

Remote Learning Survival Guide

Board Games

Some ways you can play board games at home are...

- <https://boardgamearena.com/>
- <https://tabletopia.com/>
- Or any board games you have at home!

You can play online with your friends, and have a lot of fun!

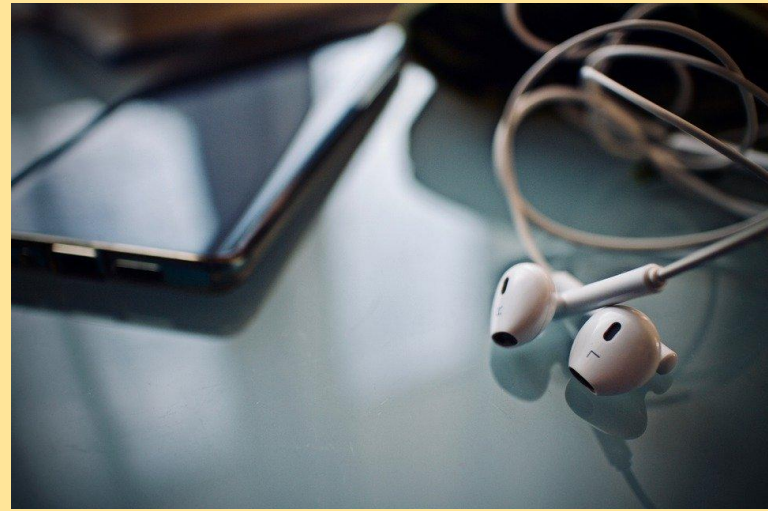


Music and Podcasts

Sometimes, listening to music or listening to a podcast can be really relaxing, and it can help you focus! Some ways you can do that are...

- [Stitcher Podcasts](#)
- [Spotify](#)

Have fun listening!



Online Volunteering/Activism

A good way to make an impact, and also have a fun activity is to do some online volunteer work! Among many platforms, here are a few:

- <https://www.bookshare.org/cms/get-involved/volunteer>
- <https://www.storiitime.com/>
- <https://www.teensresist.com/>



Activism!

Right now there are tons of opportunities to speak out and stand up for black lives in the Black Lives Matter movement. Here are some ways you can support the cause:

- [BLM Website](#)-- Educate yourself!
- Support black-owned businesses!
- Sign petitions--<https://www.change.org/> (check in with your parents before you sign any petitions!)
- Protest (but be safe!)
- Talk about it with your family and friends--spread awareness!

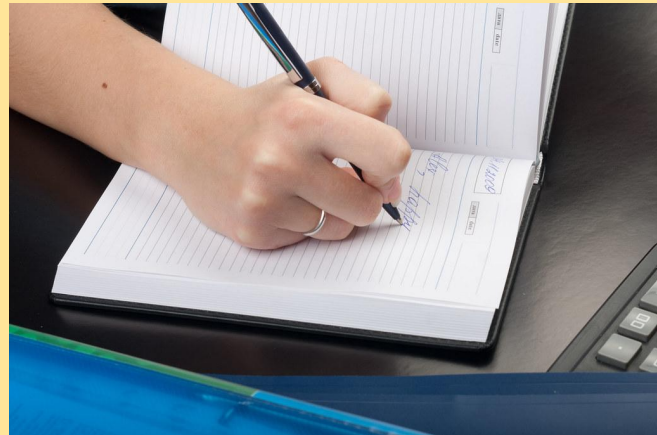


**BLACK
LIVES
MATTER**

Journaling

Journaling can be a good way to relax, and pass the time! Quarantine can be stressful and scary, and journaling might make you feel better! Here are some good online platforms:

- <https://penzu.com/>
- <https://www.myjournalate.com/>
- Or google docs, or a notebook!



Meditate

Possible ways to meditate at home

- [Meditation Extension](#)
- [Meditation Playlist](#)
- Mobile Meditation Apps



Meditation helps with
anxiety and relieve
stress



Exercise

Possible ways to exercise at home

- [YMCA](#)
- <https://www.lesmills.com/workouts/youth-training/born-to-move-13-16-years/>
- Youtube videos
- Make a routine



Museum tours/Virtual trips

Possible ways to do Museum tours/Virtual trips at home:

- [Online tours](#)
- [National Parks](#)
- [Museums](#)



Reading

Some possible ways to read at home are...

- <https://www.overdrive.com/>
- <https://openlibrary.org/>
- Or any books you have at home

You will be able to read a lot of interesting and enjoyable books



Cooking/Baking

Some possible ways you can cook at home are...

- <https://www.allrecipes.com/recipes/>
- <https://www.delish.com/cooking/>

You will be able to find a lot of cool and interesting recipes, and foods to make!



Movies/TV Show's

Some possible ways you can watch movies or TV shows are...

- <https://www.netflix.com>
/
- Or any streaming services you prefer

You will be able to watch all of your favorite movies and shows



Animal Live Streams

A possible way to watch animals live is...

- <https://animals.sandiegozoo.org/live-cams>

You will be able to watch cute animals, just like if you were in a zoo

