



Welcome to the third issue of *Things to do While You're at Home*. The VEQ team is still working hard to ensure community members stay informed, and have the latest updates during these difficult times.

Please keep an eye on our Facebook page: <https://www.facebook.com/VoiceofEnglishspeakingQuebec>

We hope you have a safe Easter weekend. Don't hesitate to reach out to us if you have any questions, or require assistance. We will do our very best to get you what you need, or point you in the right direction.

—From the team at VEQ

For Kids And Kids At Heart

French as a Second Language Resources

LEARN (Leading English Education and Resource Network) has made learning resources available for:

- elementary students: <https://www.learnquebec.ca/fr/elementary-french-second-language>
- secondary students: <https://www.learnquebec.ca/fr/secondary-french-second-language>

Monterey Bay Aquarium – Live Cam

Be delighted by the antics of our sea otters or mellow out to the hypnotic drifting of our jellies. With ten live cams to choose from, you can experience the wonder of the ocean no matter where you are.

<https://www.montereybayaquarium.org/animals/live-cams>

Elephants in South Africa—Live Cam

This live feed comes from a watering hole at the Tembe Elephant Park, close to South Africa's border with Mozambique. Most of the time, there will be at least a few elephants milling about - and the ones living here are reportedly the world's largest.

<https://www.youtube.com/watch?v=48MFr5ADp8>

Apple Books

Free read-along books for kids. More information on how to access them here:

<https://wccftech.com/apple-books-offer-free-stay-at-home-collection-read-alongs-for-kids-audiobooks-and-more/>

Lunch Doodles

Famous children's author, Mo Willems, is giving free drawing lessons called "Lunch Doodles" on YouTube every weekday to entertain kids stuck at home because of the pandemic. You can read more about them [here](#).

https://www.youtube.com/playlist?list=PL14hRqd0PELGbKihHuTqx_pbvCLqGbOkF

Online cooking classes with the kids (or not)

Heads up, parents! Delish's editorial director Joanna Saltz and her kids will be going live on Instagram every week day at 1pm EST to share cook-along videos for you and your little ones. Or just you—we do not judge.

<https://www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/>

Education and Personal Development

Coursera

Build skills with courses, certificates, and degrees online from world-class universities and companies for free!

<https://www.coursera.org/courses?query=free>

Stargazing

A comprehensive list of ideas and activities for amateur stargazers.

<https://www.skyatnightmagazine.com/advice/skills/isolation-home-activities-astronomy-stargazing/>

Fitness

Exercises and work-outs for seniors

There are many ways to continue staying active and healthy, even if you are an older individual. Check these out for plenty of ways to stay fit.

<https://www.youtube.com/watch?v=Ev6yE55kYGw>

<https://www.seniorexercisesonline.com/members-page.html>

Zumba classes for kids and adults

Register for these fun weekly classes for you or your kids.

<https://www.mariposadance.com/upcoming-events>

Meditation and Mindfulness

Yoga with Adriene

Free classes of a variety of different lengths, need-specific (or not) and for everyone.

<https://www.youtube.com/user/yogawithadriene>

Audio-books and Podcasts

Starting Points

Starting Points are thoughtfully curated collections of audio, essays, and poetry from The On Being Project's deep archive. Revisit old favorites and find new ones.

<https://onbeing.org/starting-points/>

Creative Activities for Everyone

Free Craft Classes

Free classes until April 16th. Learn how to knit, weave, crochet, sew, anything!

<https://www.mybluprint.com/>

Performing Arts

Les Violons du Roy

Les Violons du Roy is pleased to invite you to discover or rediscover the broadcast of Tharaud inédit, a concert performed with pianist Alexandre Tharaud on June 2, 2017, in Bourgie Hall at the Montreal Museum of Fine Arts. Make the isolation a little easier with music!

The video is available for viewing from Wednesday, April 1st to Thursday, April 30, 2020.

<http://www.violonsduroy.com/en/events/tharaud-inedit/2017-06-02-19-30>

Keep Music Live Project

Attend concerts from the comfort of your home, and for free! Don't forget to register online on Eventbrite.

<https://www.eventbrite.com/o/keep-music-live-project-29989688540>

Just For Fun

Virtual Dance Party

Join this virtual dance party on April 11. Register on Eventbrite, and practice social distancing while connecting with people all over the globe!

<https://www.eventbrite.com/e/blast-from-the-past-online-dance-party-tickets-102040786740>

Visit the World from Home

Times Square, New York City

Perhaps one of the busiest places in the world in normal times, now the heart of Manhattan is eerily quiet. The bright adverts in Times Square now promote shows no one can attend, clothes no-one can buy and cities no-one can visit.

<https://www.youtube.com/watch?v=Bi1IxuOnRvA>

A Thai beach

This is the feed to watch if you want to relax with a spectacular sunset every day. The feed comes from a secluded white beach on the island of Koh Samui, in Thailand, where people appear to be practising social distancing in a really satisfying way.

<https://www.youtube.com/watch?v=1FvwPEKgcsA>

Space!

This is maybe the most spectacular live stream of them all. It comes from the International Space Station, which is travelling at about 17,000mph (27,300km/h) above our heads (and which you may have seen on a clear night). You'll witness a sunrise or sunset roughly every 45 minutes, and play a guessing game of "which country is that I'm flying over?"

<https://www.youtube.com/watch?v=u5QavktMPOg>

Information and Social Assistance

Ministère de l'immigration, francisation et intégration - Special measures for the pandemic

<https://www.immigration-quebec.gouv.qc.ca/en/informations/news/news-2020/covid-19.html>

Service d'aide psychologique spécialisée aux immigrants et réfugiés (SAPSIR), free (with RAMQ)

<https://www.ciusss-capitalenationale.gouv.qc.ca/services/sante-mentale/sapsir>

Ligne Parents

24/7 free telephone support for parents.

1 800 361-5085

<https://www.ligneparents.com/LigneParents>

Héma Québec

Héma Québec still needs Blood or plasma donations. Especially in these times. The site is English but on site, the questionnaire is in French. They are however able to communicate in English. It is strongly recommended to call ahead of time to make an appointment.

<https://www.hema-quebec.qc.ca/index.en.html>

Financial help for Canadians affected by COVID-19

A hub of benefits the federal government, provinces and territories are offering to people financially affected by the coronavirus.

<https://newsinteractives.cbc.ca/coronavirusbenefits/>