

Engage at Home

Resources & Activities to Keep You Entertained at Home During a Global Crisis

As the majority of Canadian residents remain at home, it can be difficult to keep yourself and your family entertained during the COVID-19 pandemic, and you may have exhausted your usual activities and board games. Below you will find a variety of online resources to help keep you engaged at home, whether that's alone or with friends and family. Follow the links below to try a yoga or cardio class from the comfort of your living room with no equipment, tour a museum you've always wanted to visit, learn a new skill, get creative or just connect and check-in with someone outside of your four walls.

MOVE

As quickly as Toronto fitness studios had to close their doors, many pivoted to offer free online classes. Follow the links to the left for a variety of Yoga, Pilates, Dance, Cardio, HIIT, and Strength workouts you can do at home with little or no equipment. If you're a member of the Toronto Athletic Club at TD Centre, they're also sending daily emails to members that include workouts, recipes and motivational stories. If you want to get the whole family involved, try one of these kid-friendly yoga videos.

Yoga, Pilates & Dance

[Misfit Studio](#)

[Saana Yoga](#)

[Yoga Tree](#)

[Power Yoga Canada](#)

Cardio, HIIT & Strength

[Barry's Bootcamp](#)

[FitFactory Toronto](#)

[Bolo](#)

[United Boxing](#)

LEARN

Virtual Art Galleries, Museums & Attractions

[Royal Ontario Museum](#)

[Bata Shoe Museum](#)

[Virtual Museum of Canada](#)

[Guggenheim](#)

[Louvre](#)

[Ripley's Aquarium](#)

[Hockey Hall of Fame](#)

[The Hidden Worlds of the National Parks](#)

[Famous Stages Around the World](#)

[DC's Museum of Natural History](#)

[Space Center Houston App](#)

[Disney Theme Parks](#)

[Van Gogh Museum](#)

[Cirque du Soleil Performances](#)

Online Learning for the Whole Family

[TEDEd](#)

[Free 2 Month Kindle Access](#)

[Ivy league Courses](#)

[Scholastic Digital Hub](#)

[Learn a Language](#)

[Cooking Classes](#)

[Business & Marketing Courses](#)

PLAY

Games

- [Host a Virtual Game Night.](#)
- [Socialize while playing these Video Games.](#)

Crafts & Activities

- [DIY Activities for Kids at Home](#)
- [Explore New Creative Hobbies](#)
- [Join a Virtual Paint Night](#)
- [Paint Your Own Artwork with Drawlify](#)

Festivals & Concerts

- [Social Distancing Festival](#)
- [Film Festivals](#)
- [Virtual Concerts](#)

CONNECT



Host a digital happy hour with [Zoom](#) or [House Party](#).



Join a [virtual dance party](#).



Binge watch a new series with a friend using [Netflix Party](#).



Remember to take time to connect with colleagues, friends and loved ones. Schedule a virtual coffee break or call to check-in on a neighbor at risk.