

Isolation activities – Wi-Fi based

These online based activities may help with the feeling of isolation. From the safety of our homes, we can remain cognitively stimulated and engaged. These may be fun to explore with your family and/or the person you are caring for.

This document will include:

- Virtual tours
- Netflix recommendations
- YouTube Exercises for Seniors
- iPad or tablet activities

Virtual Tours

- Monterey Bay Aquarium in California <https://www.montereybayaquarium.org/animals/live-cams>
- The San Diego Zoo (California) Live Stream <https://zoo.sandiegozoo.org/live-cams>
- NASA App (virtual reality experiences, audio tours) <https://spacecenter.org/app/>
- Disney Land (California) Google Maps Tour https://www.google.com/maps/@33.8120336,-117.9189703,3a,67y,294.13h,82.05t/data=!3m6!1e1!3m4!1sDelpK5A-dz6kl1K_2fSXww!2e0!7i13312!8i6656
- Disney World Magic Kingdom (Florida) Google Maps Tour <https://www.google.com/maps/@28.418732,-81.5813006,3a,75y,326.9h,93.62t/data=!3m6!1e1!3m4!1svIXS5W-ISh3-0p7hbptVCA!2e0!7i13312!8i6656>
- Disney World Epcot Full Frozen Ride (Florida) Google Maps Tour <https://www.youtube.com/watch?v=J8OHP9OriMA>
- The Metropolitan Opera (The Met) (New York City) Live Stream https://players.brightcove.net/102076671001/default_index.html?videoId=6142077196001
- The Eiffel Tower (Paris, France) Viewpoint <https://artsandculture.google.com/streetview/tour-eiffel/sAht5Gv4YGH84Q?sv lng=2.294697006132574&sv lat=48.85816565109427&sv h=127.30778508186896&sv p=-19.888108757781055&sv pid=Pe03wIAND2EexK9ITcxm0w&sv z=1.0000000000000002>
- The Sydney Opera House (Sydney, Australia) Tour <https://artsandculture.google.com/streetview/sydney-opera-house/KgGPW2YWtcHpBq?sv lng=151.2135034733324&sv lat=->

[33.85845058282505&sv_h=8.999&sv_p=-13.299999999999997&sv_pid=opBj2MqN2Mk4yX5QdZPYDw&sv_z=1](https://www.google.com/maps/place/33.85845058282505&sv_h=8.999&sv_p=-13.299999999999997&sv_pid=opBj2MqN2Mk4yX5QdZPYDw&sv_z=1)

- The Taj Mahal (New Delhi, India)
https://artsandculture.google.com/streetview/taj-mahal/UwGKcX7FFM5U4g?sv lng=78.04199578168942&sv lat=27.17376226664116&sv_h=10.796493883396181&sv_p=3.2636150332274667&sv_pid=vQAmRxAVGgXXQmPcT8d0cQ&sv_z=1.000000000000002
- The Smithsonian National Museum of Natural History (Washington) Virtual Tour
<https://naturalhistory.si.edu/visit/virtual-tour/current-exhibits>
- The Museum of Modern Art (The MoMa) (New York) Virtual Tour
<https://artsandculture.google.com/exhibit/sophie-taeuber-arp/swKioHNhYqZoLw>
- The Royal Botanical Garden (London, England) Virtual Tour
https://www.google.com/maps/place/Royal+Botanic+Gardens,+Kew/@51.4787438,-0.295573,3a,90y,196.08h,106.51t/data=!3m8!1e1!3m6!1sAF1QipPmLp2CCLNNeI9mnxT-KJ_PiKQaAaEHZ6H-YP_D!2e10!3e11!6shttps:%2F%2Fh5.googleusercontent.com%2Fp%2FAF1QipPmLp2CCLNNeI9mnxT-KJ_PiKQaAaEHZ6H-YP_D%3Dw203-h100-k-no-pi-10-ya159-ro-0-fo100!7i8000!8i4000!4m5!3m4!1s0x48760dc5605b3443:0xd16f914f6291fb7e!8m2!3d51.4787438!4d-0.295573
- Easter Island (Chile) Virtual Tour
<https://artsandculture.google.com/story/4wXhfs-0ooroMQ?hl=en>

Netflix Resources (the options are endless, but here are a few)

- Bob Ross: Beauty is Everywhere (calming painting tutorials)
- Chill with Bob Ross (calming painting tutorials)
- Planet Earth
- Our Planet
- Jeopardy
- Cooking shows
- The Big Family Cooking Showdown
- Storage Hunters
- My Next Guest with David Letterman
- Classic movies that are calming and enjoyable!

YouTube Seated Exercises for Seniors

- <https://www.youtube.com/watch?v=8BcPHWGQO44>
- https://www.youtube.com/watch?v=SaYDK_LH_uk
- <https://www.youtube.com/watch?v=91ABO4utqkA>

iPad or Tablet activities

- Jigsaw puzzle apps
- Colouring apps
- Solitaire apps
- Music playlists