The Department of Arts in Health has some ideas for you:

We know the arts can have positive effects on our health and well-being every day and especially during difficult times. Whether you are feeling happy, sad, anxious or grateful, follow the flow chart to discover ways you can participate in the arts and express yourself while at home.

Do you like:

Music

- Do you want to listen?
  - Turn on your favorite song/album and listen for 10-15 minutes

- Do you want to play or write?
  - Use household items to create instruments (drum and maracas). If you already play an instrument, grab it.
  - Create a simple rhythm or beat and play it with your instrument or your hands and feet
  - Grab some chairs and put on some music, play musical chairs with a family member or friend
  - Write a short song or poem. If you’re feeling brave, perform it.

Moving your body

- Do you know how to salsa/bachata/line dance?
  - If you don’t know any dances, make one up!
  - Turn your music up, clear a space and do your favorite dance

Creating art

- Do you have a camera/camera phone?
  - Take 5 pictures of your favorite things, either around the house or while out on a walk

- Do you have pencils, markers, crayons and paper?
  - Draw two pictures (any size will do) – one for you and one for a friend – include a positive message

- Do you have a camera/camera phone?
  - Create a collage using items from nature or around the house (magazines, pictures, newspapers)

- Do you have pencils, markers, crayons and paper?
  - Draw a crystal ball and imagine your future. Using words or images fill in your crystal ball.

- Do you have a camera/camera phone?
  - Create a positive message or picture and put it on your door or window for your neighbors to see

If you don’t want to play or write, consider participating in music, moving your body or creating art to express yourself while at home.
Here are some ways to engage in the arts online:

**Virtual Tours:**
- **Cleveland Museum of Art Search the Collection** [https://www.clevelandart.org/art/collection/search](https://www.clevelandart.org/art/collection/search)
- **Smithsonian Museum of Natural History** [https://naturalhistory.si.edu/visit/virtual-tour/current-exhibits](https://naturalhistory.si.edu/visit/virtual-tour/current-exhibits)

**Live Streaming:**
- **San Diego Zoo live animal cams** [https://kids.sandiegozoo.org/videos](https://kids.sandiegozoo.org/videos)
- **Cincinnati Zoo “Home Safari”** (every day at 3:00 p.m.) [https://www.facebook.com/cincinnatizoo/](https://www.facebook.com/cincinnatizoo/)
- **Vancouver Symphony Livestream** (every day at 5:00 p.m.) [https://www.vancouversymphony.ca/vso-livestream/](https://www.vancouversymphony.ca/vso-livestream/)

**Other online activities:**
**For Children:**
- **Trusty Sidekick Theater Company videos** [https://www.trustysidekick.org/](https://www.trustysidekick.org/)
- **Lunch Doodles with artist Mo Willems** (new videos posted every day at 1:00 p.m.) [https://www.kennedy-center.org/education/mo-willems/](https://www.kennedy-center.org/education/mo-willems/)

**For Adults:**
- **Rock & Roll Hall of Fame Online Learning** [https://www.rockhall.com/education](https://www.rockhall.com/education)

*You can also look up your favorite artists on Facebook, Instagram or other social media platforms to see if they’re posting online concerts*