



in order to prevent the spread of  
COVID-19 (coronavirus)

As the world continues to cope with the coronavirus pandemic, people across the planet are staying home, quarantining, and practicing social distancing as an effort to slow — and hopefully stop — the spread of coronavirus. Though staying home is totally necessary right now, it means many of us have found ourselves with a lot of time on our hands. If you're looking for ways to keep yourself, or your family members occupied, you're not alone.

The MER Stewardship team has researched some ways to stay busy and make the most of this Safer-At-Home moment. Here are some suggestions:

### **Take a free online exercise, yoga, or meditation class.**

Download a free exercise class in the privacy of your own home; whether the goal is breaking into a stress-relieving sweat or finding your inner Zen, there's something for everyone at no-membership-required sites like the [YMCA](#), [YogaWorks](#), or the [Nike Training Club](#) or you can also look on YouTube as exercise instructors from all over are sharing their expertise and doing their part to keep people moving.

### **Expand your mind with a free class at an Ivy League university.**

If you want to learn for the sake of learning, without worrying about having to take a test afterwards, here's your chance to expand your mind. More than 450 free courses are offered online through the country's eight Ivy League universities.

### **Attend a virtual opera, symphony, or Broadway show.**

When you can't go to the orchestra, let the orchestra come to the comfort of your living room sofa instead. You can stream performances by some of the best musicians and conductors of our time at the [digital concert hall of the Berlin Philharmonic](#); elevate your senses through the featured playlists and videos of the [Chamber Music Society of Lincoln Center](#); and catch that Broadway blockbuster you've been dying to see on [Broadway HD](#).

Need to get outside? These five National Parks offer virtual tours you can take in from the comfort of home:

<https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours>



[Kenai Fjords National Park, Alaska](#)



[Hawaii Volcanoes National Park, Hawaii](#)



[Carlsbad Caverns National Park, New Mexico](#)



[Bryce Canyon National Park, Utah](#)



[Dry Tortugas National Park, Florida](#)





With most schools shut down and kids turning to online lessons, it's obvious that little ones are also learning to adjust to this new normal. We've found plenty of fun and exciting activities for parents to do with their kids.

Here are some suggestions:

### **Color Our Collection**

To help people relax and enjoy some culture, dozens of museums, galleries, and libraries are allowing people to download coloring pages inspired by the museums' art collections. <https://library.nyam.org/colorourcollections/>

### **Quarantine Academy Kids**

This online fun learning environment is intended for kids in grades K-8. During these 30-minute sessions, there will be stories, craft ideas, and it provides a space for kids to connect when they need a break from their parents and to help keep their minds active and alert! Join the Quarantine Academy Kids call every day at 12pm Eastern time via [Zoom](http://quarantineacademy.com/qa-kids/). <http://quarantineacademy.com/qa-kids/>

### **Outschool**

Explore fun, social, and safe learning experiences—taught over live video chat. 10,000+ classes led by qualified teachers. Outschool gives children ages 3-18 a safe and fun online learning environment to explore their interests. Parents have peace of mind knowing their children are engaged in enriching activities, giving them a rare moment to focus on important work. There are many topics from photography to life skills to science or health and wellness. <https://outschool.com/#abk8t9yl54>

### **Science Café**

The Science Cafe website is a collection of science projects, experiments and other educational activities collected over the years on the Imagination Station. <http://sciencecafe.org/content/>

# COMMUNITY

We know our MER family is made up of folks dedicated to helping other and their communities. With many community and charity events canceled, here is a list of some ways you can continue to support and engage with your community during this difficult time.



Help a senior citizen in your community by delivering a meal through [Meals on Wheels.](#)



Search for a senior center, memory care center or nursing home in your area and e-mail or call them to let them know you'd like to write some letters. They can let you know any specific requests, and where to send the finished product. (This works even better if several people participate.)



If you have elderly neighbors or friends, call them to see how they're faring. Offer to do some non-contact chores, like putting the trash out, getting the mail or mowing the lawn.



The nation's blood supply is dangerously low. Local blood drives can be found through the [American Red Cross,](#) [America's Blood Centers,](#) Blood Centers of America and the [Advancing Transfusion and Cellular Therapies Worldwide.](#)





[MedSupplyDrive](#) is helping individuals and medical labs donate protective gear to hospitals in their area. Several national craft and sewing groups are also making masks to send to health care workers.



Got a sewing machine at home? You can help by sewing cloth face masks.

<https://www.deaconess.com/How-to-make-a-Face-Mask>

*\*The CDC cautions that fabric masks cannot be used in the care of Covid-19 patients but are helpful in other areas of patient care since other forms of medical protective equipment are exhausted.*



Share your own or messages of gratitude, hope, love and support for our health heroes at the forefront of the Covid-19 pandemic. Leave your message by calling 1-877-

If you or your family are doing something in your community to help others or have a great home game or activity, we want to hear about it. Please share via email to [stewardship@moranenvironmental.com](mailto:stewardship@moranenvironmental.com).

\*Please note that all of the above provided links are suggestions compiled by our team members. MER does not endorse content from outside organizations. If you choose to utilize these sites, or search for your own, please continue to maintain safe online practices in your activity.