

Spring Break Staycation Activities

ART AND CULTURE

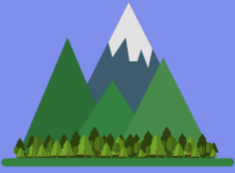


Take tours of famous museums, locales, and national parks.

<https://artsandculture.google.com/exploreClassical>

MPR has a [YouTube channel](#) that includes music playlists and illustrated children's story time videos.

NATURE



Explore.org has nature-themed streams that include weather, domestic animals, safaris and ocean creatures.

<https://explore.org/livecams>.

EXERCISE AND ACTIVITY



Growga has family yoga every Wednesday at 6:00 p.m. and Saturday at 10:00 a.m. <https://www.mygrowga.com/>

[No Nap Family Happy Hour](#) – live shows from children's musicians.

Go on a Scavenger Hunt or Nature Adventure in your neighborhood. Children can search for and identify natural objects in your backyard, on your block or at a nearby park.

PODCASTS FOR FAMILIES



Free entertaining, informative, and kid-friendly podcasts.

- [25 Best Podcasts for Kids](#)
- [10 Must-Listen Podcasts for Tweens and Teens](#)

SOCIAL MEDIA



[Flatten the Curve](#) is a Facebook page that provides people with a place to share virtual events that include concerts, lectures, and kid and family activities.

LOW-TECH WAYS TO CONNECT WITH FAMILY



- Pull out family photo albums and tell your children a funny story about when they were young.
- Create a family tree.
- Teach your children to sew, knit or do another craft that you like.
- Play your favorite board games.
- Teach your children how to make a fun family recipe that was your favorite growing up.
- Call or FaceTime with family members who live in another state – play a game with them online.
- Create cards and send them to people who may not be able to get out of the house.