

# Games and Recreation

Stay occupied with these do-it-yourself home experiments, workouts and dance parties.

## NEW - Down Dog Fitness

Enjoy free access to at-home workouts, yoga routines and much more. Access is free for students until June 30.

**Link:** <https://www.downdogapp.com/>

## NEW - Ottawa Redblacks Activities

Ottawa's CFL franchise have put together a football themed activity pack with colouring sheets, a gridiron maze and spot the differences challenge.

**Link:** <https://www.ottawaredblacks.com/2020/04/03/kids-activity-pack/>

## NEW - Printables for Kids

Check out an amazing collection of 45 printable activities for kids of all ages. All your favourite classics are here as well as some new and creative ideas.

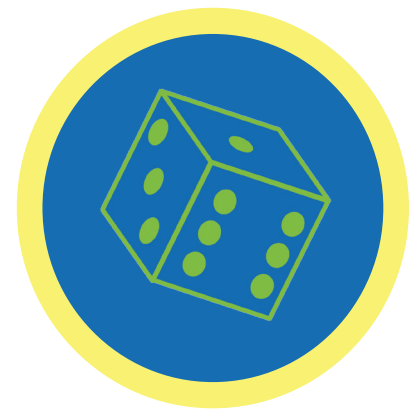
**Link:** <https://ottawamommyclub.ca/45-free-printables-for-kids/>

## NEW - Soccer Training

From New Zealand Football, this is a great collection of soccer training exercises to keep your athletes practicing while social distancing.

**Link:** <https://www.nzfootball.co.nz/STAY-FIT>





## NEW - Stay Active at Home

An amazing list of dozens of suggestions to help you stay active and fit while at home. Enjoy suggestions for the whole family!

**Link:** <http://benefitforlife.ca/activeathome>

## WEEK #3 LISTINGS

### Belleville Senators Activities

Complete some of your favourite activities with a hockey twist. Word searches, colouring sheets and a chance to design your own jersey.

**Link:** <https://bellevillesens.com/kids-zone/>

### Hogwarts Digital Escape Room

Hosted by McMurray, Pennsylvania's Peters Township Public Library this digital adventure will take you around the enchanting world of Harry Potter.

**Link:** [https://docs.google.com/forms/d/e/1FAIpQLSfINxNM0jzbZJjUqOcXkwhGT-fii4CM\\_CA3kCxImbY8c3AABEA/viewform?fbclid=IwAR3T36\\_z036qjl1l3rl\\_n05Ty8O-QSIOytFOVDojhBRHdJ2edzYab0cbLXjs](https://docs.google.com/forms/d/e/1FAIpQLSfINxNM0jzbZJjUqOcXkwhGT-fii4CM_CA3kCxImbY8c3AABEA/viewform?fbclid=IwAR3T36_z036qjl1l3rl_n05Ty8O-QSIOytFOVDojhBRHdJ2edzYab0cbLXjs)

### Online Puzzles

A timeless hobby gets a modern update. Complete these online puzzles with unique images and varying piece counts.

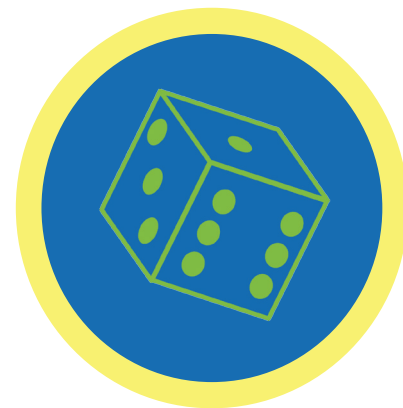
**Link:** <https://www.jigsawplanet.com/>

### Peel Art Gallery Activities

Toronto's Peel Art Gallery is hosting a new online activity each day. Also available are historical artifact lessons, nature activities and 'indoor recess' suggestions.

**Link:** <http://pama.peelregion.ca/en/programseventsandschoolresources/pama-home.asp>





## Print-at-Home Escape Games

Enjoy the thrill of an escape room from your own home. Print out these card sets, download the companion app and enjoy some puzzle-filled fun with your family.

**Link:** [https://www.spacecowboys.fr/unlock-demos-english?fbclid=IwAR3T36\\_z036qjl1l3rl\\_n05Ty8OQSI0ytFOVDojhBRHdJ2edzYab0cbLXjs](https://www.spacecowboys.fr/unlock-demos-english?fbclid=IwAR3T36_z036qjl1l3rl_n05Ty8OQSI0ytFOVDojhBRHdJ2edzYab0cbLXjs)

## Stratford Festival Classics

Hosted by CBC, this is a great collection of classic Shakespeare plays, as performed at the Stratford Festival.

**Link:** <https://gem.cbc.ca/series/stratford-presents/all/8d5898e8-9215-4c97-8fe3-a10b30c89d58>

## WEEK #2 LISTINGS

### Banff Mountain Film Fest

For all the film lovers in your life, you can watch the Banff Mountain Film Fest from the comfort of your own house.

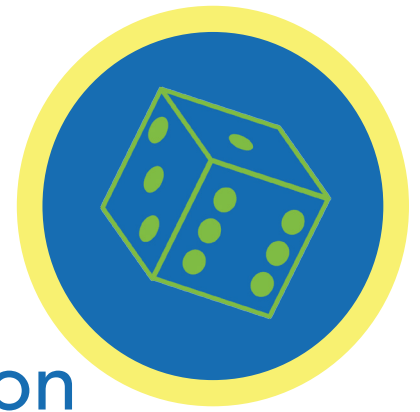
**Link:** <https://iconpro.io/banff-mountain-film-fest-couch-tour-2020/>

### Kahoot Trivia

Test your knowledge with pre-existing quizzes or challenge your friends and family with custom made trivia.

**Link:** <https://kahoot.com/>





## National Film Board Collection

The National Film Board's online Screening Room offers access to over 3,000 films. The collection includes animation, documentaries, experimental films and more.

**Link:** <https://www.nfb.ca/>

## Online Math Games

If you're striving to keep things "adding up" while social distancing, check out these interactive online games.

**Link:** <https://www.mathies.ca/games.php>

## Online Monopoly

You can still host board game night with this online version of a classic game!

**Link:** <https://www.pogo.com/games/monopolyclassic>

## Sens Activities

From one of our founding partners, the Ottawa Senators, consult their great collection of recreation activities for children and families.

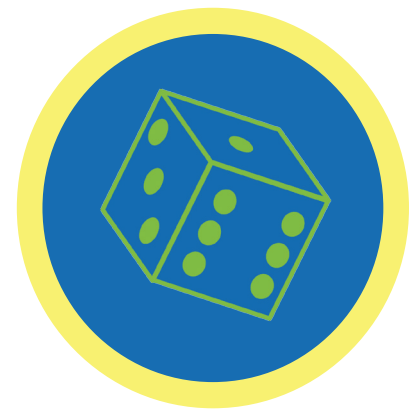
**Link:** <http://www.sensfoundation.com/covid-19-resources/>

## YMCA Fitness Videos

Hosted by our partners at the YMCA, these videos offer courses in bootcamp, yoga, tai chi and more, to help you stay active.

**Link:** <https://ymca360.org/>





## WEEK #1 LISTINGS

### 50 Fun Activities

These 50 fun activity and craft ideas offer something for every age and every skill level. See how many you can complete.

**Link:** <https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/?slide=1>

### Crayola Create It Yourself

Creative and engaging craft ideas for all ages and skill levels.

**Link:** <http://www.crayola.ca/create-it-yourself-home>

### Daily 10-Minute Dance Party

Get up and moving from 12:15 - 12:25 P.M. EDT. Join this fun virtual dance party!

**Link:** <https://www.kickstartology.com/>

### Indoor Games and Activities

27 unique and entertaining indoor games and activities. Paper airplane target flying, electric tape roads and more round out this creative list.

**Link:** <https://www.buzzfeed.com/mikespohr/activities-for-kids-while-inside-because-of-the-coronavirus>

### Netflix Party

With this Google Chrome extension you can watch movies simultaneously with your friends and family. Remote movie night, anyone?

**Link:** <https://www.netflixparty.com/>



