



Master List of Online Leisure Activities

In this document you will find various activities and the therapeutic purposes. I created this list through many google searches and with the help of friends from the Facebook RT/TR group!

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Online Board/Card Games

Leisure Activity	Monopoly
Description of Service	<p>Rento is online multiplayer monopoly board game. The game is for 2 to 6 players and it can be played online versus friends, offline versus robots, on same phone with friends or on Bluetooth. You can also invite Facebook friends to play.</p> <p>In this game you trade lands, build houses and win actions. The goal is to acquire monopoly and bankrupt the other players. The game has lots of different boards on which to play, custom awns, custom dice, and other settings for different house rules.</p> <p>**Games rules are posted on the website provided below.</p>
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Increase/ stimulates cognitive abilities due to problem solving and having to think ahead and problem solve. 2. Learning opportunities – reasoning, strategy, planning, and winning/ losing. 3. Social skills 4. Lower blood pressure due to increase awareness and mindfulness
How to Access Service	<p>This game can be played online or can be download as an application on your smartphone (androids and apple IOS).</p> <p>Here is a link to access game online or to download the application: http://playrento.com</p>

Leisure Activity	Chest
Description of Service	<p>This online master chess multiplayer games allows you to play via computer. The multiplayer mode allows participant to play against a real person.</p> <p>All that is required is a computer/ tablet that has Adobe Flash Player (the website will let you know how to download this).</p>
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Memory 2. Concentration 3. Logical reasoning 4. Social
How to Access Service	<p>All that is required is a computer and access to the internet. https://www.memory-improvement-tips.com/flash-chess.html</p>

Leisure Activity	Checkers
Description of Service	The online version allows you to play checkers with a robot. The game follows the same rules as a normal game of checkers which can be found in the link below along with the game.
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Strategic thinking 2. Analytical ability 3. Attention/ focus 4. Thinking ahead
How to Access Service	<p>All that is required is a computer and access to the internet.</p> <p>https://www.memory-improvement-tips.com/checkers-online-game.html</p>

Leisure Activity	Dominoes
Description of Service	This game is played online against robot and/or play multiplayer mode against a real person in a fast-paced game of bones. This game of dominos follows the same rules as a classic game of dominoes – see website for further information.
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Concentration 2. Strategic thinking
How to Access Service	<p>All that is required is a computer and access to the internet</p> <p>https://www.memory-improvement-tips.com/free-dominoes-game.html</p>

Leisure Activity	Scrabble Sprint
Description of Service	<p>This game is played online and is free. This is a great for beginner as you are competing against yourself.</p> <p>The goal of the game is to combine the letters into high-value words on a timer for the most points.</p>
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Memory 2. Attention/ focus 3. Analytical ability
How to Access Service	<p>All that is required is a computer and access to the internet</p> <p>https://www.memory-improvement-tips.com/scrabble-online-free.html</p>

Leisure Activity	Euchre
Description of Service	<p>This is an online classic version of Euchre. Game rules and all other information can be found on the “About” tab on the website below.</p> <p>Euchre is a trick game with a trump, played by four players in teams of two. In this game you are playing against the computer and settings can be adjusted (easy, medium, and difficult)</p>
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Memory 2. Attention/ focus 3. Analytical ability
How to Access Service	<p>All that is required is a computer and access to internet.</p> <p>https://cardgames.io/euchre/</p>

Leisure Activity	Cribbage
Description of Service	<p>This is an online version of the classic card game Cribbage.</p> <p>All information on how to play and game rules can be found on the “About” tab on the website.</p>
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Attention/ Focus 2. Mathematical/ numerical skills 3. Memory
How to Access Service	<p>All that is required is a computer and access to internet.</p> <p>https://cardgames.io/cribbage/</p>

Wellness: Mind and Body Fitness

Leisure Activity	Chair Yoga
Description of Service	<p>You should consult physician or other health care professional before starting ANY of these seated exercises programs.</p> <p>Great exercise to find mobility and strength through soft movements and mindfulness. This 15 – 20-minute online class will get you moving muscles and joints while bringing focus to the breath to create a greater sense of awareness and integrity. This activity can be completed first thing in the morning, in the afternoon or before bed.</p>
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Improve strength 2. Improve flexibility 3. Improve proprioception (body coordination into space) 4. Reduce stress and improve mental clarity <p>Improve stress and pain management (breath work)</p>
How to Access Service	<ol style="list-style-type: none"> 1. All classes can be accessed via smart phone or computer with internet connection. 2. Online YouTube videos 3. Online picture of poses and how to create your own pose. <p>Online resources: For beginners and/or seniors: https://www.youtube.com/watch?v=-Ts01MC2mIo https://www.youtube.com/watch?v=k4ST1j9PfrA https://www.youtube.com/watch?v=3ZvmKOPoFVo https://www.youtube.com/watch?v=9rNxHZGREks https://www.verywellfit.com/chair-yoga-poses-3567189 https://www.healthline.com/health/fitness-exercise/chair-yoga-for-seniors https://www.purewow.com/wellness/chair-yoga-poses</p> <p>Smart phone applications: For beginners and intermediate (this app has a chair yoga option): https://www.downdogapp.com (this app is currently ENTIRLY FREE until May 1st)</p>

Leisure Activity	Seated Exercises
Description of Service	<p>You should consult physician or other health care professional before starting ANY of these seated exercises programs.</p>

	The links provided below are all different exercises that can be done sitting down / in wheelchair. The videos have visual and audio that will guide participant(s) through a 15-20-minute exercise video to strengthen muscles and movements through various exercises.
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Improve strength 2. Improve flexibility 3. Improve proprioception (body coordination into space) 4. Reduce stress and improve mental clarity <p>Improve stress and pain management (breath work)</p>
How to Access Service	<p>Detailed information on seated exercises https://blog.soarlifeproducts.com/exercise-fitness/7-chair-exercises-elderly-adults-limited-mobility/</p> <p>20 Minute Seated Exercise for Seniors, Elderly, & Everyone Else https://www.youtube.com/watch?v=azv8eJgoGLk</p> <p>Sit to Stand – poste stroke exercise https://www.youtube.com/watch?v=FgzjxOnWYvA</p> <p>Easy leg exercises for Stroke Patients https://www.youtube.com/watch?v=-rwby0zA6Vs</p> <p>Intermediate Level – Seated HIIT workout for Seniors https://www.seniorfitnesswithmeredith.com/seated-hiit-workout-for-seniors/</p> <p>40 minutes beginner seated resistance workout at home for seniors https://www.seniorfitnesswithmeredith.com/beginner-seated-resistance-workout-at-home-for-seniors/</p> <p>18 chair exercises for seniors & how to get started https://www.vivehealth.com/blogs/resources/chair-exercises-for-seniors</p>

Leisure Activity	Meditation
Description of Service	<p>We should care just as much as our mental health as we do with our physical health! Practicing good mental health allows us to increase levels of happiness and acceptance. Our mental health can be improved by doing mental exercises such as the ones listed below.</p> <p>Mediation is a habitual process of training the mind to focus and redirect thoughts. This can be used to increase awareness of the self and of surroundings. This can be a great way to reduce stress and develop concentration.</p>

<p>Therapeutic Purpose (goals/outcomes)</p>	<ol style="list-style-type: none"> 1. Reduce stress 2. Manage anxiety 3. Promotes emotional health and well-being 4. Enhances self-awareness/ acceptance 5. Increases attention 6. Creates kindness for the self and others 7. Improve sleep 8. Helps control pain
<p>How to Access Service</p>	<p>Detailed information on the benefits and purpose of meditation/ mindfulness https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858</p> <p>https://positivepsychology.com/benefits-of-meditation/</p> <p>Free 5-minute meditation you can do anywhere https://www.youtube.com/watch?v=inpok4MKVLM</p> <p>Free guided mediations (26 different ones) with Tara Brach https://www.tarabrach.com/guided-meditations/</p> <p>Three different mindfulness meditations (5, 11 and 20 minutes) https://www.mindful.org/audio-resources-for-mindfulness-meditation/</p> <p>Various free meditations https://chopra.com/articles/guided-meditations</p> <p>Using the Calm app to take a quick stress reduction break anywhere! The app is free! https://dailycaring.com/stress-relief-for-caregivers-free-app-helps-you-relax-in-2-minutes/?utm_source=DailyCaring&utm_campaign=96445f9159-DC_Email_2020-03-23&utm_medium=email&utm_term=0_57c250b62e-96445f9159-123493338</p> <p>Headspace is another great app to use to gain more mindfulness in your everyday! This app has a basic FREE option and it does provide the option to purchase membership to unlock exclusive content. The basic option will be enough for participants that are just beginning their meditation journey https://www.headspace.com</p>

<p>Leisure Activity</p>	<p>Relaxation/ Mindfulness</p>
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Description of Service	These activity/ service focus on bringing your attention to the present moment without meditation. Mindfulness is the ability to be fully present with whatever is going on in your life today. The activities use real life sounds and/or visuals to generate a sense of calm and ease. You can access these with a computer and/or smartphone at anytime.
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Reduce stress 2. Manage anxiety 3. Promotes emotional health and well-being 4. Enhances self-awareness/ acceptance 5. Increases attention 6. Creates kindness for the self and others 7. Improve sleep
How to Access Service	<p>Feel in control by shifting the weather with just a flick of your mouse. Move your cursor around the screen, the intensity and direction of the rain will shift with it. http://www.lookingatsomething.com/</p> <p>Journaling! Download free apps or download templates online. Journaling can be a great way to document your emotions and feelings and create a sense of self-expressions. Journaling is beneficial because it allows for emotions to process and a feeling of “letting go”.</p> <p>Here is a free journaling app that you can download on your smart phone https://zapier.com/blog/best-journaling-apps/#dayone</p> <p>List of different websites to inspire you in creating your own journal! https://www.samuelthomasdavies.com/journaling-template/ https://www.makeuseof.com/tag/jumpstart-journaling-habit-7-simple-templates/</p> <p>Simple nature and colourful noises (great for mediation and/or sleeping) https://simplynoise.com/</p> <p>“do nothing for 2 minutes” this is a great website that forces (encourages) participate to do nothing for 2 minutes as you simply try to focus on background and relaxing music. http://www.donothingfor2minutes.com/</p> <p>Evidence based free online braining training activities https://www.brainhq.com</p>

Sharbrains – brain health info (you can click on newsletter and access previous newsletters discussing various brain health topics)
<https://sharpbrains.com/blog/2013/05/20/six-tips-to-build-resilience-and-prevent-brain-damaging-stress/>

Guided Imagery Meditation Videos

https://www.youtube.com/watch?v=t1rRo6cgM_E&t=143s

<https://www.youtube.com/watch?v=qcdbCphVa1g>

<https://www.youtube.com/watch?v=Y70O2vEP1FE>

Arts, Culture and Entertainment

Leisure Activity	Art Tutorials
Description of Service	<p>Below are a few different online art tutorials that will help you increase your artistic abilities! These are great resources to inspire your next project and/or facilitate an entire art creation. Certain website will teach you how draw certain projects (i.e., line drawing, three dimensional, shade a ball, shading, flowers). These art tutorials can be used as motivation to get you started in your creative process. The good thing about art is that you can start with an idea and take it in any direction that feels right for you! You can even try to express your current emotions and/or feelings through art.</p>
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Self-Awareness 2. Increase Well-Being 3. Increase Creative Skills 4. Increase attention/ Focus 5. Mindfulness/ relaxation
How to Access Service	<p>Basic drawing classes for pencil, ink, and coloured pencil https://artyfactory.com</p> <p>Draw portraits, cartoons, caricatures, and tattoos. All lessons include step-by-step instructions and examples. Some lessons include video tutorials. http://www.drawingcoach.com</p> <p>Free collection of online drawing classes contains dozens of illustrated lessons for beginners, intermediate and advanced artists. Learn how to set up a studio, create line drawings, share correctly and cartoon. https://www.drawspace.com</p> <p>Free online drawing lessons at Toad Hollow Studio for instruction at all skill levels. Beginning lessons include line drawing, contour drawing, and shading. The lessons are available in the text and video formats and are all free to the participant! Also available is information on art theory and various drawing techniques. http://www.toadhollowstudio.com/wp_blog/online-drawing-lessons-videos-exercises/</p> <p>Simple approach to drawing animals and people. https://www.howtodrawit.com</p> <p>7 adult colouring trips for every beginner colorist https://www.youtube.com/watch?v=btcnvEP2Hs8&feature=emb_title</p>

	<p>12 simple coloured pencil techniques https://www.youtube.com/watch?v=p73ii5pKz78</p> <p>Free painting and drawing tutorials https://www.artistsnetwork.com/free-art-instruction/</p> <p>Free art-making online tutorials, workshops http://janedaviesstudios.com/videos-tutorials.html</p>
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Leisure Activity	Colouring
Description of Service	Here you will find links to download free colouring templates and/or website that will allow you to colour online! Colouring is a great way to connect with the present and express yourself creatively.
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Reduce stress and anxiety 2. Improve motor skills and vision 3. Improve sleep 4. Improve focus and attention
How to Access Service	<p>Online Colouring https://www.mombooks.com/mom/online-activities/</p> <p>Free printable adult colouring pages http://www.supercoloring.com/collections/coloring-pages-for-adults https://www.justcolor.net https://www.pinterest.ca/homeschoolon/free-coloring-pages-for-adults/</p>

Leisure Activity	Online Interactive Art and Cultural Experiences /Activities
Description of Service	Below are some great websites that will allow you to travel from your own home! All you need is internet connection and your computer, and you will be able to take a tour in some of the world's best and most impressive museums!
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Cultural awareness 2. Memory 3. Well-being
How to Access Service	<p>Google Arts and Cultural (website and app) provides art guided tours and some interactive activities https://artsandculture.google.com/</p> <p>Van Gogh Museum Tour https://www.youtube.com/vangoghmuseum</p> <p>Aurora vacation – 360 Tour, Abisko, Sweden https://www.youtube.com/watch?v=3CFpeEpMGUA&feature=youtu</p>

[.be](#)

Roman Forts

http://www.caerphilly.gov.uk/romanfort/en/learning_zone/teachers_resources.html

Museums from around the world

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Free Access to 500 Museums & Art Galleries

<https://artsandculture.google.com/partner?hl=en>

How to explore London's top museums at home

<https://mumsdotravel.com/2020/03/how-to-explore-londons-top-museums-from-home/>

How to explore London's top art galleries at home

<https://mumsdotravel.com/2020/03/how-to-explore-londons-top-art-galleries-from-home/>

Aquarium

<https://www.narcity.com/things-to-do/us/ga/atlanta/georgia-aquarium-has-live-cameras-that-let-you-explore-from-home>

Montreal Museum of Fine arts

https://www.mbam.qc.ca/en/culturalofferings/?c_rid=67z00vmh019u0zoraDg-1165001072%7C44131381

British Museum podcasts on civilizations found objects

<https://www.bbc.co.uk/programmes/b00nrtd2/episodes/downloads?page=4>

Art Institute of Chicago

http://www.openculture.com/2018/10/art-institute-chicago-puts-44000works-art-online-view-high-resolution.html?fbclid=IwAR3OKwIe_h5mzurhO9VMQX7V2M7l0ceOcAbaTMhUFIrOybvG3woeHzKkzc

Virtual museum visits

<https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>

Virtual art gallery

<https://kottke.org/20/01/paris-museums-put-100000-images-online-for-unrestricted-public-use>

Leisure Activity	Entertainment
Description of Service	The links below provide great online entertainment opportunities! You can always find entertainment by watching concert videos of your favourite artist on YouTube or by watching clips from your favourite show. Entertainment is usually just a search away on the internet!
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Well-being 2. Laughter 3. Joy
How to Access Service	<p>National Arts Centre – Live concerts online https://nac-cna.ca/en/</p> <p>Online concerts https://www.nytimes.com/2020/03/13/arts/music/coronavirus-pandemic-music-streaming.html https://www.wkar.org/post/list-live-streaming-concerts#stream/0</p> <p>Free Opera https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/</p> <p>MET Nightly Opera Streams https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/?fbclid=IwAR1-6RGTPYQacoSaHz8Loam69sYUe3WXQTFXDUMGRDjn0_r1ziljFAz-VaM</p> <p>Free classical orchestras – live streaming performances https://www.bostonglobe.com/2020/03/13/arts/all-classical-music-you-can-livestream-free/</p> <p>Berlin Philharmonic orchestra https://www.digitalconcerthall.com/en/home</p> <p>15 Broadway plays and musicals https://playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR099FxcI8ZAetx8Noh51vYr4QM1n-nhDD7CMH3rn_nrowldsP-4IEZfHBo</p> <p>National Film Board of Canada has over 4,000 films available for free! https://www.nfb.ca/films/</p> <p>Karaoke Play List with words</p>

<https://www.youtube.com/playlist?list=PLpUa79kzDsKPM1I62PBUw8Hbutw72PLew&app=desktop>

Free French films

<https://www.konbini.com/fr/cinema/centaines-de-films-voir-gratos>

Social Distancing Festival – celebrating art around the world

<https://www.socialdistancingfestival.com/?fbclid=IwAR3KtLxrZEMtJxiluddBEk3cQoXfKD>

Educational

Leisure Activity	Learn New / Develop Skills
Description of Service	Learning a new skill can be helpful to learn things faster over time. This is also a great way to increase feelings of productivity while doing something you enjoy doing. And finally learning a new skill is the BEST way to fight boredom. What have you always wanted to learn/do? Are you able to find new hobbies and take the time to learn to perfect it?
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Increase memory 2. Self-Confidence 3. Self-Expression 4. Well-being 5. Increase productivity
How to Access Service	<p>Free, 3 months lessons (Guitar, Fender, Base, Ukulele) https://try.fender.com/play/playthrough/</p> <p>Teach yourself to sing (14-day free trial) https://try.fender.com/play/playthrough/</p> <p>Music lessons with Myleen Klass https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ</p> <p>Tai-Chi https://www.brighthubeducation.com/social-studies-help/tai-chi-the-moves-the-method/</p> <p>How to grow food at home from food scraps https://www.diyncrafts.com/4732/repurpose/25-foods-can-re-grow-kitchen-scrap</p> <p>Improve your memory https://vimeo.com/ondemand/improveyourmemory/198033733</p>

Leisure Activity	Audiobooks
Description of Service	Below is a list of websites that provide free audiobooks! Poor yourself a cup of tea or coffee, sit back and listen to various professionals guide you through some of your favourite stories!
Therapeutic Purpose (goals/outcomes)	<ol style="list-style-type: none"> 1. Well-being 2. Attention/ Focus 3. Listening skills
How to Access Service	Librivox is a non-profit initiative to record public domain books and release them as free audiobooks. This site has over 10,00 projects! https://librivox.org/

Lit2go offers audiobooks, plays, short stories, and poems.
<http://etc.usf.edu/lit2go/>

Loyal Books shared free audiobooks from titles in the public domain
<http://www.loyalbooks.com/>

Mind Webs has over 150 classic science fiction short stories
https://archive.org/details/MindWebs_201410

Open Culture has classics audiobooks (The Wizard of Oz!)
<http://www.openculture.com/freeaudiobooks>