

Inspiring Ideas to help you stay active and motivated during COVID-19



We are extremely grateful and appreciative to our many health care professionals, grocery store workers, truck drivers, and others who are putting in countless hours of work for the health and safety of the rest of us.

To help them do their job, we must all do our part to practice physical distancing, listen and follow statewide orders, and stay home. We are coming together – distantly – to show that we are Vermont Strong!

For those of us who have been practicing physical distancing for weeks now, we may find ourselves starting to run out of ideas for staying active, staying motivated, staying inspired.

Below are some ideas to help give you inspiration and help you find connection during this time. Have a great idea for something you have been doing and want to share with others? We'd love to hear from you! [Email us today!](#)

For the Readers:

- The Great 2020 Quarantine Book Spine Poem Challenge – Using books in your home, stack them so the titles create a poem. Snap a picture and send it to your local library or [100 Scope Notes Website](#).
- Libraries remain closed around the state, but many offer online e-book options. Check your local library's website for more information.
- Online retailers such as Google Books and Amazon Kindle are offering some e-books for free. You can also find some online collection websites like [Project Gutenberg](#) or [Open Library](#).
- [#HarryPotterAtHome](#) – thanks to J.K. Rowling, Audible, Bloomsbury, OverDrive, Pottermore Publishing and Scholastic, a new Harry Potter at Home program has been launched for children, parents, caregivers and teachers. This includes the first book in the series free as an audiobook, craft ideas, puzzles and more.
- If you have a child who loves storytime, why not have a celebrity read them a book? #SaveWithStories is an initiative created by Jennifer Garner and Amy Adams in which celebrities read books to kids on Facebook and Instagram. [Learn more here](#).

For the Space Explorers:

- www.nasa.gov – NASA has opened up their entire image and video library for free for everyone to peruse. Plus, they offer e-books, virtual tours, and more to help bring the universe to you.

For the Animal Lovers:

- Many zoos and aquariums offer webcams or videos on their websites and social media like the [Smithsonian's Panda Cam](#). Some are also offering "meet and greets" with animals like the [Cincinnati Zoo and Botanical Garden](#).
- [Atlantic White Shark Conservancy](#) is offering Shark Storytimes everyday at 10am on their Facebook page.
- Our Vermont-based [ECHO Center](#) has Science and Stories every Wednesday at 11 am online.

For the Avid Travelers:

- Are you "parked" at home? [National Park Service](#) has you covered with numerous virtual tours and webcams of their different national parks.
- [Many museums are offering tours and online galleries](#). Imagine being able to check out the Louvre in France or the Guggenheim Museum in New York from the comfort of your armchair!
- [Visit an amusement park!](#) Disneyland and DisneyWorld are giving you the chance to take a ride virtually on some of their attractions.

For Those Who Want to Stay Active:

- Take a scavenger hunt around your neighborhood. Find a list online to use or make up your own.

- Join the Chalk Challenge – add inspirational messages at the end of your driveway or on the sidewalk outside your home for walkers to see. Or go one step more and create a challenge course with chalk. Include a hopscotch board, jump lines, ABC stepping circles and more!
- Start a Bear Hunt in your neighborhood. Invite neighbors through FPF to put a teddy bear in their window for kids to search for when they go on walks with their parents.
- Try a free online dance, yoga or karate class. For example, award-winning choreographer and actor Debbie Allen offers free dance classes every Wednesday at 1 pm, via her Instagram account (@therealdebbieallen). Locally, UVM employee and Osher Lifelong Learning Institute instructor Amanda McIntire offers an [online gentle yoga session on Mondays at 5:30 pm.](#)
- Are you a fitness instructor? Invite your neighbors to stand in their yards or on their porches and lead them through a workout routine.
- Know how to sew? Make masks for you and neighbors to wear when you are out. There are good patterns and suggestions for types of materials to use online. If you live in the Burlington area, [consider helping Lyric Theatre](#) by picking up a kit to make 15 masks for essential workers in the city.

For the Bakers and Cooks:

- [Disney Parks Blog](#) is featuring some recipes of yummy foods from their parks.
- Take a cooking class from a celebrity chef. Many are offering demos online for free.

For the Writers:

1. Start a “Worry Drop” journal – Write out all of your fears into a journal to help bring anxiety levels down. Then focus on making a daily list of all this is going well around you.
2. Write a letter to a loved one and drop it in the mail. Everyone loves getting a special note from a someone who is thinking of them!

For the Music Lovers:

- Many musicians are holding impromptu concerts in their living rooms or garages. Look up some of your favorite musicians, including locally, and find out when/if they are holding a free concert. Pull up a chair for a front row seat!
- Start a singalong in your neighborhood. Pick a song to sing and a time to meet, alert your neighbors and have some fun! One group has been doing this rain or shine every day at 7 pm since the middle of March!
- Like opera? [Metropolitan Opera](#) is streaming encore productions of many of their operas.
- Some symphonies like the [Seattle Symphony](#) are streaming past productions for free.

For Those Who Believe All the World’s a Stage:

- While Broadway remains dark until June, some companies are sharing filmed productions of plays and musicals like the [National Theatre Live](#).
- [Andrew Lloyd Webber](#) fans can catch his musicals on his YouTube channel. He will livestream a different musical every Friday night.

These are just some ideas to help you find a way to pass the time and stay connected to the rest of the world. Hopefully it will inspire you to find other ways to stay motivated.

And don’t forget your friends and family. Call them up on the phone and find out what they have been up to today. Set up an online dinner date using one of the many free platforms available like Facebook Live, Google Hangouts or Zoom and share a meal virtually.

Remember: We can stay socially connected while still practicing physical distancing!