

When bored, stressed or a little lonely

Ву

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Other things that might be helpful



It might seem like a great time to take a quick nap. But there are plenty of other more fun and/or productive things to do.

Here's a little something for when you feel bored, stressed, a little lonely or just in the need of a break. Free tips and tricks to connect and disconnect!



# COMMUNICATION

- STAY IN TOUCH -

Tools and services to help you stay in touch with family and friends



## Discord

Communicate over voice, video, and text, whether you're part of a school club, a gaming group, a worldwide art community, or just a handful of friends that want to hang out.

Link: discordapp.com



## Google Hangouts

Free video or voice calls, and hop on a conversation with one person or group. You can chat with up to 150 people on a variety of devices, or hold a video call with up to 25 participants in your organization.

Link: hangouts.google.com



#### Potato

Instant messaging tool focused on security. Potato can create a large group of 200000 members send and receive messages and calls quickly and securely around the world.

Link: potato.im

# COMMUNICATION

- STAY IN TOUCH -

Tools and services to help you stay in touch with family and friends



## Skype

Free online calls, messaging, affordable international calling to mobiles or landlines and Skype for Business for effective collaboration.

Maximum video call user limit from 25 to 50.

Link: skype.com



## Slack

Collaboration hub and chat room for your whole company, designed to replace email as your primary method of communication and sharing.

Link: slack.com



## Whatsapp

Fast, simple, secure messaging and calling for free to nearly anyone on the planet, alone or in a group, and is especially nice for families and small collaborative workgroups.

Link: whatsapp.com



## Zoom

The Basic plan has a 40 minutes time limit on meetings with three or more total participants. All plans allow up to 100 participants by default in every meeting.

Link: zoom.us

# REMOTE WORK

- SHARING IS CARING -

Sometimes you need to get some big points across. Here are some services to help you with that.



## MeeroDrop

Need to send a large file for work? They are unlocking advanced features you usually have to pay for, like the ability to send a file up to 10 gigabytes! Your link will good for 90 days. **Link:** meerodrop.com



#### WeTransfer



Simple way to send your files around the world. Share large files up to 2GB for free. **Link:** wetransfer.com



# REMOTE WORK

- TEAMWORK TOOLS -



#### Jamm

Voice and video collaboration tools for remote workers. During the coronavirus pandemic, the company is offering the service for free for the next three months.

Link: jammhq.typeform.com



#### Miro

Intuitive visual collaboration and whiteboarding platform for cross-functional teams

Link: miro.com



#### Mural

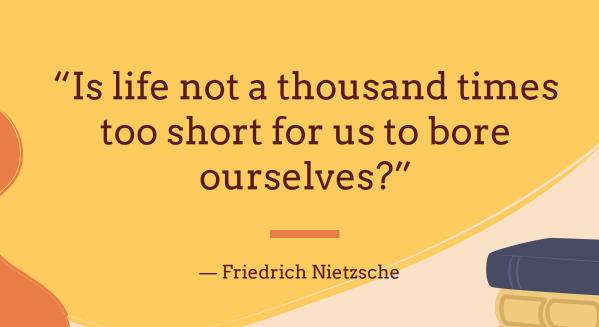
Digital workspaces for visual collaboration, inspiration and innovation anytime, anywhere, on any device.

Link: mural.co



Are you a parent that's working from home?

Here's a list of things to help parents work from home Link: <a href="https://hunted.com">hunted.com</a>



# REMOTE EDUCATION

- FOR CHILDREN -

Courses, classes, activities and books to feed the brain











## Caribu

Connect the kids on a virtual playdate with Caribu. Think FaceTime but with on screen activities like drawing pictures, playing games or reading a book together. The service is now free.

Link: caribu.com



Gives educational resources for small children, this website is in spanish.

# History for kids

History for kids is a website teaches history in a fun and easy way.

## **Scholastic**

This learning platform provides tools and resources from pre-kinder to 9 grade.

#### The Past foundation

The past foundation: This website provides parents and educator science, technology, engineering and math resources for free during quarantine.

Link: chiquipedia.com

Link: historyforkids.net

Link: scholastic.com

Link: pastinnovationlab.com

# LOOKING FOR SOMETHING TO READ?

These websites have uploaded free ebooks



## English

Paulo Coelho: paulocoelhoblog.com

Scribd: www.scribd.com/

Verso: versobooks.com/



## Spanish

Errata Naturae: erratanaturae.com

Keep Reading En Casa: keepreadingencasa.planetadeli bros.com



## Children

**Free Childrens Stories:** 

freechildrenstories.com

storylineonline.net

magicblox.com

# REMOTE EDUCATION

- FOR ADULTS -

Courses, classes, activities and books to feed the brain







## Ivy league courses

Sign up, 500 free online courses offered by Ivy League universities online.

Link: www.classcentral.com

## Google Digital Garage

Online courses, designed for you to grow your career or business. Select individual modules, or dive right in and take an entire course end-to-end.

Link: learndigital.withgoogle.com

### Future Learn

Digital education platform. Choose from hundreds of online courses from top universities and specialist organisations.

Link: www.futurelearn.com

Psst... don't forget to check out TED Talks too, 3000+ talks to stir your curiosity. Link: ted.com/talks







#### **Netflix Party**

Link up with friends and host long distance movie nights. Plug in is free, <u>Netflix</u> account is needed.

Link: www.netflixparty.com

#### VidAngel:

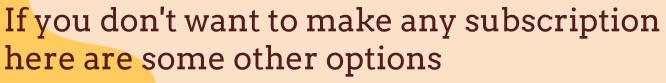
Watch premium content from different browsers if you agree to social distancing.

Link: www.vidangel.com

#### Watch2Gether

Create a room, share a link, watch videos, listen to music or go shopping together.

Link: www.watch2gether.com





TBA Studios: This production company has put together a Youtube playlist of its full-length films.

Link: www.youtube.com

Cinema One: Made a Youtube playlist of full-length movies and documentaries.

Link: www.youtube.com

Retinta Latina: Movies and documentaries from Latin America. Link: www.retinalatina.org

# **GAMES**







### Drawasaurus

Is a drawing & guessing game for your phone and computer. Do your best to draw the word you are given while players from around the world try to guess it!

Link: www.drawasaurus.org

## Steam Remote Play

Instantly share your Steam local multi-player games with friends over the internet, for free. Launch a game, invite a friend and play.

Link: store.steampowered.com

## Cube Slam

Create a new game, and share the link, see and talk to each other, slam a cube.

Link: www.cubeslam.com





101 planners: Bucket list maker to create your own bucket list online.

Link: www.101planners.com

The Useless Web: A useless website for every click.

Link: www.theuselessweb.com

Find the invisible cow: Try to find a cow.

Link: www.findtheinvisiblecow.com

BuzzFeed Quiz: Quizzes to binge! Come on in and hunker down for the

long haul. Link: www.buzzfeed.com

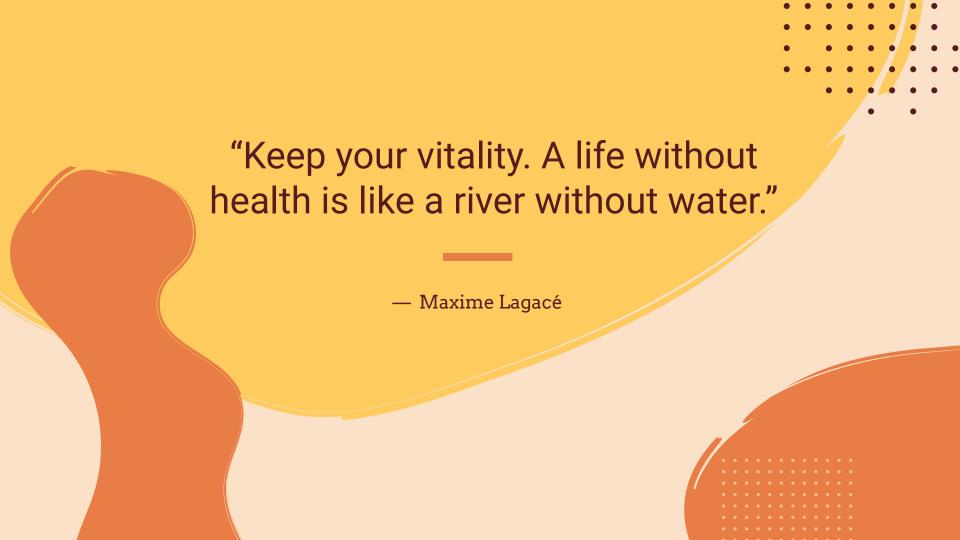
Geo Guessr: Geography game which takes you on a journey around the world and challenges your ability to recognize your surroundings.

Link: www.geoguessr.com

Playback.Fm: Find the #1 Song on the Day You Were Born.

Link: playback.fm/birthday-song









Launched a free collection to overcome anxiety due to Corona Virus.

Link: www.headspace.com/es/covid-19

# MENTAL HEALTH



## Ten percent happier:

Provide resources as podcast, meditations, talks to help people cope with stress and anxiety.

Link: www.tenpercent.com/coronavirussanityquide



## Core Power Yoga:

CorePower Yoga is offering free access to a limited collection of online yoga and meditation classes.

Link: www.corepoweryogaondemand.com



## Nike Training Club

185 free workouts—from strength and endurance-based routines to mobility and yoga sessions.

Link: <a href="https://www.nike.com/se/en/ntc-app">https://www.nike.com/se/en/ntc-app</a>

# **FITNESS**

Hey btw! Don't forget to check your social media. Your favourite artist, fitness instructor or artisan might be live streaming activities, sessions or tips right now.



#### FitOn:

This app is free to download and the workouts, which vary from cardio to weight training to Pilates, are free to access and use at any time.



## P.volve:

This functional movement fitness program just announced it will be offering 30 days of free streaming to all new members, which gives you access to hundreds of workouts. Use the code **ONEPVOLVE** to start your free trial.

Link: <u>my.pvolve.com</u>



# **MISCELLANEOUS**

THE SMALL THINGS IN LIFE -

Other things that might be useful

01

### **Super Cook:**

Add your ingredients and Supercook instantly finds matching recipes. When you don't know what to cook. Link: <a href="https://www.supercook.com">www.supercook.com</a>

02

#### Zencastr

Ever want to start your own podcast? Zencastr is lifting the limits on its basic "Hobbyist" podcasting plan through July 1. Their web based software lets you interview guests remotely, add sounds and post your show all from your computer.

Link: zencastr.com

03

#### Domestika:

A creative community that shares 10 free courses to learn arts and crafts. This website is in Spanish.

Link: www.domestika.org



