

DSD Healthy Lifestyles

is proud to present:

Social Distancing Family Fun

Did you know that watching fish swim really does lower blood pressure and reduce heart rates? Watching fish reduced blood pressure by 4% according to a new study. You can [watch](#) Beluga whales, Sea lions, Piranhas, Puffins, etc.



Other Virtual Field Trips:

[12 museum virtual tours](#)

[33 national parks virtual tours](#)

[Virtual Disney Rides](#)

Have you ever wanted to hang out with Betty White? Oprah Winfrey? Well, now you can! Check out [Celebrities Read Books](#) to have these and other celebrities read aloud to you. Fascinating facts about reading:

- Reading just 6 minutes per day can reduce stress by 68%.
- If you read 20 minutes per day, it averages out to reading 1,800,000 words per year.
- Reading improves brain function...it's like yoga, walking, or strength training for the brain.
- Reading increases vocabulary.
- Reading sharpens memory.
- Reading increases your confidence level.



Other Resources for Reading:

[Read Aloud, Drawing, & Writing Tutorials](#)

[DSD Digital Library/Sora](#)

Music offers one of the fastest ways to improve your mood. It boosts the brain's production of dopamine (Feel Good Hormone), cultivating an environment for happiness and relaxation while helping to relieve symptoms of depression.

Music Resources:

[Metropolitan Opera Performances](#)

[KIDZ Bop dance video](#)

[Hugh Jackman in Oklahoma](#)



Social Distancing Family Fun Continued

Our bodies need TLC and exercise is one way to get needed nourishment to help us stay strong and healthy. With routines being altered, it is important to find time every day to stay active. Did you know that exercise may help flush bacteria from the lungs and airways, reducing the chance of getting sick with a cold or flu? Did you know that exercise may help flush bacteria from the lungs and airways, reducing the chance of getting sick with a cold or flu?

Exercise Resources:

[Free Karate Lessons](#)

[Cosmic Kids Yoga](#)

[Rainbow Yoga for Kids](#)

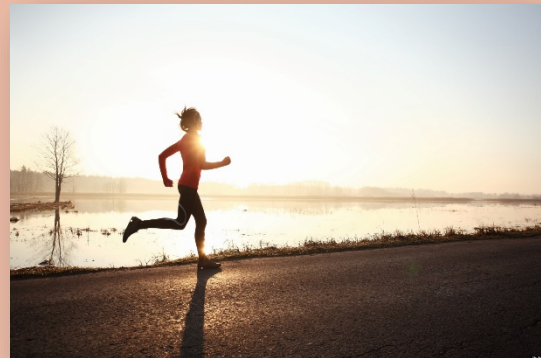
[Wellbeats](#)

[Freeletics](#)

[Down Dog App for Yoga Streaming](#)

[Daily Burn for Workout Streaming](#)

[High Fitness Online](#)



Art therapy dates back to World War I as a treatment for soldiers with PTSD. No matter what your ability is, art has been shown to help you understand yourself better, improve creativity, and lower the stress hormone, cortisol.

Art Resources:

[How to Toon](#)

[Draw Every Day](#)

[Lunch Doodles](#)

How does sanitizer kill germs? Why do dogs wag their tails? How can you send a secret message to someone? Get the answers to these questions and more by visiting

[Mystery Science K-5](#)

More Science: [Science Fun for Everyone](#) [PBS Science for Kids](#)



STAY SAFE!

Miscellaneous Resources:

[Cleo](#) – webinars from health experts

[Headspace for COVID-19](#)

[PureEdge](#)