Spring Break Staycation Activities

ART AND CULTURE
Take tours of famous museums, locales, and national parks. [https://artsandculture.google.com/exploreClassical](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](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/](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.