

## Social Distancing ≠ Social Isolation

If it is not possible for you or a household member to utilize a face mask to safely go out into the community, put routines in place which will support socialization, mental, and physical well-being.

This tip sheet includes some activity ideas which can assist your family in creating healthy routines.

### Household Activities

**Plan activities as a group.** Having a routine and sticking to it instills stability and security during uncertain times and helps to ease anxieties.

**Start a weekly household game night.** Some indoor activities can include: Board games, video games, card games, or scavenger hunts. Some outdoor activities can include: Flashlight or freeze tag, water balloon fights, Simon Says, catch, or foursquare.

**Consider physical activities geared towards your household's interests.** Dance parties, sports (baseball, badminton, etc.), or boot camp workouts.

**Meal plan together, gathering input from all household members.** Have meal prep be a family affair with everyone having a role to contribute.

**Designate special times** for one-on-one and group activities.

**Social distancing walks** to get everyone out as a household.

**Calming activities** like coloring books/apps, drawing with sidewalk chalk, puzzle books/apps, and meditation apps.

### Virtual Solo Activities

**Access free content** like audiobooks, radio dramas, music, and film. These materials are available in multiple languages, via Librivox at [librivox.org](http://librivox.org) and the Internet Archive at [archive.org](http://archive.org).

**Listen to podcasts** via your favorite podcast app.

**Tour the world** online for free:

[artsandculture.google.com](http://artsandculture.google.com) provides virtual tours of museums around the world.

[allarts.org](http://allarts.org) provides film and stage performances of dance, music, and theater.

[nationalparks.org](http://nationalparks.org) and [nps.gov](http://nps.gov) are providing virtual tours of national parks.

**Google Street View** allows you to walk around United States-based Disney parks.

## Many zoos and aquariums are offering livestreams of their residents:

San Diego Zoo at [zoo.sandiegozoo.org/live-cams](http://zoo.sandiegozoo.org/live-cams)

Houston Zoo at [houstonzoo.org/explore/webcams](http://houstonzoo.org/explore/webcams)

Georgia Aquarium at [georgiaaquarium.org/webcam/ocean-voyager](http://georgiaaquarium.org/webcam/ocean-voyager)

Monterey Bay Aquarium at [montereybayaquarium.org/animals/live-cams](http://montereybayaquarium.org/animals/live-cams)

## Virtual Group Activities

**Video call using an Echo Show** provides face-to-face communication using simple commands, like “Call Mom”.

**Zoom, House Party, and Bunch** offer face-to-face interactions with loved ones. People can meet up with friends, hang out, or play games like: Bingo, Pictionary, household item scavenger hunts, virtual geocache challenges, or have sing-alongs.

**Netflix Party** at [netflixparty.com](http://netflixparty.com) is a Chrome laptop/desktop browser extension which enables people with Netflix subscriptions to have live watch parties, including real time chat, with physically distant loved ones.

**Online gaming** – Social games with low-impact gameplay encourage positive online interactions. Check out games like: Animal Crossing, Don't Starve Together, Minecraft (on servers like the Mineplex Server) and Starbound via Steam.

**Virtual pen pals** can be obtained via: Facebook groups, Discord groups, and Google Meet. You can correspond with people around the world, share pictures, and stories while learning about other cultures.

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