

# Resources for Remote Community Participation



**KEEPING CONNECTED**  
**WHILE STAYING APART**



Temple University  
**Collaborative**

On Community Inclusion of Individuals with Psychiatric Disabilities

## Keeping Connected While Staying Apart

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Here at the Collaborative, we're always talking about the importance of community participation and strategies to connect and participate in meaningful ways! We never imagined the current situation! But here we are. Right now, we are all engaging in a collective activity to improve our communities. By physically distancing ourselves from other people and communal locations, we are all helping to keep our neighbors, our friends, our coworkers, and our loved ones safe and healthy. We are also supporting the health professionals and those who may need critical health support.

Even though we are all at a physical distance, that doesn't mean there aren't ways to engage in your community! During this time of physical distancing, we will be sharing strategies to connect with your community and with others. We will do our best to share strategies that use technology and those that are low or no-tech. We hope that these will be helpful for you personally, for those of you who may still be supporting individuals in residential facilities, and for those of you who may be supporting individuals through telehealth.

Although this document was developed with physical distancing due to COVID-19 in mind, the activities described here are relevant beyond that scenario. Many people practice physical distancing in their daily lives, including those who are immunocompromised, are elderly or sick, or have a new baby. These tips are also helpful for anyone that wants to increase their community participation while staying at home, for any reason.

Many of these resources for staying connected while staying apart require internet access, which we understand can be a barrier to participation for many people. In light of the COVID-19 crisis, Comcast internet is offering free wifi and unlimited data for some consumers. Check it out here: <https://corporate.comcast.com/covid-19>.

Domain	Description	Link
<b>Civic Engagement</b>	Learn about virtual volunteering opportunities.	<a href="https://www.volunteermatch.org/search/virtual">https://www.volunteermatch.org/search/virtual</a> <a href="https://www.idealst.org/en/careers/how-to-virtual-volunteering">https://www.idealst.org/en/careers/how-to-virtual-volunteering</a>
<b>Civic Engagement</b>	Reach out to your local citizen's group, activist group, or political party to see if you can volunteer virtually - you could make phone calls or attend virtual meetings.	<a href="https://events.democrats.org/">https://events.democrats.org/</a> <a href="https://www.gop.com/get-involved/volunteer/">https://www.gop.com/get-involved/volunteer/</a>

<b>Civic Engagement</b>	volunteer to support your neighbors over email or phone calls. this organization is based in Baltimore, but find out if your city has a similar program!	<a href="http://www.baltimoreneighborsnetwork.org/volunteer/">http://www.baltimoreneighborsnetwork.org/volunteer/</a>
<b>Civic Engagement</b>	Register to vote, review candidate information, and search for mail-in ballot request deadlines	<a href="https://votesaveamerica.com/">https://votesaveamerica.com/</a>
<b>Civic Engagement</b>	Complete the 2020 Census online and learn more information	<a href="https://2020census.gov/">https://2020census.gov/</a>
<b>Education</b>	NASA has its own, free and online, TV channel where they show everything from ISS in-flight interviews with astronauts, live views of our planet from the ISS, and mission operations	<a href="https://www.nasa.gov/nasalive">https://www.nasa.gov/nasalive</a>
<b>Education</b>	NASA's Kennedy Space Center has a YouTube channel that offers virtual field trips taking you on a journey to explore what it takes to become an astronaut	<a href="https://www.youtube.com/playlist?list=PLStC43yAV6zQvFdRe4ch2l8ihBugTyIjF">https://www.youtube.com/playlist?list=PLStC43yAV6zQvFdRe4ch2l8ihBugTyIjF</a>
<b>Education</b>	Explore Mars with the mars rover	<a href="https://accessmars.withgoogle.com/">https://accessmars.withgoogle.com/</a>
<b>Education</b>	explore free podcasts!	<a href="http://npr.org/podcasts">npr.org/podcasts</a> <a href="https://open.spotify.com/genre/podcasts-page">https://open.spotify.com/genre/podcasts-page</a>
<b>Education</b>	check out new books to read and connect with other readers	<a href="http://goodreads.com">goodreads.com</a>
<b>Education</b>	NASA Space Place offers educational games, activities, and articles to inspire your learning of space	<a href="https://spaceplace.nasa.gov/menu/play/">https://spaceplace.nasa.gov/menu/play/</a>
<b>Education</b>	If you are looking for a non-technology-based astronomy activity, and you live in a suburban or rural area, try out stargazing – you can even bring a friend, just make sure you stay a safe 6 feet apart at all times	<b>*non-tech based option*</b>
<b>Education</b>	Duolingo is a website and mobile application that offers free language education – with over 30 different language courses offered	<a href="https://www.duolingo.com/">https://www.duolingo.com/</a> <a href="https://forum.duolingo.com/">https://forum.duolingo.com/</a>
<b>Education</b>	Watch live streams of baboons, penguins, polar bears, koalas, and more!	<a href="https://zoo.sandiegozoo.org/live-cams">https://zoo.sandiegozoo.org/live-cams</a>
<b>Education</b>	Explore Canadian farms and their inhabitants with a 360 degree view	<a href="https://www.farmfood360.ca/?utm_source=domain&amp;utm_c">https://www.farmfood360.ca/?utm_source=domain&amp;utm_c</a>

		<a href="https://www.virtualfarmtours.ca&amp;utm_medium=redirect">ampaign=www.virtualfarmtours.ca&amp;utm_medium=redirect</a>
<b>Education</b>	Watch live streams of fish, sharks, otters, and other wildlife at the Monterey Bay Aquarium	<a href="https://www.montereybayaquarium.org/animals/live-cams/open-sea-cam/?gclid=Cj0KCOjwyPbzBRDsARIsAFh15Ja6tdnFOM7Va1mN9TXlctn04wih_IP-qOvYVJS9hiuLTSMOZAdEkaAtmoEALw_wcB">https://www.montereybayaquarium.org/animals/live-cams/open-sea-cam/?gclid=Cj0KCOjwyPbzBRDsARIsAFh15Ja6tdnFOM7Va1mN9TXlctn04wih_IP-qOvYVJS9hiuLTSMOZAdEkaAtmoEALw_wcB</a>
<b>Education</b>	Connect directly to a dairy farm for a live video tour and chat with a farmer!	<a href="https://www.americandairy.com/dairy-in-schools/virtual-farm-tour.stml">https://www.americandairy.com/dairy-in-schools/virtual-farm-tour.stml</a>
<b>Education</b>	Explore American farms and their inhabitants with a 360 degree view	<a href="https://www.agclassroom.org/student/tours.cfm">https://www.agclassroom.org/student/tours.cfm</a>
<b>Education</b>	Bon Appetit Channel Youtube	<a href="https://www.youtube.com/user/BonAppetitDotCom">https://www.youtube.com/user/BonAppetitDotCom</a>
<b>Education</b>	Tasty Channel Youtube	<a href="https://www.youtube.com/channel/UCJFp8uSYCjXOMnkUyb3CO3Q">https://www.youtube.com/channel/UCJFp8uSYCjXOMnkUyb3CO3Q</a>
<b>Education</b>	One of many options through which to take massive open online courses (MOOCs), has courses in a variety of subjects	<a href="https://www.edx.org/">https://www.edx.org/</a>
<b>Education</b>	Another option for MOOCs with many subjects	<a href="https://www.coursera.org/">https://www.coursera.org/</a>
<b>Education</b>	A MOOC platform that focuses primarily on computer languages and programming	<a href="https://www.codecademy.com/">https://www.codecademy.com/</a>
<b>Education</b>	Another option for MOOCs with a variety of subjects	<a href="https://www.classcentral.com/">https://www.classcentral.com/</a>
<b>Education</b>	Resources and content for educational course at every level	<a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a>
<b>Education</b>	help scientists spot penguins from space!	<a href="https://www.space.com/penguins-search-galaxy-zoo-citizen-science-during-coronavirus.html">https://www.space.com/penguins-search-galaxy-zoo-citizen-science-during-coronavirus.html</a>
<b>Education</b>	Zoom meetup to discuss accessibility and alternative technologies (Every Tuesday and Thursday 2-3pm EST)	<a href="https://temple.zoom.us/meeting/register/uplsc-2rrDgoMgg9qNDhOg_yJMTdv3BsXQ">https://temple.zoom.us/meeting/register/uplsc-2rrDgoMgg9qNDhOg_yJMTdv3BsXQ</a>
<b>Education</b>	A non-profit library of millions of books, movies, and more, with access to academic texts from many of the biggest universities' libraries	<a href="https://archive.org/">https://archive.org/</a>
<b>Parenting</b>	PBS KIDS' free weekday newsletter offers activities and tips parents can use to help kids play and learn at home	<a href="https://www.pbs.org/parents/pbskidsdaily">https://www.pbs.org/parents/pbskidsdaily</a>
<b>Physical Activity</b>	Fitness activities to do at home - has workout videos designed for kids	<a href="https://www.fitnessblender.com/videos">https://www.fitnessblender.com/videos</a>

	and parents and suggestions for kid-friendly fitness from other parents.	
<b>Physical Activity</b>	free on demand video workouts	<a href="https://ymca360.org/">https://ymca360.org/</a>
<b>Physical Activity</b>	free at-home workout classes! Join the livestream every weekday at 7 pm EST on Facebook or watch anytime on Youtube.	<a href="https://www.facebook.com/planetfitness/">https://www.facebook.com/planetfitness/</a>
<b>Recreation</b>	Enjoy Drag and LGBTQ performers from the safety of your home!	<a href="https://www.stageit.com/DigitalDragFest">https://www.stageit.com/DigitalDragFest</a>
<b>Recreation</b>	Enjoy 'virtual rides' on Disney's most famous attractions	<a href="https://thepointsguy.com/news/virtual-disney-rides/">https://thepointsguy.com/news/virtual-disney-rides/</a>
<b>Recreation</b>	Orlando Virtual Tour invites you to see everything there is to do in Orlando - including Disney World, Universal Studios, and SeaWorld	<a href="https://www.visitorlando.com/en/blog/post/orlando-virtual-tours-blog">https://www.visitorlando.com/en/blog/post/orlando-virtual-tours-blog</a>
<b>Recreation</b>	Another option for virtual exploration of Disney World	<a href="https://www.themeparkinsider.com/flume/201803/5972/">https://www.themeparkinsider.com/flume/201803/5972/</a>
<b>Recreation</b>	enjoy a virtual performance from the Philadelphia Orchestra	<a href="https://www.philorch.org/virtual">https://www.philorch.org/virtual</a>
<b>Recreation</b>	Explore museums, national parks, and more with Google Arts and Culture	<a href="https://artsandculture.google.com/">https://artsandculture.google.com/</a>
<b>Recreation</b>	Join Mo Willems, author of the children's book Don't Let the Pigeon Drive the Bus as he does a daily draw-along at 1:00 PM EST.	<a href="https://www.kennedy-center.org/education/mo-willems/">https://www.kennedy-center.org/education/mo-willems/</a>
<b>Recreation</b>	A website where you can play board games online with friends and family	<a href="https://en.boardgamearena.com/join">https://en.boardgamearena.com/join</a>
<b>Recreation</b>	Another website where you can play board games online with others	<a href="https://tabletopia.com/">https://tabletopia.com/</a>
<b>Recreation</b>	Learn card games to play with your friends and family	<a href="https://bicyclecards.com/rules/">https://bicyclecards.com/rules/</a>
<b>Recreation</b>	Article on how to run a zoom game night	<a href="https://www.bustle.com/p/how-to-have-a-zoom-game-night-22639026">https://www.bustle.com/p/how-to-have-a-zoom-game-night-22639026</a>
<b>Recreation</b>	Play popular tabletop games like dungeons and dragons virtually in real time with family and friends, find new groups to play with, and share games with others. Accounts are free to create and don't require download or install.	<a href="https://roll20.net/">https://roll20.net/</a>
<b>Recreation</b>	Watch "tiny desk" concerts of some of your favorite artists, big and small, with your friends or family	<a href="https://www.npr.org/series/tiny-desk-concerts/">https://www.npr.org/series/tiny-desk-concerts/</a>

<b>Recreation</b>	The Met Opera is streaming encore presentations every night on their website. A new performance is posted every night at 7:30 EDT and is available until 6:30 PM EDT the next day	<a href="https://www.metopera.org/user-information/nightly-met-opera-streams/">https://www.metopera.org/user-information/nightly-met-opera-streams/</a>
<b>Recreation</b>	NPR's list of live audio and video streams of musical performances and concerts from all genres	<a href="https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown">https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown</a>
<b>Recreation</b>	The Seattle Symphony is rebroadcasting their symphonies and streaming educational content, and also has scheduled family programming for children and parents	<a href="https://seattlesymphony.org/live">https://seattlesymphony.org/live</a>
<b>Recreation</b>	Watch over 1,000 free movies online, and tour the site for audio books, language lessons, and more	<a href="http://www.openculture.com/freemoviesonline">http://www.openculture.com/freemoviesonline</a>
<b>Recreation</b>	Learn how to fold origami	<a href="https://origami.me/">https://origami.me/</a>
<b>Religion</b>	Reach out to your church, synagogue, or mosque to see if they are livestreaming services, or check out one of these sample resources!	<a href="https://www.christianworldmedia.com/wordstream/live-service-guide">https://www.christianworldmedia.com/wordstream/live-service-guide</a> <a href="https://www.centralsynagogue.org/worship/live_streaming">https://www.centralsynagogue.org/worship/live_streaming</a> <a href="https://www.facebook.com/pg/ISBCC.org/videos">https://www.facebook.com/pg/ISBCC.org/videos</a> <a href="https://mass-online.org/">https://mass-online.org/</a>
<b>Religion</b>	Tour the vatican	<a href="http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html">http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html</a>
<b>Social Connectedness</b>	"adopt a grandparent" to help combat loneliness!	<a href="https://chdliving.co.uk/adopt-grandparent">https://chdliving.co.uk/adopt-grandparent</a>
<b>Social Connectedness</b>	virtually connect with your local neighborhood	<a href="https://nextdoor.com">nextdoor.com</a>
<b>Social Connectedness</b>	find a Facebook group for people that share your interest	<a href="https://www.facebook.com/groups/">https://www.facebook.com/groups/</a>
<b>Social Connectedness</b>	Fun ideas for birthday celebrations that respect social distancing	<a href="https://www.goodhousekeeping.com/life/g31818776/quarantine-birthday-party-ideas/">https://www.goodhousekeeping.com/life/g31818776/quarantine-birthday-party-ideas/</a>
<b>Social Connectedness</b>	Safely chat with a stranger about a common interest!	<a href="https://quarantinechat.com/">https://quarantinechat.com/</a>