

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

## Performing Arts and Creative Hearts

— part 5 of a 9 part series for staying resilient



### Social Distan-Sing with Choir! Choir! Choir! ([website/Facebook](#))

Sing along with this online Canadian choir via live events on Facebook. No fees, auditions or ability to read music required.

### Fender Play Through ([website](#))

Get three months of free guitar, bass and ukulele lessons.

### Gaga Movement Language ([website/Zoom](#))

By donation dance classes and workshops for dancers and people of all backgrounds.

### Dancing Alone Together ([website](#))

Attend live streaming dance classes including ballet, contemporary and jazz.

### Recolour ([iOS and Android](#))

Colour more than 4,000 images on your smart device.

### PencilStash ([YouTube](#))

7 top adult colouring tips.

### Mugworts Designs Colouring Contest ([website/Facebook](#))

Download a PDF colouring sheet, colour it and upload it the Mugworts Facebook page to be entered to win prizes.

### Just Color ([website](#))

Offers 1,500 free adult colouring pages including nature, travel, art, history, stories, mandalas and special events/holidays.

### Artists Network ([website](#))

Offers free courses, including live stream classes for drawing, painting, mixed media, watercolour and more.

### ArtyFactory ([website](#))

Free art lessons designed to share the knowledge, understanding and experience of art to improve your artistic skills and to increase your enjoyment in creating artworks.

### Michael Woodside – Social Distancing Drawing ([YouTube](#))

Learn how to draw Disney characters like Mickey Mouse and Dumbo from a real Disney animator.

**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](#).