

VIRTUAL ENTERTAINMENT COVID-19



As we continue to practice social distancing and self-quarantining to help curb the spread of the COVID-19 virus, we wanted to take an opportunity to remind you of the many available avenues for entertainment and engagement available at your fingertips with the right technology.

Healthy, Fun, and Active Screen Time

Here are some educational ways for your kids to stay occupied online:

- **Math:** <https://www.khanacademy.org/>
- **Science:** <https://kids.nationalgeographic.com/>
- **Reading:** <https://www.storylineonline.net/>
- **History:** <https://www.historyforkids.net/>

Looking for some active screen time? Why not try kid-friendly yoga by visiting the Cosmic Kids Yoga YouTube channel – a ton of videos and exercises to choose from!

- **Healthy, kid-safe, active screen time:**
https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ

Try a virtual field trip! See if your local zoo has live webcams installed and available for viewers. You can visit the Detroit Zoo <https://detroitzoo.org/> where they currently have webcams up and running for multiple species. Additionally, you can:

- **Explore Yellowstone Park:** <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- **Explore Mars:** <https://accessmars.withgoogle.com/>
- **Live animal cams at the San Diego Zoo:** <https://zoo.sandiegozoo.org/live-cams>
- **Check out beluga whales & other undersea life at the Georgia Aquarium:**
<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>
- **Check out the exhibits at the Louvre:** <https://www.louvre.fr/en/visites-en-ligne>

Maintaining connections

You can also stay connected with friends & family from the comfort of your own home. You've probably heard of **Skype** (<https://www.skype.com/en/>), and if you have a smartphone the app FaceTime or a similar app may already be pre-installed on it.

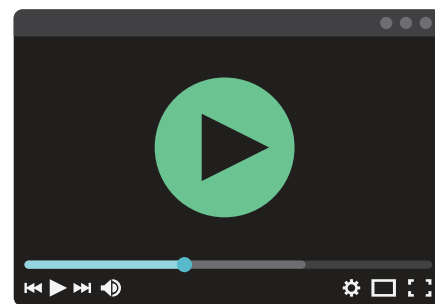
Zoom has soared in popularity (<https://zoom.us/>) in recent weeks, but there have been reported security concerns, including individuals clandestinely joining open Zoom meetings and displaying offensive material.

Google Hangouts (<https://hangouts.google.com/>) has proven to be very reliable with the least amount of interference. It's also free – you'll just need a gmail account to access the service. It's easy & free to set up a gmail account if you don't already have one.

<https://accounts.google.com/signup/v2/webcreateaccount?hl=en&flowName=GlifWebSignIn&flowEntry=SignUp>

While we have these great tools at our disposal, sometimes it can be difficult to think of ways to meaningfully connect via **Skype, Zoom, Google Hangouts, etc.** So, we have some fun suggestions for you – try them out!

- **Conduct a friend/family talent show** – show off your skills to loved ones and invite them to share their talents with you!
- **Get virtual help with homework!**
- **Grandparents, read a story to your grandkids!** Or, do the opposite – have one of the grandkids read you a story.
- **Interview family members** – learn more about your family's history, the interests and backgrounds of your extended family members, and connect in ways you haven't before!
- **Play a board game together** – you'll just need to have a set of the game itself and place your pieces correspondingly as you make moves.
- If playing a board game virtually is too complicated, remember a lot of old school board games now have online/app equivalents, such as Words with Friends (which is essentially Scrabble) – you can play these games against one another if you both have the app.



Family Streaming

Many of the popular online streaming services have sections dedicated exclusively to children & family entertainment. If you're looking for something with both kid-friendly fare and something for grown-ups to enjoy, Netflix is probably the best investment. We've included pricing information for Netflix, Hulu, Amazon Prime, and Disney+. We've also included some family viewing recommendations that our staff has enjoyed with their loved ones of all ages – however, every family has its own standards and tastes, so we encourage you to vet all selections on your own before allowing younger viewers to watch. If you are a first-time subscriber, most streaming platforms offer a free trial period.

NETFLIX

Plans starting at \$8.99/month <https://www.netflix.com/signup/planform>

Movies:

Christopher Robin (PG), Mary Poppins Returns (PG), The Princess and the Frog (G), Tarzan (G)

TV:

The Magic School Bus (TV-Y), Our Planet (TV-PG), Thomas & Friends (TV-Y)

HULU

Plans starting at \$5.99/month <https://www.hulu.com>. Can also be purchased as a bundle package with Disney+ and ESPN+ for \$12.99/month

Movies:

Free Willy (PG), Pocahontas (G), The Polar Express (G)

TV:

Doug (TV-Y), Rugrats (TV-Y)

AMAZON PRIME (a Prime subscription also includes free 2-day shipping on Amazon products*) \$12.99/month or \$119/year. For students, \$6.49/month or \$59/year <https://www.amazon.com/>

Movies:

Charlotte's Web (G), Wallace & Gromit (G)

TV:

Dora the Explorer (TV-Y), Sesame Street (TV-Y)

*currently excludes nonessential items due to COVID-19 concerns

DISNEY+

\$6.99/month or \$69.99/year. Purchase Disney+, Hulu, and ESPN+ as a bundle package for \$12.99/month <https://www.disneyplus.com/>

Most of the films and TV series available on Disney+ are appropriate for young audiences. Includes Disney favorites both old and new. However, Disney+ also includes most of the Marvel and Star Wars films, some which are rated PG-13 and may not be suitable for all viewers. As with all our recommendations, we encourage you to vet all selections before allowing younger viewers to watch.

Now might also be a good time to share your beloved favorites with your children. If your favorite childhood movie or show isn't available free with streaming, many movies and TV shows from the past are available for rental or purchase digitally.

Have fun & stay connected!

Remember that there is always a learning curve with new technology, so be patient with yourselves and with family members who may be less experienced with virtual communication.

If you have concerns that you would rather discuss with someone who isn't a friend or relative, remember that the [Ulliance Life Advisor EAP](#) is here to help 24/7. We're here to listen & connect!