

## **Recreation Therapy Resources** **during Social Distancing and COVID-19**

**If you are having challenges entering the long links provided, internet searching the title may help find these websites.**

**You may also contact VA Recreation Therapist for resources and guidance how to use the internet or for other resources. Sarah El Hage 303-518-1382**

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### Activity List to Engage in While Social Distancing

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| <ul style="list-style-type: none"><li>○ Watching a movie</li><li>○ Jogging, walking, hiking</li><li>○ Fishing</li><li>○ Listening to music</li><li>○ Recalling past happy moments</li><li>○ Lying in the sun</li><li>○ Video calling friends/family</li><li>○ Cataloging a collection</li><li>○ Planning career</li><li>○ Model building</li><li>○ Puzzles</li><li>○ Group video hangouts</li><li>○ Joining a digital local community group</li><li>○ Saving money</li><li>○ Baking, Cooking</li><li>○ Compiling recipes</li><li>○ Creating a debt elimination plan</li><li>○ Practicing martial arts</li><li>○ Repairing things around the house</li><li>○ Working on my car/bicycle</li><li>○ Noticing acts of kindness</li><li>○ Gardening</li><li>○ Exercising</li><li>○ Riding a bike</li><li>○ Card games, board games</li><li>○ Singing</li><li>○ Praying, practicing religion</li><li>○ Sketching, Doodling</li><li>○ Painting, Sculpting</li><li>○ Recycling/donating old items</li><li>○ Virtual Clubs (garden, sewing, etc.)</li><li>○ Virtual support groups</li><li>○ Birdwatching/nature watching</li><li>○ Playing musical instruments</li><li>○ Making a gift for someone</li><li>○ Gardening</li><li>○ Dress up/make costumes</li><li>○ Going on a date at home</li><li>○ Learn more about a topic you have always been interested in</li><li>○ Organizing tools/supplies/ equipment</li><li>○ Writing poems/books/plays/autobiographies</li><li>○ Expressing my love to someone</li><li>○ Listen to the sounds of nature</li><li>○ Playing Pictionary/charades/ Name that tune</li><li>○ Making a collage</li></ul> | <ul style="list-style-type: none"><li>○ Watching sports</li><li>○ Virtual hiking</li><li>○ Watching your children play</li><li>○ Researching national parks</li><li>○ Flint knapping/wood working/ leather working</li><li>○ Connecting on social media</li><li>○ Photography</li><li>○ Reading</li><li>○ Acting/Filming Movie or Newscast</li><li>○ Host a virtual movie night</li><li>○ Karaoke</li><li>○ Writing in a journal/gratitude journal</li><li>○ Cleaning</li><li>○ Dancing</li><li>○ Going on a picnic</li><li>○ Meditation/mindfulness/breathing exercises</li><li>○ Solving riddles</li><li>○ Looking through/organizing old photos</li><li>○ Crocheting/knitting/quilting/cross stich/make masks</li><li>○ Stretch/foam roller</li><li>○ Reflect and develop goals for the year</li><li>○ Learn a language</li><li>○ Trying a new hairdo</li><li>○ Putting on make-up</li><li>○ Indoor/Outdoor Scavenger hunt</li><li>○ Learn a new skill</li><li>○ Make posters in your window encouraging the community through this time</li><li>○ String lights for community connections/beautify your house</li><li>○ House projects</li><li>○ Puzzles</li><li>○ Crossword puzzles/word searches/sudoku</li><li>○ Coloring books</li><li>○ Write thank you notes</li><li>○ Virtual museums/art galleries</li><li>○ BBQing</li><li>○ Rearranging furniture in my house</li><li>○ Stargazing</li><li>○ Learning calligraphy</li><li>○ Write a list of things you like about yourself or write a kind/loving letter to yourself</li><li>○ Memorize lines from your favorite play/movie/song</li><li>○ Surprising someone with a favor</li><li>○ Reading cartoons or comics</li><li>○ Practicing sports techniques</li><li>○ Carving/Woodworking</li></ul> |
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<https://www.facebook.com/Sports4Vets> - National VA Adaptive Sports and Creative Arts Therapy Webpage to connect with other active and creative Veterans. Find out new ideas you can do with Veterans.

Be able. Be active. Be artistic. Show your fellow vets what it takes to conquer the @Sports4Vets MISSION At Home Challenge. #Sports4VetsAtHome and #Arts4VetsAtHome

Social distancing and stay-at-home orders have quickly brought about a new reliance on adaptability. The question is – are you able? Able to inspire a fellow veteran; able to stay active at home; able to stay positive?

Here are 5 easy steps to join our MISSION At Home Challenge:

1. Be a leader. Be able. Help other Veterans see what they can do to stay motivated.
2. Set your phone in selfie video mode or have someone record it. Tip – ensure camera position is vertical and record with plenty of light.
3. Demonstrate your ability in a :60 sec or less video of your at-home exercise and creative arts session. We want to see you exercising, singing, dancing, painting!
4. Direct message (DM) your :60 sec or less video via social media @Sports4Vets and show us how you are adapting at home through fitness and the arts. We will share the most engaging and creative videos on our social media pages.
5. Use the hashtags #Sports4VetsAtHome for your activity/exercise videos and/or #Arts4VetsAtHome for your creative arts video and post it to your personal social media pages. Don't forget to also tag us @sports4vets so we can cheer you on.

**NOTE: *The resources listed are shared but not all are endorsed by VA***

### **Reading & Audiobooks**

The art of reading aloud has lost its popularity. Pick out a book that would interest your family and have an evening each week that you read the story aloud. Take turns reading out loud. Interact about what is going on in the story line. This can be your own family book club.

**Free Audiobook Apps** – Hoopla, Librivox, Lit2Go, Loyal Books, Mind Webs, Open Culture, Overdrive, Paudiobooks, etc.

The 15 Best Books of 2020 to Add to Your Reading List (so far...)

1. Long Bright River by LIZ MOORE
2. Topics of Conversation by MIRANDA POPKEY
3. Darling Rose Gold by STEPHANIE WROBEL
4. Recollections of My Nonexistence by REBECCA SOLNIT
5. A Long Petal of the Sea by ISABEL ALLENDE
6. Writers & Lovers by LILY KING
7. It's Not All Downhill from Here by TERRY MCMILLAN
8. The Mercies by KIRAN MILLWOOD HARGRAVE
9. Weather by JENNY OFFILL
10. Dreamland by NANCY BILYEAU
11. Such a Fun Age by KILEY REID
12. Little Gods by MENG JIN
13. My Dark Vanessa by KATE ELIZABETH RUSSELL
14. Uncanny Valley by ANNA WIENER
15. Wandering in Strange Lands: A Daughter of the Great Migration Reclaims Her Roots by MORGAN JERKINS

## Music Apps

- **Spotify** - Access and listen to music or podcasts. Option to create a playlists to save for later. Paid version available.
- **TuneIn Radio** - Access any radio station from around the world.
- **Music and Memory** - website dedicated to the therapeutic benefits of personalized music when working with people with neurocognitive decline.
- **Lux Radio** - Lux Radio Theatre was a radio show running from 1934 – 1955 and featured by iconic stars like Judy Garland and John Wayne. Provides a throwback to another time
- Pandora – Access and listen to music from around the world
- **Google Play** - Google Play is the Android version of iTunes. Here the recreation therapist can safely download music, podcasts, apps, or audiobooks onto the smart device.
- **YouTube** - Search music, video, podcasts or related media. Able to stream live content when connected to internet.
- **Shazam** - Can't remember the name of that song? Shazam helps to identify music that is playing.

## Podcasts

- **Stitcher** - Podcast data base. Just search any topic and play!
- **Stuff You Missed in History Class** - The podcast covers a range of topics, including important social, cultural, political and historical events.
- **Slow Road to Better** - Hosted by people who experience aphasia. The show aims to inspire others and to connect people on the road to recovery.
- **Good Job, Brain!** - Podcast for all trivia buffs! An interactive quiz show on a wide range of topics.
- **“As Maple As” by Ron Maclean** - Hosted by Canadian sportscaster Ron Mclean, known best for being the host of Hockey Night in Canada.
- **CBC Comedy Factory** - CBC Radio shares jokes, stories, skits and commentaries.
- **CBC Podcasts** - CBC podcasts – a variety of podcasts that can be searched for topics of interest for all.
- **Meditation Oasis Podcasts** The Meditation Oasis® Podcast features guided meditations, instructions for meditation, and music for meditation. You can listen to it at iTunes or Google Play or by clicking on the play buttons below. Episodes are listed from the oldest to the most recent. Tap on the green button to view recent podcasts. (Modality: Podcasts) <https://www.meditationoasis.com/podcast/>

## Apps to download on smart phones and tablets

- **VA Apps** – PTSD Coach, Move Coach, ACT, Quit Smoking, etc. (Search VA Apps for more)
- **Social Games** such as Words with Friends, Scrabble with Friends, Trivia Crack, etc.
- **House Party** – Video chat friends and play games with each other online
- **ZOOM** – Virtual groups, chat rooms, lessons, etc.
- **Tap Color** - Online Coloring
- **Cross Stich** - Online Cross Stitch
- **Nanograms Katana** – Online Nanograms. (Other
- **Online Puzzle Games** such as Candy Crush, word searches, crosswords, block puzzle/tetris, etc.

## Virtual Tours

- **Skyline** - Experience worldly destinations by watching these live HD webcams. Visit New York City and Africa in the same day! For example, click here to view Italy's Trevi Fountain.
- **AirPano** - View panoramic videos from exotic places around the world.
- **360 Degree Access** - Visit all 7 Wonders of the World! Google offers a 360 degree virtual tour of each of these amazing landmarks.
- **ArmChair Tourist: Where in the World?** - Explore cities around the world and play “guess the location” with your participants.
- **33 National Park Tours** - <https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>
- **12 Famous Museums** - <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

## **Yoga, Tai Chi, Mindfulness Resources**

**Power of the Mind Resources:** This link includes an introduction to Power of the Mind, specific handouts, and video resources produced by OPCC&CT. <https://www.va.gov/WHOLEHEALTH/circle-of-health/power-of-the-mind.asp>

**Comeback Yoga** - Free yoga classes to help military personnel, their families and supporters develop resiliency in response to their experience. (Modality: Video Library) <https://www.comebackyoga.org/online-yoga-practice>

**Wilson Arabie Tai Chi** - Wednesdays at 6pm & Fridays at 11am This is a one-hour ONLINE Class using ZOOM. Contact TaiChiGuy.CO@gmail.com to register for a class

**Veterans Yoga Project** - Mindful Resilience-Home Practice Library is a collection of mind-body practices to be used to further develop practices related to Breath, Meditation, Mindful Movement, Guided Rest, and Gratitude. These tools help us breathe easy, focus clearly, move freely, rest deeply, and remember what is working in our lives. As a result we become more resilient in the face of both ordinary and extraordinary challenges. In this library you will find downloadable audio files of each of the five tools of Mindful Resilience Training. We invite you to explore various practices all led by Veterans Yoga Project Ambassadors and Teachers. (Modality: Video Library) <http://www.kulaforkarma.org/veterans-video-series/>

**Kula For Karma** The Yoga for Veterans Video Series is a 6-part guided yoga and meditation practice, designed specifically for Veterans. These 30-minute videos guide viewers through asana, adaptive yoga, restorative practice, easy flow, power yoga level I & II and meditation. (Modality: YouTube Channel) <http://www.kulaforkarma.org/veterans-video-series/>

**Warriors at Ease-** Explore meditation, breathing techniques, iRest Yoga Nidra and more yoga. This resources offers a guided iRest Yoga Nidra session, experiential breathing techniques, and yoga demonstrations. (Modality: YouTube Breathing Techniques Videos) <http://warriorsatease.org/mind-body-practices/>

**Tai Chi Fundamentals: Adaptive with Walking/Walker Aid** - Tai Chi Fundamentals is a YouTube Experiential and Informative Video that shares the basic moves involved in Tai Chi. The Basic Moves train posture, balance and coordination for a participant who uses a medical walker or walking aid. (Modality: YouTube Channel) <https://www.youtube.com/watch?v=k5xER93yC1Y>

**Mindful Awareness Resources:** This link includes an introduction to mindful awareness, specific handouts, and video resources produced by OPCC&CT. <https://www.va.gov/WHOLEHEALTH/circle-of-health/mindful-awareness.asp>

**Military Meditation Coach App/Podcast** - Learn and practice meditation techniques for the military and veteran community during this mindfulness podcast hosted experts in the Military Health System, the Defense Health Agency, and the Naval Center for Combat & Operational Stress Control. (Modality: Mobile App and Podcast) <https://itunes.apple.com/us/podcast/military-meditation-coach-podcast/id1313813296?mt=2>

## **Online Fitness**

**Adaptive Adventures:** Zoom based online virtual instructional programs, healthy happy hours, guest speakers, Friday night films and more. Stay active with virtual instructions to learn and keep you active in cycling, paddle sports, rock climbing, and more. [www.adaptiveadventures.org](http://www.adaptiveadventures.org)

**Moving the Body Resources:** This link includes an introduction to moving the body, specific handouts, and video resources produced by OPCC&CT. <https://www.va.gov/WHOLEHEALTH/circle-of-health/moving-body.asp>

**Workout Exercises** List of streaming exercise classes available for free or donation <https://www.timeout.com/newyork/news/work-out-to-these-fitness-classes-you-can-stream-from-home-031620>

**30 Min Beginner Workout** - [https://www.youtube.com/watch?v=gC\\_L9qAHVJ8](https://www.youtube.com/watch?v=gC_L9qAHVJ8)

## **Arts, Crafts, Music, Dance, Drama, etc.**

Digital Virtual Art Make your own pixel-based virtual art <https://www.pixilart.com/>

NPR Music Concerts - NPR Music is compiling a list of livestreaming concerts to watch. Some will be daily feeds and other will be single events. Click on the link for the platform or website that is hosting the concert. You may need an account with that platform to view the concert. The list will be changing over time, so check it often for updates.

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

Virtual Music Lab Make your own beats and collaborate with other music-makers <https://www.looplabs.com/beta>

Peak Radar – Cultural Center for the Pikes Peak Region. Virtual online creative arts classes to include dance, theater, art, open mic, writing and more. <https://www.peakradar.com/venue/online-virtual-space/>

Lighthouse Writers Workshop – Online writing courses available [Lighthousewriters.org](http://Lighthousewriters.org)

Dance Party Nightly Dance Party streaming 8pm to midnight. DJ Dance party <https://nowadays.nyc/>

## **Recovery**

Online AA Meetings and Drug & Alcohol Support Groups [https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups?fbclid=IwAR2WeZgp3Nup\\_IDL4esFyDd2ZxqWB4AhFaGyGc3soOXmolfZNWyHIVWnWz4](https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups?fbclid=IwAR2WeZgp3Nup_IDL4esFyDd2ZxqWB4AhFaGyGc3soOXmolfZNWyHIVWnWz4)

National Center for PTSD has developed several resources for managing stress and anxiety associated with the COVID-19 virus outbreak. <https://www.ptsd.va.gov/covid/index.asp>

Join Online Support Groups : <https://support.therapytribe.com>

Overview of online 12 Steps Group <https://www.12step.org/social/online-meetings/>

Online AA and other Groups <http://aa-intergroup.org/directory.php>

Virtual NA Meetings <https://virtual-na.org/>

Online Meetings for AA, Cocaine Anonymous, Marijuana Anonymous, NA, Smart Recovery  
[https://www.addictionrecoveryguide.org/resources/online\\_communications/online\\_meetings](https://www.addictionrecoveryguide.org/resources/online_communications/online_meetings)

## **Life-Long Learning**

The Circle of Health includes a number of resources that can be used by Veterans, caregivers, employees or anyone!  
<https://www.va.gov/WHOLEHEALTH/circle-of-health/index.asp>

Learn to Cook Daily cooking demonstrations <https://www.instagram.com/massimobottura/>

Ted Talks TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks <https://www.ted.com/>

Learn a Foreign Language (Open in Chrome Web Browser) – Learn a Foreign Language for Free  
[https://www.duolingo.com/?fbclid=IwAR2rinSJs-eF0Zrv-HNXD5QTef0fQu4YoYwAg2h1KTcUeZtxou\\_GMFGtEvGc](https://www.duolingo.com/?fbclid=IwAR2rinSJs-eF0Zrv-HNXD5QTef0fQu4YoYwAg2h1KTcUeZtxou_GMFGtEvGc)

Learn to Write Practice and Refine Writing Skills  
[https://www.noredink.com/?fbclid=IwAR3HKIHOr0KYzshVII\\_FVM6bAxDRFsol8ogwx8Sxkqfc-mildWgnyQhAJSs](https://www.noredink.com/?fbclid=IwAR3HKIHOr0KYzshVII_FVM6bAxDRFsol8ogwx8Sxkqfc-mildWgnyQhAJSs)

## **Activities to do with Kids**

- PBS Kids - <https://pbskids.org/> FREE printable worksheets from toddlers to teens  
<https://www.123homeschool4me.com/home-school-free-printabl.../>
- Kids' books read by famous people <https://www.storylineonline.net/>
- Free videos from around the world from grade 3-12 <https://www.projectexplorer.org/>
- Guide to gardening for kids <https://web.extension.illinois.edu/firstgarden/>
- Get kids engaged in the world of art. <https://www.metmuseum.org/art/online-features/metkids/>
- Play games and learn all about animals – <https://switchzoo.com>
- Crafts, activities, mazes, dot to dot, etc, <https://www.allkidsnetwork.com/>
- Fun games, recipes, crafts, activities <https://www.highlightskids.com/>
- Suessville: [www.seussville.com](http://www.seussville.com)
- Fun Brain: [www.funbrain.com](http://www.funbrain.com)
- Storyline Online: [www.storylineonline.net](http://www.storylineonline.net)
- Just Dance 3: <https://youtu.be/BhYvFMq7Xaw>
- <http://www.clubscikidzmd.com/blog/>
- [www.kids.frontiersin.org](http://www.kids.frontiersin.org)
- Fun Science Experiments: