

Here are some resources to help you through physical distancing and stay-at-home orders. These resources have been compiled by social workers, news outlets and The Children's Inn:

#### EXPERT ADVICE

- [How to talk to your children about what's going on](#)
- [Advice from the National Institute of Mental Health for coping with physical distancing](#)
- [How to properly wash your hands](#)

#### FREE ONLINE EXERCISE OPTIONS

- [Planet Fitness](#): Offering free daily live-streamed at-home workouts at 4 p.m. PT/7 p.m. ET on its Facebook page.
- [Barry's Bootcamp](#): Offering live 20-minute workouts twice daily on Instagram @barrys.
- [Corepower Yoga](#): Free on-demand yoga and sculpting videos on the Corepower Yoga website.
- [Daily Burn](#): 30-day free trial; choose from thousands of different video and audio workouts on the Daily Burn website.
- [Peloton](#): Try the Peloton app at home for free for 90 days — no bike needed!
- [Fhitting Room](#): 30-day free trial of its on-demand workout videos.
- [Rumble](#): Once a day, you can do Rumble-inspired, cardio and bodyweight workouts (no equipment necessary) via Instagram Live. (@DOYOURUMBLE)
- [Active by POPSUGAR app](#): Sign up for free to get hundreds of do-anywhere workouts.
- [Orangetheory Fitness](#): Offering free daily workouts with minimal equipment on its app (you must have an account to log in)
- [Exhale](#): 30-day free trial of its on-demand workout videos.
- [Sculpt Society](#): Free 14-day trial of on demand workouts

#### THE ARTS & MUSIC

- [Arts, Museums, Concerts, and more to visit from your living room](#)
- [Stream the Opera nightly](#)
- [Take Yale's "happiness" course for free](#)
- [Free "understanding coronavirus" coloring book for children created by St. Jude](#)

#### GUIDES FOR HOME

- [94 fun things you can do at home at any time](#)
- [No sports to watch? 10 things you can do instead](#)
- [100 things to do while trapped inside](#)

#### COOKING & DINING

- [Online cooking classes](#)
- [Recipes to try during the pandemic](#)

Do you have additional tips and resources we should add to this page? Please let us know by sending an email to [communications@childrensinn.org](mailto:communications@childrensinn.org).