

# Leisure Resources for Staying Resilient During the COVID-19 Pandemic - For VCH Staff

## Enjoy a Night Out from the Comfort of Your Couch, Be an Armchair Traveller, and Style at Home

— part 7 of a 9 part series for staying resilient



### National Arts Centre ([website/Facebook](#))

Stream free theatre, dance, music, storytelling, talks and workshops as part of #CanadaPerforms.

### CBC Music ([website](#))

An up-to-date list of Canadian live streams to watch during COVID-19.

### Stay at Home Online Music Festival ([website](#))

Discover new music while staying at home.

### Cirque du Soleil ([website](#))

Watch a live performance by this Montreal-based entertainment company.

### National Public Radio Live Sessions ([website](#))

Virtually attend live performances by different artists from across the USA.

### Incredible Virtual Tours You Can Take to Pass the Time ([website](#))

Take a tour of a museum, nature walk, graffiti tour or virtual adventure all from the comfort of your home.

### Montreal Museum of Fine Arts ([website](#))

Explore a variety of topics including a digital tour of Portrayals of the Human Body, peace in art or take part in an art-inspired meditation.

### 12 Famous Museums That Offer Virtual Tours ([website](#))

Virtually experience the best museums from London to Seoul.

### World of Wonder Travel LLC ([website/Facebook](#))

Download your virtual passport and collect stamps as you virtually travel to different US states, Ireland and Jamaica.

### Google Earth Virtual Tours ([website](#))

Visit the International Space Station, look at historical maps from around the world, take a tour of national parks in the USA, explore cities around the world including Queenstown, NZL, Quebec City, CAN, Oslo, NOR and more.

### Google Arts and Culture ([website](#))

Explore spectacular selfies from art history, spend a day in Kenya's remarkable parks, view 9 amazing street art murals in NYC or discover art activities you can do at home.

### Vancouver Aquarium ([website](#))

Live streaming of otters, jellyfish and penguins.

### Explore ([website](#))

Watch live camera feeds from across the globe on everything from bald eagles, puppies, jellyfish and waves crashing on Hawaiian beaches.

### Apartment Therapy ([website](#))

94 fun things you can do at home, often for free.

### **FREE online resources to support your health and wellness**

Created by the recreation therapy (RecT) staff at VGH



We Care for Everyone

**Your well-being matters!**

To access more leisure resources,

please visit the [COVID-19 staff supports wellness page](#).