

Socialization and Activities



4.27.2020

Virtual and at home activities, community activities, ways to connect with friends/family

Making connections

Updates daily - AARP - Across the country, people are informally organizing online mutual aid groups to stay connected, share ideas and help those most affected by the global coronavirus pandemic. The new AARP Community Connections website can help individuals start a group, join a group, or find support in their community.

https://aarpcommunityconnections.org/?utm_source=aarp&utm_medium=newsletter&utm_campaign=livable&utm_term=communityconnections&utm_content=032520&cmp=EMC-DSM-NLC-LC-HOMFAM-20200401_LivableCommunities_899300_1315603-040120-F3-CommunityConnections-Text-CTRL-4474631&encparam=GtD79%2BL7x5sRZFXeFZDymekX%2BsvAjKvNZK4V%2FDatP11%3D

5 ways seniors can connect with others during quarantine -

<https://www.eraliving.com/blog/4-ways-seniors-can-connect-with-others-during-the-coronavirus-outbreak/>

Communication Service for the Deaf and Connect Direct Launch American Sign Language Coronavirus Hotline & Resource Center

<https://www.csd.org/coronavirus>

Connect with people face to face using Zoom - ZOOM for beginners

<https://www.youtube.com/watch?v=fMUxrgZvZQ&fbclid=IwAR00Oy2m2ZqwORl7teYdyokqcEaalbD01htXDcJ8kB76aRo-YsQ2G5LhK7M&app=desktop>

13 Zoom, chat tricks

<https://www.wizardingworld.com/collections/harry-potter-at-home>

APPS for virtual communication

- Facetime
- Whatsapp
- Skype – group chats
- Marco Polo – for sending videos or messaging
- Facebook Messenger
- House Party – to play games
- Google Hang Out Meet – for google users

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Activities/Virtual Fun

Art Inspired Academy ONLINE Zoom! CLASSES -Registration is first come, first serve. Each class will be a small size (approximately five students total). When you register for an AIA zoom class, you'll receive an email password that will allow you to log into your online class and some tips on how to get the most out of your online AIA classes. If you have to miss a session of your AIA Zoom class, we understand. However, there will be no make up sessions. Please do not sign up for a class unless you are confident that you'll be able to attend regularly at that time. <https://www.abilitiesfirst.net/art-inspired-academy/>

Macaronikid – daily schedule of activities for toddlers to young adults.
<https://springfieldmo.macaronikid.com/>

Springfield Greene County Park Board updates – what parks and activities are currently available <http://www.parkboard.org/civicalerts.aspx?AID=234>

Parks Pick-Me-Up Daily The Springfield-Greene County Park Board have launched Parks Pick-Me-Up for families to enjoy. They are sharing fun things to do and see in the Springfield parks. It includes health and wellness tips, park stories, cool places to walk or hike, kids activities and photos. They also have downloadable content for families. All the details and more information, can be found at parkboard.org.

Missouri Department of Conservations (trails, lakes etc.)
<https://mdc.mo.gov/about-us/mdc-covid-19-response>

Springfield Greene County Library - Library Don't forget -- you can use the Library's online resources 24/7 with your library card at thelibrary.org. You can also apply for a temporary library card at thelibrary.org/catalog. Stay healthy, everyone, and watch for updates on Facebook!

Missouri State University has a website with a variety of links to various activities from streaming, art, to fitness <https://alumni.missouristate.edu/maroonation-hibernation.htm>

Free Lego Activities - <https://kidsactivitiesblog.com/137515/free-lego-activities-andprintables/?fbclid=IwAR3A5DBoTmSfQEb98iKHEsf6sDJcbfTsaX5FhMNAmu7dgBvThLFT4Av-T8>

Dickerson Park Zoo – Daily Facebook live post with animal interactions and education <https://www.facebook.com/DPZoo/>

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Arc at Home <http://www.thearcoftheozarks.org/arc-at-home?fbclid=IwAR3QmzU207OToEs2N1kLgmJIARhaDb7NVjbNjXC3p2AtbgYcl67h0cZmgFs>

Creating a Sensory Path for the Neighborhood -

https://www.facebook.com/michelle.l.swanson.7/videos/10222008068731000/UzpfSTY2NDMzMtIwMzoxMDE1ODQxNjM1MzYxMTIwNA/?comment_id=10158417055376204¬if_id=1586964836005463¬if_t=feed_comment

Literacy Resources - <https://growingbookbybook.com/online-literacy-resources/?fbclid=IwAR1prup32F-TbPqBjfsC79KNXfqUHQ5mizg4Flbp6ks4HmQ4-23BYzJPulk>

Barnes and Noble – Daily Digital Storytime

<https://www.barnesandnoble.com/h/bn-storytime?fbclid=IwAR2oKNMqROf8ekGovXtq2gr1fzXPXziUZAfdxafTFg3cKDBL5TwMOxHmXto>

Harry Potter at Home - Games, Coloring pages, vides

<https://www.wizardingworld.com/collections/harry-potter-at-home>

OT Tool Box offering 31 days of free learning -

https://www.theottoolbox.com/31-days-of-learning-with-free-materials/?fbclid=IwAR2_DmnkdQiJ_NKpYu9nBIMqN-aaCHfDfBXY7Uub15BhtzSEgMQNNi9ScQk

List of Live Streams for Kids to watch -

https://www.goodhousekeeping.com/life/parenting/a32022219/livestreams-for-kids/?utm_campaign=socialflowFBGHK&utm_medium=social-media&utm_source=facebook&fbclid=IwAR2T7RYk3ukBkOulgfNn3exwA1egwK-16_kUtWUdZrubQGSTLleQIFyCsA

Activities for Seniors

<https://dailycaring.com/9-enjoyable-activities-for-seniors-with-limited-mobility/>

Learn a new language - Now is the perfect time to start learning a new language! Mango Languages is an online language learning system that teaches real conversation skills for practical communication--and it's free with your Library card. Get started today by downloading the Mango Languages app or by going to thelibrary.org/mango.

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List of authors and illustrators that are doing online story time -

<https://kidsactivitiesblog.com/136038/online-story-time/?fbclid=IwAR3KUNtq-8cNV4iqjsh-uSMdnDcotHH7xQhSiZBlExdQWbioP6Jp56eSkyk>

Celebs read to Children

<https://nerdist.com/article/celebrities-reading-childrens-books-charity-save-with-stories/?fbclid=IwAR0h3l-uqogQ8aedsbz4Co2b55XJZTzmhpVQgfQbMWqmS-IRcvuUFW9kHYU>

National Geographic Launches FREE Website for Kids w/ Games, Experiments, Videos & More - <https://www.nationalgeographic.com/family/at-home-education-resources>

Hulu Frog - Local daily activities for children <https://hulafrog.com/springfield-mo>

Adult coloring <https://www.justcolor.net/>

250 ways to keep sane during the quarantine -

<https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis>

Sesame Street is hosting Virtual Playdate with Elmo -

https://www.mentalfloss.com/article/622655/sesame-streets-elmo-hosting-virtual-playdate?fbclid=IwAR17ISu1lpkmpkF7NnJ1JdPi_aquAQcnN9pO-pAkI7Ue6y6BB56E2dq_Hc

List of kids activities and online learning opportunities -

https://thekrazycouponlady.com/tips/family/free-kid-activities?utm_medium=social&fbclid=IwAR2rCk4aDvdI0wOVQos3f0IMsfHpIGBtlW7EWchnOgBjeWtkQXjTR361emU

New Creative Activities for Kids : https://www.kennedy-center.org/globalassets/education/education-landing-page/mo-willems/mokc_lunch-doodles_online-resources_final.pdf

NASA's Space Place - <https://spaceplace.nasa.gov/>

Girls Scouts from Home – At Home activities for members and nonmembers
<https://www.girlscouts.org/en/girl-scouts-at-home.html>

Free Daily Cooking Classes for Kids - <https://www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/>

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Museum of Modern Art offers free online classes -

<https://www.moma.org/research-and-learning/classes>

National Parks

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=8&cad=rja&uact=8&ved=2ahUKEwig-p29vMzoAhVLXq0KHZMADLSQFjAHegQIBBAB&url=https%3A%2F%2Fwww.travelandleisure.com%2Ftrip-ideas%2Fnational-parks%2Fvirtual-national-parks-tours&usg=AOvVaw1MSHNh73Ni0rvFfkVi7fnx>

National Museums, Zoos, Theme Parks

https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=7&cad=rja&uact=8&ved=2ahUKEwjD7_LovMzoAhVDgK0KHVPcD1cQFjAGegQIARAB&url=https%3A%2F%2Fwww.goodhousekeeping.com%2Flife%2Ftravel%2Fa31784720%2Fbest-virtual-tours%2F&usg=AOvVaw218ou3YN5rG1Ab-0HnCFkl

Wonders of Wildlife daily animal update -

[https://www.facebook.com/wondersofwildlife/?_tn_ =kCH-R&eid=ARADqEDQT4y40MMvNax5ji95Bxr00a4OESYqxqUkB2oH-YSdsG9vU6k5KCKX8hTvVklyZpPcPINvLaxv&hc_ref=ARRS3OhtWCDnx9e_9cptQmEP01cl06T1VID3stiOGhZwpXU8JqLIISVffKA2I21Lbso&fref=nf&_xts__\[0\]=68.ARDCZQE7j1HGyKOlpoQRwcrlybX62hkNbDVUU3L4UiJq8wAd1hLEYHmJ4FcuJuWwx_6O7puBHCHSIIxz1lxGoF0-NnBcXRudlg4U7C8MyRTWxtmwbDNvYhBx2PBVWjwqMQ1_T0OPK3WITAI4hD-hYkDjUMOFENWbq_u17eQos8o8mty1wbH7KMcjOZJvKyy6lmbSRXTEAILZonNXbRozcCFHep_gQgqFfRHU42GT0ZwzECeZ4-9Y9lyqV8G72XPLdE9ABh9ngsJ8rqFco4mU5YHmcMo32HZ5Gr8qCeE-47_2Inf2b1jOcd7EQ0UrjY0j2VZC0uU5ZLcfZ83DNcDUgx3YhXb2FWA](https://www.facebook.com/wondersofwildlife/?_tn_ =kCH-R&eid=ARADqEDQT4y40MMvNax5ji95Bxr00a4OESYqxqUkB2oH-YSdsG9vU6k5KCKX8hTvVklyZpPcPINvLaxv&hc_ref=ARRS3OhtWCDnx9e_9cptQmEP01cl06T1VID3stiOGhZwpXU8JqLIISVffKA2I21Lbso&fref=nf&_xts__[0]=68.ARDCZQE7j1HGyKOlpoQRwcrlybX62hkNbDVUU3L4UiJq8wAd1hLEYHmJ4FcuJuWwx_6O7puBHCHSIIxz1lxGoF0-NnBcXRudlg4U7C8MyRTWxtmwbDNvYhBx2PBVWjwqMQ1_T0OPK3WITAI4hD-hYkDjUMOFENWbq_u17eQos8o8mty1wbH7KMcjOZJvKyy6lmbSRXTEAILZonNXbRozcCFHep_gQgqFfRHU42GT0ZwzECeZ4-9Y9lyqV8G72XPLdE9ABh9ngsJ8rqFco4mU5YHmcMo32HZ5Gr8qCeE-47_2Inf2b1jOcd7EQ0UrjY0j2VZC0uU5ZLcfZ83DNcDUgx3YhXb2FWA)

Turn phone into museum - [https://www.travelandleisure.com/culture-design/the-google-arts-culture-app-will-turn-your-phone-and-home-into-an-interactive-](https://www.travelandleisure.com/culture-design/the-google-arts-culture-app-will-turn-your-phone-and-home-into-an-interactive-museum?utm_source=facebook.com&utm_medium=social&utm_campaign=southernliving_southernliving&utm_content=link_internalcrosspromotion_travelandleisure&utm_term=20200401&fbclid=IwAR1q_dqGGVLLQYMr-EBIfq88NeCfXrRgvl_qWq9eD4SV1B7jAav7WRWPmOY)

[museu](https://www.travelandleisure.com/culture-design/the-google-arts-culture-app-will-turn-your-phone-and-home-into-an-interactive-museum?utm_source=facebook.com&utm_medium=social&utm_campaign=southernliving_southernliving&utm_content=link_internalcrosspromotion_travelandleisure&utm_term=20200401&fbclid=IwAR1q_dqGGVLLQYMr-EBIfq88NeCfXrRgvl_qWq9eD4SV1B7jAav7WRWPmOY)

Visit Australia - https://www.travelandleisure.com/attractions/melbourne-victoria-virtual-tour?did=512166-20200413&utm_campaign=just-

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[in_newsletter&utm_source=travelandleisure.com&utm_medium=email&utm_content=041320&cid=512166&mid=32267113733](https://www.travelandleisure.com/newsletter?utm_source=travelandleisure.com&utm_medium=email&utm_content=041320&cid=512166&mid=32267113733)

Air BNB experiences – Online experiences from mediation with a Tibetan Monk to cooking class. Cost varies from free - \$35

<https://www.airbnb.com/s/experiences/online>

Free online music classes -We are continuing our free live stream music classes through the month of April if anyone has kiddos who need something fun to do on Friday mornings! Classes will be streamed on the event page below 😊:) Stay safe and be well Springfield!

<https://www.facebook.com/events/1520796544764859/>

Virtual Tour of Missouri Botanical Gardens -

https://www.onlyinyourstate.com/missouri/virtual-tour-botanical-garden-mo/?fbclid=IwAR3k_DS42n2vDINX4SfcMEhUlaCvqzH-EgIkVWceLNRkE0a6u1HLYwtiuU

13 virtual train rides around the world - [https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-](https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-rides?utm_source=facebook.com&utm_campaign=travelandleisure_travelandleisure&utm_medium=social&utm_term=3F8CBEDC-7E60-11EA-A0FB-59C9923C408C&utm_content=link&fbclid=IwAR2iH66qIxXgyrlXqKbbn7eh8CfarnZVbAz-xEKR_N9IkZQtEoDyCmaXpYY)

[rides?utm_source=facebook.com&utm_campaign=travelandleisure_travelandleisure&utm_medium=social&utm_term=3F8CBEDC-7E60-11EA-A0FB-59C9923C408C&utm_content=link&fbclid=IwAR2iH66qIxXgyrlXqKbbn7eh8CfarnZVbAz-xEKR_N9IkZQtEoDyCmaXpYY](https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-rides?utm_source=facebook.com&utm_campaign=travelandleisure_travelandleisure&utm_medium=social&utm_term=3F8CBEDC-7E60-11EA-A0FB-59C9923C408C&utm_content=link&fbclid=IwAR2iH66qIxXgyrlXqKbbn7eh8CfarnZVbAz-xEKR_N9IkZQtEoDyCmaXpYY)

Community members may enroll in Taking Care of You, a University of Missouri Extension program that offers practical strategies for dealing with stress and life challenges. This class will be taught virtually using Zoom. [#ExtendMU](#)

[#Committed2MOFamilies](#) Classes are temporarily free. To register for the 7-8AM class starting on April 27th visit: https://web.cvent.com/event/d100a078-5ddc-488a-88f5-402471368c19/regProcessStep1?fbclid=IwAR1TQ96ev6AN_5A4-JdyfjUITBQMDP5SuPYWCn8NJcxTzr4rknUI6RRbx4Q To register for the 12-1PM class starting on April 27th visit: <https://web.cvent.com/event/9f5b28d1-8a80-48f6-ac55-3bc3e160747b/register>

At Home Quarantine Cookie kit - Griffith started creating new homemade quarantine cookie box kits for the community. She said ultimately, her goal is to spread joy through her baking. While spreading fun, the cookies can also help kids build motor skills, creativity, and even earn art credits for kids that are homeschooling during the pandemic.

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The kits include 12 fresh baked cookies, and five icing colors, and three sprinkle combination. Griffith said it was also important that the kits were accessible and attainable for families. The quarantine cookie box kits are \$20 with both delivery and pickup options available. There is no stockpile of quarantine cookie kits available for day-of-pick-ups. All kits are fresh and made to order. Griffith said this is to ensure all cookie boxes are always new and of quality for every customer. You can call or message Archie's Italian Eatery on [Facebook](#) or email MmGriffith93@gmail.com to place an order. Virtual payment is accepted during delivery or pickup to help fight the spread of the coronavirus.

At Home DIY Make and Take Kit from AR Workshop -

<https://www.arworkshop.com/event/?loc=springfield&ev=165847>

Enjoy Cirque du Soleil Shows Free

<https://www.cirquedusoleil.com/cirqueconnect#hubcontent>

In Home activities for Senior and Caregiver -

<https://www.seacarehomecare.com/resources/7-fun-indoor-activities-for-seniors-and-caregivers-to-enjoy>

Free Photography classes online -

https://www.theverge.com/2020/4/2/21204243/nikon-free-photography-classes-april?fbclid=IwAR3C7-2Wv2ERHZNOB_DPcWDtzL-bfYqUR5pJUSyw8DLG3uHgFHR4YqdAFd4

Building Strong Families: Communicating - Zoom Session 1pm-3pm Communication is the cornerstone of relationships. It is the main way that people engage with their families and the way by which families create their identities. When family members take the time to really listen to and learn about each other, they discover ways to more effectively communicate. The quality of communication influences the quality and stability of relationships. In addition, it influences children's problem-solving skills, ability to relate with peers, and their level of emotional distress. Communication includes speaking, writing, reading, listening, comprehending and evaluating. This information is useful for talking with parents, staff, youth and your own family.

Outcomes/ Benefits:

- Understand that communication is a two-way process
- Recognize the importance of nonverbal communication
- Practice effective communication skills

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- Practice strategies for use in difficult communication situations
- Identify ways to strengthen relationships, which is the foundation of good communication

This information is useful for talking with parents, staff, youth and your own family.

Cost: Free **Contact:** Jessica Trussell, trussellj@missouri.edu, 660-646-0811 for zoom link

The Miracle Project – free virtual classes theater and dance, concerts, interviews all online to enjoy in your home. <https://www.mayoarts.org/virtual-arts>

Smithsonian National Museum virtual tours -

<https://naturalhistory.si.edu/visit/virtual-tour>

12 Virtual Walking Trails from Around the World -

https://www.travelandleisure.com/trip-ideas/nature-travel/virtual-walking-trails-around-the-world?utm_campaign=travelandleisure_travelandleisure&utm_source=facebook.com&utm_term=386C466C-863B-11EA-8EBB-6FDAFCA12A29&utm_medium=social&utm_content=link&fbclid=IwAR0bQrf7ieC5bXdZA3W5zwX7tqzEAiUaHjTH-klqWwxJIEi7F519cn1iak4

Bitesize – are your kids bored – BBC has developed a website for learning in quick 30 min videos. Various topics from Scotland and England.

<https://www.bbc.co.uk/bitesize/articles/zfgkd6f>

100 Indoor Activities for Kids - https://mycalcas.com/2020/04/100-indoor-activities-for-kids/?fbclid=IwAR1XyTEyvGyrg_Z9tuXJWq9pLI1WJCMgfEex-IJLLhtEPGcafJusVYVYwNo

Trai's Ballet and Tap class -

https://www.youtube.com/watch?v=1kYAd1XML_k&feature=youtu.be&fbclid=IwAR1U1qwk0nf99xs_lwrVcOgYGYs23-XUwsQS1ES5m9VjYQnh_uZJJM3DJTc

Free Online Learning: <https://funinfirst.com/free-online-learning-at-home/?sfns=mo>

Scholastic Learn at Home:

https://classroommagazines.scholastic.com/support/learnathome.html?promo_code=6294&eml=CM/smd/20200312//txtl/sm/ed&linkId=84269747&sfns=mo

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NASA's media library: https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/?fbclid=IwAR178zQOkWMYOu6_OTOg-InxMBjAwrnIAGXNcz02j_xd1dGFqOTTI171z-g

Free Online Speech Therapy Resources:

<https://www.speechbuddy.com/blog/games-and-activities/6-free-online-speech-therapy-resources/?fbclid=IwAR22OBz4w0BsK05-KUkdfJNYcrE3ttoBUT12KfxFjR2J4ZKpkho7OVLY3DI>

Virtual Field Trips: <https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids.html>

Books: To access the free stories at Audible, visit stories.audible.com from any web browser. The experience is completely free – no log-ins, credit cards, or passwords required. Just click, stream and listen. Also - check your local library's website for information on ebooks.