

A Guide for Chemo Pal Families // Staying Connected

Activities you can enjoy at home:

Get Moving:

- Tune-in, dance along, and request your favorite songs during CCA's Facebook Live Concerts! Join our MyMusicRx Specialists on CCA's [MyMusicRx Facebook](#) channel every Tuesday at 10 am and Thursday at 3 pm. **First session is this Thursday, March 26, at 3 pm!**
- Practice yoga, mindfulness, and relaxation in a fun way with [Cosmic Kids Yoga](#).
- Learn how to do magic through magic lesson tutorials at [Magic Tricks for Kids](#) and have your child perform what they learned.
- Start a 30-Day Lego challenge with this [printable calendar](#).
- Get up and start dancing with [GoNoodle's](#) educational and interactive dance videos for kids.
- Check out these [kid friendly recipes](#) and cook meals at home together!
- Here is an [article](#) with 20 great ways to keep kids busy without screen time.

Learn:

- Learn a new instrument or watch an [online music lesson](#) at [MyMusicRx.org](#).
- Receive a free one-year subscription to [Vooks](#), an online streaming library of ad-free, kid-safe, animated read-aloud storybooks by going to [www.vooks.com/cca](#) and entering code **cca2019**
- Listen to [free audible storybooks](#) directed specifically for kids.
- Find media and educational content streaming through [Multnomah County Libraries](#).
- Listen and watch celebrated actors read children's books at [Story Line](#).
- Do [Lunchtime Doodles](#) with children's author, Mo Willems. Grab some paper and pencils, pens, or crayons and join Mo to explore ways of writing and making art together.
- Learn what it takes to run a farm and meet farm animals in these [virtual video tours](#) for kids of various age ranges.
- Listen to [But Why: A Podcast For Curious Kids](#). They answer questions asked by kids and explain why things are the way they are.
- Check out this [NPR Story/Comic](#) to help children understand the Coronavirus.

Explore:

- Tune in to [ROCO](#) Houston's full orchestra concerts each week during their livestream, starting 3/26 and every Sunday at 2pm CST.

- Watch the animals at the [San Diego Zoo](#) with live cam options of koalas, polar bears, tigers, and more!
- Go behind the scenes at the [Oregon Zoo](#) as animal-care staff visit different animals each week.
- Watch sea otters, sharks, and jellies of the [Monterey Bay Aquarium](#). With 10 live cams to choose from, you can experience the wonder of the ocean no matter where you are.
- [Access Mars](#) from home!
- Follow Rangers as they explore and take you to see some of the world's most hidden [National Parks](#).
- You don't have to book a ticket to Paris to check out some of the famous pieces in the world's largest art museum. The Louvre has [free online tours](#) of three famous exhibits, including Egyptian Antiquities.
- Take a [3D tour](#) of the Smithsonian National Museum of Natural History's current and permanent exhibits.

Family Resources:

- Please check out CCA's resource pages at [Kids' Cancer Pages](#) and local [Family Support Pages](#) for hundreds of resources and information that might be helpful to you.
- For any further resource questions check out [211 Info](#). If you have specific resource needs you can call, text, chat, or search on their website.
- Here is a list of [Public Schools](#) offering free breakfast and lunch .
- Lyft is offering free rides to medical appointments through [LyftUp](#). They plan to donate tens of thousands of rides to those with essential transportation needs — especially for families and children, low-income seniors, doctors, and nurses.
- Please remember that you can always reach out to your medical social worker for any questions regarding resources for your family.