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| **Meditation Resources** | |
| The Awake Network | <https://www.theawakenetwork.com/free-online-meditation-resources-for-the-time-of-social-distancing/> |
| Mindfulness Exercise | <https://mindfulnessexercises.com/free-online-mindfulness-courses/> |
| Dr. Kristen Neff | <https://self-compassion.org/category/exercises/#guided-meditations> |
| Dr. Tara Brach | <https://www.tarabrach.com/guided-meditations/> |
| Department of Medicine - 30 minute physician mindfulness session   M/T/W/Th at 8pm-8:30pm. Offered via Zoom. See link for details. No OHIP required. This is not treatment. | <https://www.deptmedicine.utoronto.ca/sites/default/files/physician_mindfulness_brochure_.pdf> |
| **Physical Exercise** | |
| YMCA-GTA Facebook page- live streamed classes with videos available | <https://www.facebook.com/YMCAGTA/> |
| 7 minute workout | <https://well.blogs.nytimes.com/2013/05/09/the-scientific-7-minute-workout/> |
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| **Children/Family** | |
| A group of child and adolescent psychiatrists in Toronto, Canada | <https://www.covidwithkids.org/> |
| Sesame Street | <https://www.sesamestreet.org/caring?utm_source=SS.org%20Caring%20for%20Each%20Other%20Mission%20Section&utm_medium=homepage%20link&utm_campaign=Caring%20for%20Each%20Other> |
| Disney | <https://news.disney.com/magicmoments> |
| TVO | <https://www.tvokids.com/school-age/space-blog> |
| OISE - Stay at home Club | <https://www.oise.utoronto.ca/oise/News/2020/OISE_Stay_at_Home_Club.html> |
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| **Culture & Entertainment** | |
| Multiple Museums & Art Galleries around the world | <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours> |
| Royal Ontario Museum | <https://collections.rom.on.ca/> |
| Art Gallery of Ontario | <https://ago.ca/> |
| Aga Khan Museum | <https://www.agakhanmuseum.org/exhibitions/museum-without-walls> |
| Toronto International Film Festival | <https://tiff.net/stayathome> |
| Ripley’s Aquarium | <https://www.ripleyaquariums.com/at-home/?utm_source=website&utm_medium=banner&utm_campaign=at_home_banner&utm_content=link> |
| City of Toronto - Take a virtual historic tour of Toronto | <https://www.toronto.ca/explore-enjoy/history-art-culture/museums/virtual-exhibits/history-of-toronto/> |
| Some Good News with John Krasinski | <https://www.youtube.com/watch?v=F5pgG1M_h_U> |

Random Fun Ideas

* Closet Overhaul - While you’re inside, go through your closet and host an impromptu fashion show. Or, see what you want to give away to donation companies
* Have young kids? Build a cozy fort in your living room or have a scavenger hunt
* Get creative and write - Try some poetry, journal about your feelings, anything!
* YouTube equals a 2020 karaoke machine. You can Youtube search the karaoke version to your favourite songs, turn it up and go wild!