

We know that this is a challenging time for everyone and that it can be especially difficult for individuals who are deafblind or affected by sensory loss, along with their families. Here is a list of resources available for anyone looking for ideas to help their children continue to learn and have fun.

### **Arts, Music and Sensory Activities**

- [Lunch Doodles with Mo Willems](#): drawing classes that are streamed online at lunchtime, with past lunchtime videos (The Kennedy Centre)
- [30 Day Lego Play Challenge](#): a printable calendar with a new Lego goal per day (My Kids Time)
- [Kids Horticulturally Inspired Activities for Early Spring](#): activity ideas that involve nature (Plants in the City)
- [Family Entertainers with Live Streams](#): a schedule of musicians, magicians, and artists who are live streaming at particular times during the day (Team T&J)
- [Fluffy Slime Recipe](#): how to make slime at home (The Best Ideas for Kids)
- [Art Therapy \(at home\)](#): The Montreal Museum of Fine Arts is offering online art therapy lessons through its Facebook page.
- [The Netflix Party Google Chrome Extension: sync](#) a show or movie with a group of friends, while also group chatting
- [Houseparty](#): a group video chat platform that allows for face-to-face communication with multiple people at a time
- [Chai Lifeline Canada](#): a list of resources, tips, and daily schedules of events for families to participate in, created for the community impacted by childhood illnesses
- [Mindfulness Mondays with CAMH](#): free online mindfulness sessions for caregivers and loved ones in the developmental disability community, regardless of age or disability
- [Baking Braille Cookies](#): Who doesn't love cookies?!
- [Tasty](#): Search, watch, and cook every single Tasty recipe and video ever - all in one place!
- [OT Activities – You can do in your home!](#)
- [Crock-A-Doodle](#): locations are offering Painting-To-Go Kits. **Etobicoke**, **Unionville**, and **Whitby** are just a few amongst others who are advertising on Instagram.
- [Glaze Craze](#): this Richmond Hill studio offers a Take Home Art Kit with curbside pick-up or delivery options
- [Sweet Flour Bake Shop](#): the Toronto location is offering spring cookie decorating kits delivered to your door.

## Exercise and Physical Activities

- [Family Bingo Cards for Neighbourhood Walks](#) (BlogTO)
- [10 Ball Games for Kids - Ideas for Active Play Indoors](#) (Frugal Fun for Boys and Girls)
- [87 Energy-Busting Indoor Games & Activities For Kids](#) (What Moms Love)
- [30 Day LEGO Challenge](#) (Free Homeschool Deals)
- [Free Printable Charades Cards](#) (Fun-Stuff-To-Do)
- [Zumba](#): Turn up the music and get moving with social dis-dancing! Currently trending on social media #PartyChallenge
- [Yoga](#): Adriene hosts the YouTube channel, Yoga with Adriene an online community of over 6 million subscribers. She publishes free Yoga and Meditation videos and has a library of over 500 free videos and growing.

## Videos and Apps

- [Evolve 21](#): an app with cardio, yoga and meditation, with adaptive exercises to support a variety of abilities and disabilities (Cerebral Palsy Foundation)
- [GoNoodle: Good Energy at Home](#): used in schools by teachers and now available in your home with games, workout videos and songs to keep your children moving (GoNoodle)
- [Take a Brain Break With These 10 YouTube Channels With Movement-Encouraging Videos For Kids](#) (Popsugar Family)
- [10 Online Exercise and Yoga Kids Classes to Make Up for P.E.](#) (Romper)
- [Zoom for Kids: How to Set Up the Zoom App for Students and Parents](#)

## Live streams

- [Dana Falsetti Yoga](#): accessible chair exercise classes and wrist-free practice
- [P.E. with Joe](#): free 30-minute workout classes for kids, streamed on Youtube
- [Family Fun Yoga](#): free 30-minute classes for families of all ages
- [Three Branches Wellness](#): free online yoga classes from a Toronto-based studio
- [2020 Virtual Concerts Calendar: When, Where to Livestream Free Online Concerts](#): Fans of live music can enjoy a concert live stream from home.
- [CNIB](#): Virtual events, podcasts and learning each week.

## Virtual tours and trips

- [Art Gallery of Ontario's Art Collection](#) (AGO)
- [12 Famous Museums That Offer Virtual Tours](#) (Travel + Leisure)
- [Ripley's Aquariums At Home](#) (Ripley's Aquariums)
- [33 Virtual National Park Tours](#) (Totally the Bomb)

- [20 Virtual Field Trips You Can Take With Your Kids](#) (Adventures in Familyhood)
- [15 Broadway Plays & Musicals You Can Watch On Stage From Home](#) (Playbill)
- [Virtual Rides at the Disney Parks Around the World](#) (The Points Guy)
- [Canada's Wonderland Virtual Ride at Home](#) (Canada's Wonderland)

### Book readings or listening activities

- [American Sign Language \(ASL\) TV.](#): ASL stories for preschoolers (Aunt Alice's ASL TV)
- [Children's Authors Doing Online Read Alouds & Activities](#) (We Are Teachers)
- [26 Best Podcasts for Kids in Elementary, Middle and High School](#) (We Are Teachers)
- [Audible's free stories for kids](#): for all ages, in many languages (Audible Stories)
- [Story readings](#): for gender-independent kids and families, videos and live streams each morning (Flamingo Rampant)
- [A song and book reading](#): by a Kindergarten teacher in Toronto, videos and live-streamed every day (Mr. Kane's Storytime)
- [Children's books](#): these are specifically read by celebrities (Storyline Online)
- [Thresholds Podcast](#): shares the lived experiences of young people with disabilities (Youth Advisory Council at Holland Bloorview and the Koffler Centre)
- [The Very Hungry Caterpillar in American Sign Language](#) (CSDB Channel)
- [Goodnight with Dolly Parton](#): Once a week for 10 weeks at 7:00 PM EST, The Book Lady will deliver her story with the program available across the Imagination Library, Dolly Parton, World Choice Investments, and Dollywood channels. The read along will be a personal gift from Dolly to all families. Free of charge but not free from obligation as the message will be to pass on the love and keep hope alive because we are all Together, You and I.
- [Time to Come In, Bear: A Children's Story About Social Distancing](#) (Kim St. Lawrence - Children's Author)
- [Picture Stories](#): Short picture stories help young children manage life transitions and everyday challenges. Using simple images and straight-forward language, Meredith creates short picture stories on a wide range of topics.
- [COVID-19 "Coronavirus" – An Illustrated Guide For Kids With Questions](#)

*References: CHARGE Syndrome Foundation, CNIB, Online Facebook Groups, Holland Bloorview Kids Rehabilitation, Imagination Library and YouTube.*