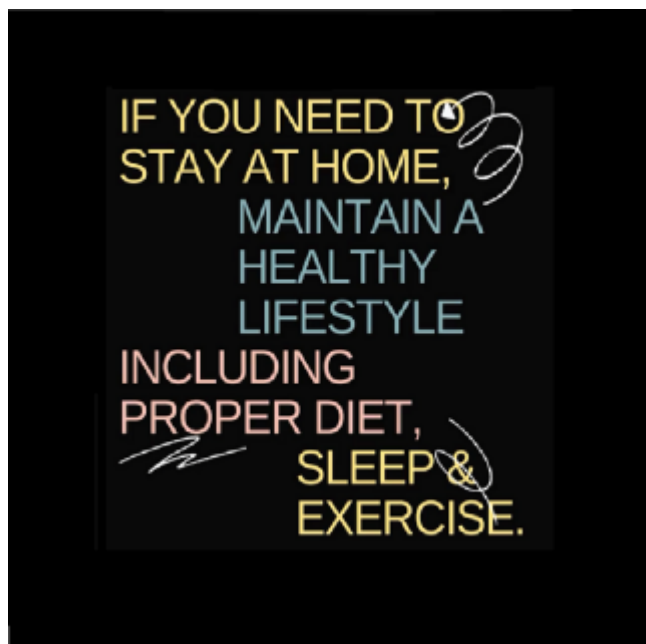




## COVID-19 Wellness and Activities Resources



Please feel free to share during this time of social distancing and stay-at-home orders

### ACTIVITIES

Be sure to check your local library's website, they usually have free resources and programs!

Bored at home? Here's a massive list of museums, zoos and theme parks offering virtual tours:

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tour...>

10 of the world's best virtual museum and art gallery tours: <https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual--useum-and-art-gallery-tours>



Best of Ireland - The 7 Best Virtual Tours to Take in Ireland: <https://www.bestinireland.com/best-virtual-tours-ireland/> (thanks to Mary for sharing this resource!)



Ain Dubai - World's tallest ferris wheel: <https://www.bayut.com/mybayut/ain-dubai-guide/> (thanks to Amelia for finding and sharing this resource!)



Best museums in Singapore - complete with virtual tours: <https://www.bestinsingapore.co/best-museum-singapore/> (thanks to Lish for sharing this resource!)



Virtual COVID-19 Friendly Field Trips Around the World: <https://couponfollow.com/research/virtual-field-trips> (thanks to Megan for finding and sharing this resource!)



Road Trip from Home: Virtual Field Trips: <https://www.titledmax.com/articles/road-trip-from-home-virtual-field-trips/> (thanks to Austin and Lane for finding and sharing this resource!)



The Snow Sculpting Club by Snowbank Productions: <https://snowbankproductions.weebly.com/>



Virtual road trips through USA and geography games and quizzes by PartsGeek  
[https://www.partsgeek.com/mmparts/a\\_virtual\\_car\\_trip\\_through\\_the\\_usa.html](https://www.partsgeek.com/mmparts/a_virtual_car_trip_through_the_usa.html) (thanks to Maddie for finding and sharing this resource)

Massive List of Museums, Zoos, and Theme Parks Offering Virtual Tours: <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

"Things to Do With Teens During COVID-19" by ToDoCanada <https://www.todocanada.ca/things-to-do-with-teens-during-covid-19/>

"10 free things you can do while stuck at home during COVID-19" from CBC <https://www.msn.com/en-ca/money/topstories/10-free-things-you--an-do-while-stuck-at-home-during-covid-19/ar-BB13vqNR?ocid=hplocalnews>

ACHA Monday and Midweek Motivation series: sessions meant to create a space to come together, take a break, learn tools for navigating the current situation, and connect with one another - May's topics: Yoga at home, Tips and Tricks for Home Education, Resume writing, Dance Workout, Quarantine baking <https://www.achaheart.org/get-involved/events/>

## ARTICLES

"Being Active during COVID-19 by the World Health Organization (WHO) <https://www.who.int/news-room/q-a-detail/be-active-during-covid-19>

"More than a stretch: Yoga's benefits may extend to the heart" by Harvard Health Blog <https://www.health.harvard.edu/blog/more-than-a-stretch-yogas-benefits-may-extend-to-the-heart-201504157868>

"Staying Active During the Coronavirus Pandemic" by American College of Sports Medicine  
[https://www.exerciseismedicine.org/assets/page\\_documents/EIM\\_Rx%20for%20Health\\_%20Staying%20Active%20During%20Coronavirus%20Pandemic.pdf](https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_%20Staying%20Active%20During%20Coronavirus%20Pandemic.pdf)

"The Yoga-Heart Connection" by Johns Hopkins Medicine <https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-yoga-heart-connection>

"COVID-19 and the information you need" by Heart and Stroke <https://www.heartandstroke.ca/articles/coronavirus-the-information-you-need>

## EXERCISE & FITNESS

Cardiac Rehab programs have shut down across the county. Access online cardiac rehab programs through UHN's Cardiac College  
<https://www.healtheuniversity.ca/EN/CardiacCollege/About/Pages/our-program.aspx>

Cardiac Rehabilitation Challenges During COVID-19 - virtual and practical tips from Heart & Stroke  
<https://www.youtube.com/watch?v=vF56QL2nC7k&feature=youtu.be>

Exercise programming and 'After Cardiac Rehab' information from Cardiac Health Foundation  
<http://www.cardiachealth.ca/cardiac-rehab/exercise/article/46-let-s-keep-you-motivated-to-workout>

"These are the free, no-equipment online fitness classes you need right now" cbc.ca: <https://www.cbc.ca/life/wellness/these-are-the-free-no-equipment-online-fitness-classes-you-need-right-now-1.5500751>

"These Canadian Gyms are Offering Free Live-Streaming Workouts" <https://www.chatelaine.com/health/fitness/canadian-gyms-free-live-streaming-workouts/>

"These Toronto fitness studios are offering digital classes right now" <https://dailyhive.com/toronto/toronto-fitness-studios-digital-classes-coronavirus-covid-19>

"Yoga Poses for Stress Relief During COVID-19" By Thrive Global: <https://thriveglobal.com/stories/yoga-poses-for-stress-relief-during-covid-19/>

YouTube: easily search for at-home exercise videos, something for everyone: <https://www.youtube.com>

Many fitness studios and coaches are offering free live and pre-recorded fitness classes during COVID-19 or search for at-home exercise videos readily available online across platforms like Zoom, Instagram, and YouTube

## MENTAL HEALTH

Big White Wall: A safe community to support your mental health, 24/7 <https://www.bigwhitewall.com/?lang=en-ca?lang=en-ca>

CAMH: Centre for Addition and Mental Health <http://www.camh.ca/covid19>

Crisis Services Canada (CSC): national network of existing distress, crisis and suicide prevention services. Crisis Text & Chat Support (9 AM - 10 PM MST) <https://www.crisisservicescanada.ca/en/>

Kids Help Phone: 24/7 free confidential professional online, text and phone counselling and support to youth across Canada. EN and FR <https://kidshelpphone.ca/>

Breathr app: for children and teens <https://keltymentalhealth.ca/breathr> Developed by the [BC Children's Kelty Mental Health Resource Centre](#) and [BC Children's Centre for Mindfulness](#), along with young people, this **free** app provides ways to get started with mindfulness.

Indigenous support- Hope for Wellness Helpline: immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada <https://www.hopeforwellness.ca/>

Talk4Healing: culturally grounded, fully confidential helpline for Indigenous women available in 14 languages across Ontario <https://www.talk4healing.com/>

## NUTRITION AND HEALTHY MEALS

Meal planning ideas and healthy choices for breakfast, lunch, dinner and snacks. <https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking--ealthy-choices/recipes.html>

## WEBINARS

Webinars from Adult Congenital Heart Association:

COVID-19: What it means for Adults with CHD: <https://www.achaheart.org/your-heart/health-information/covid-19-coronav...>

Coronavirus and the CHD Patient: <https://vimeo.com/398825430>

COVID-19 the information you need <https://www.heartandstroke.ca/articles/coronavirus-the-information-you-need>

Ask an ACHD Specialist: COVID-19 Q&A <https://vimeo.com/410435097>

Stress Management in ACHD in Challenging Times: <https://vimeo.com/401182957>

## ADMINISTRATIVE

Canada Covid-19 emergency benefits including employment insurance, pensions and benefits for housing, education, training, family and people with disabilities as well as a benefit finder <https://www.canada.ca/en/services/benefits.html>

Canada Emergency Response Benefit (CERB) application [www.canada.ca/en/services/benefits/ei/cerb-application.html](http://www.canada.ca/en/services/benefits/ei/cerb-application.html)

Centers of Disease Control and Prevention (CDC) [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)

Public Health Agency of Canada (PHAC) [www.canada.ca/en/public-health.html](http://www.canada.ca/en/public-health.html)

Visit our [COVID-19 and CHD information](#) page for Tips infographic and health information for those living with CHD

## FRENCH

Français version à venir

### Tags:

[#COVID19](#)

[#ACHD](#)

[#CHD](#)

[#CHDAvocacy](#)  
[#CHDEducation](#)  
[#CardiopathieCongenitale](#)