eyes. These color/paint by numbers prompts are **printable**.

Activity Requirements: Must have either crayon's, colored pencils, markers, or paint.

Cost: (Free)

-Paint by Numbers Link: <https://coloringhome.com/free-printable-paint-by-numbers-for-adults>

- **Origami**

Description: For all skill levels, below you'll find instructions for 100+ easy to fold origami models. Find out how to fold origami via step by step photos. Follow the instructions and fold some origami today.

Activity Requirements: Must have either origami paper or standard computer paper

Cost: (Free)

-Origami Link: <http://make-origami.com> ,
<https://www.origamiway.com/easy-origami.shtml>

- **Happy Color**

Description: Happy Color is a color by number game for adults. There are over 6,000 pictures from different categories to color.

Activity Requirements: Must have access to an Apple or Android smartphone or tablet. Must also have access to WIFI.

Cost: (Free)

Reminder: Happy Color is a color by number smartphone phone or tablet application.

How to Access: Go into the application store on your Apple or Android smartphone or tablet and type in "Happy Color." Once it appears, proceed to download it onto your device. Once the application has downloaded, find it, open it, and begin to color by numbers.

VIRTUAL COMMUNICATION

- **Zoom**

Description: Zoom is a platform where an individual can join or host video and audio communication chats with family, relatives, and friends. Have access to unlimited number of meetings, unlimited time for 1 on 1 meetings, and 40-minute limit for group meetings.

Activity Requirements: Will need to create a zoom account if you don't have one already. Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Zoom Link <https://zoom.us>

- **FaceTime**

Description: Connect with family, relatives and friends who also have Apple devices from wherever you are. Make audio and video calls from any Apple device that you own.

Activity Requirement: Must own any Apple device and have access to WIFI.

Cost: (Free)

Reminder: This can only be accessed on an Apple device application only.

How to Access: When using your Apple device, find the FaceTime application, open up the application, make a call and start connecting with family, relatives, and friends who have an Apple device as well.

MUSIC

- **Spotify**

Description: “Music for everyone.” Spotify is a digital music streaming service that gives you access to millions of songs from artist all around the world. You are also able to create your own playlist from the songs you choose.

Activity Requirements: Will need to create a Spotify account. Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Spotify Link: <https://www.spotify.com/us/>

- **iHeartRadio**

Description: iHeartRadio is an all-in-one digital radio service that lets you find more than 1,900 Live Stations or create commercial-free, all-music Custom Stations featuring songs from the artist you select and similar music. You are also able to create your own playlist from the songs you choose. No sign up necessary.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-iHeartRadio Link: <https://www.iheart.com>

- **Amazon Music**

Description: Amazon music allows you to listen to your favorite songs from popular stations, artists, and albums. You are also able to create your own playlist from the songs you choose.

Activity Requirements: Will need to create an Amazon account if you don't have one already. Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Amazon Music Link: <https://music.amazon.com/home>

KIDS SECTION

- **Kids Home Activities**

Description: With over 100+ activities to choose from, these are ideas to keep kids occupied while at home. May be either hands on, electronical, or activities that are **printable**.

Activity Requirements: Must have the required items and supplies depending on the activity that the individual chooses to do.

Cost: (Free)

-Kids Home Activities Link: <https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/> ,

<https://mommypoppins.com/family/coronavirus-pandemic-update-indoor-activities-resources-kids> ,

<https://www.forbes.com/sites/tarahaelle/2020/03/15/101-ideas-to-keep-your-kids-busy-during-coronavirus-closures/#6e6c3f2c74a4>

- **Michelle Obama PBS KIDS Read-Along**

Description: Every Monday at 12p.m., PBS KIDS YouTube channel posts a video of Michelle Obama reading classic picture books for kids to read along.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Michelle Obama Read-Along Series Link:

https://www.youtube.com/channel/UCrNnk0wFBnCS1awGjq_ijGO

- **Liberty Science Center in the House**

Description: Liberty Science Center in the House is a place where you can conduct home experiments in the house, explore the world of Liberty Science Animals, find livestreams and movies to watch, and learn in depth about science and technology. Check out the page for updates and times of live streams, presentations, animal updates, and trivia.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-Liberty Science Center Link: <https://lsc.org/education/lsc-in-the-house>

- **Virtual Museum's and Zoo's**

Description: These are virtual museum's and zoo activities to explore with no sign up required.

Activity Requirements: Must have access to WIFI, any smartphone, tablet or laptop/desk computer with a regular web browser.

Cost: (Free)

-San Diego Zoo Live Cam Link: <https://kids.sandiegozoo.org/videos>

-Reid Park Zoo Live Cam Link: <http://reidparkzoo.org/cameras/elephant-cam/>

Metropolitan Museum of Art Met Kids Museum Link: <https://www.metmuseum.org/art/online-features/metkids/>

-American Museum of Natural History Link: <https://www.amnh.org/explore/virtual-visits>