

Relationships in Distance

A resource to connecting with the world
when distance keeps you apart

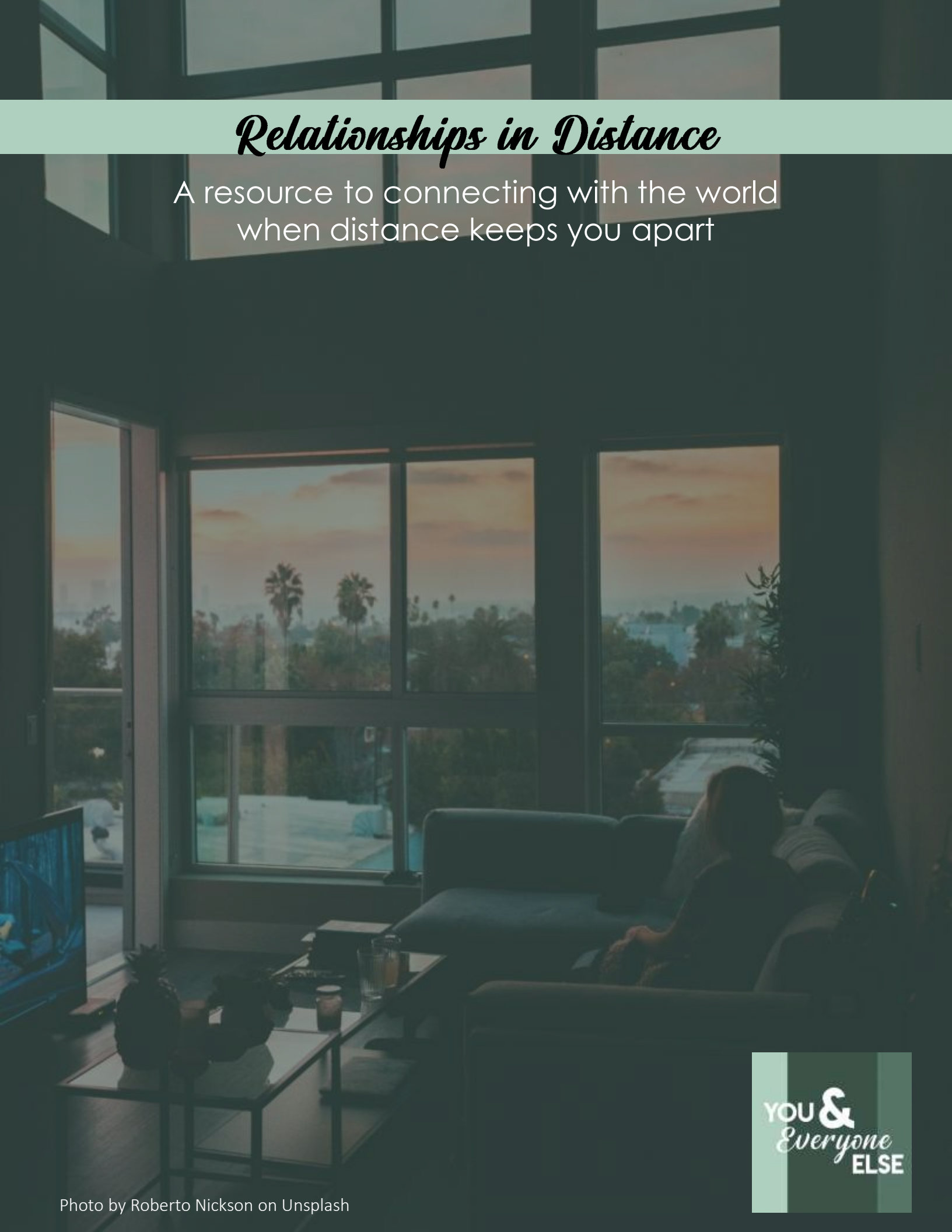


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INTRODUCTION



Photo by Jon Ly on Unsplash

This resource was created by the hosts of You and Everyone Else, a podcast about relationships. The hosts of the show hope that this will provide readers with ways to connect when they're unable to physically be in the same space as others.

We tried our best to make this as all-encompassing as possible but acknowledge that there are always ways to improve. We're based in the US, so keep in mind that a handful of these resources are United States focused

Have something you'd like to see added to this? Send information via email to: uandeveryone@gmail.com

If you found this helpful, please check out [our social media](#) or give [our podcast](#) a listen!

With love,

Alex M. Stewart
Haley Baughman

VIDEO GAMES AND RECREATIONAL ACTIVITIES

[Trivia NYC](#): A group hosting virtual Trivia Nights! Check out their social media or YouTube for ways to play. @triviaNYC on twitter and Instagram

[Words with Friends](#): Play games with friends online through this virtual Scrabble

[Cards against humanity online](#): A web app (still in development) created to replicate Cards Against Humanity games online.

[Fortnite Battle Royale](#): Battle Royale is an always free, always evolving multiplayer game for PlayStation 4, Xbox One, Nintendo Switch, PC/Mac and iOS/Android.

[PlayerUnknown's Battlegrounds](#): an online, last-man-standing shooter developed with community feedback.

[MiniClips](#): Play Free Online Games, fun games, puzzle games, action games, sports games, flash games, adventure games, multiplayer games and more.

[Pogo](#): a great place to play free online games, including puzzle games, word games, and card games.

[Libby](#): You can borrow library books from your local library, instantly, for free, using just the device in your hand.

MENTAL AND PHYSICAL WELLNESS

[Down Dog](#) – Yoga, HIIT, and Barre exercise applications. Free to the public until April 1st and free to students and teachers until July 1st

[Crisis TextLine](#): a free, 24/7 support for those in crisis. Text 741741 from anywhere **in the US** to text with a trained Crisis Counselor

[Pride Counseling](#): private, affordable online counseling for the LGBTQ+ community from licensed, board-accredited therapists

[BetterHelp](#): With over 7,000 licensed therapists, you can get feedback, advice and guidance from your counselor online.

[National Helpline](#): a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders

[Yoga With Adriene](#): a yoga instructor who (occasionally) features her dog, Benji! Adriene has plenty of videos for beginners and more experienced yogis.

[Planet Fitness Workout Classes](#): No gym? No problem! Planet Fitness is streaming free workout classes everyday at 7PM EST.

[Nutrition Resources from US Dept. of Agriculture](#)

ART, MUSEUMS, AND THEATER

[The Met](#): The Metropolitan Opera delivers a series of free opera streams. Due to the increase in demand of these streams, consider viewing through the Met Opera on Demand or other streaming apps.

[Lunch Doodles](#): Join the Kennedy Center's Artist-in-Residence Mo Willems each weekday at 1PM EST. Learners can draw, doodle and explore new ways of writing by visiting Mo's studio virtually.

[National Museum of Natural History](#): Our virtual tours allow visitors to take self-guided, room-by-room tours of select exhibits and areas within the museum from their desktop or mobile device.

[National Women's History Museum](#): View the online exhibits on display from the NWHM. They showcase the amazing accomplishments of women in NASA, the Olympics, and so much more.

[Free Online Art Classes](#): With over fifty years of experience as an artist, art instructor and cookbook author, DeWitt has created this site to showcase art classes

Free Art Tools

[GIMP](#)

[Pixilart](#)

[AI.Chemy](#)

NATURE AND ANIMALS

[Aquarium:](#) The Monterey Bay Aquarium offers 10 live cams to choose from for visitors to experience the wonder and joy of viewing penguins, sharks, otters, and so much more. This page also features details about the animals' stories for a unique learning opportunity.

[BirdFeeder Cam:](#) All About Birds offers a one stop shop for site visitors to view live cams of owls, hawks, ospreys, and albatross.

[Live Stream Kitten Academy:](#) Kittens are fostered here at Kitten Academy in Connecticut. The academy is rescued cats get adopted and in the meanwhile they are live 24/7, forever.

[Live Nature Cams:](#) Explore is a multimedia operation that features live cams of wildlife/environmental wonders from around the world. Viewers can see elephants, lions, gorillas, and even aurora borealis! There are over 150 live streams.

[Yellowstone National Park:](#) Take a tour of Yellowstone National Park! The tour features its main attractions and information on if you ever want to take a trip in person.

[Panda Cam:](#) Check out the daily activities of the Atlanta Zoo's giant pandas. Viewers can rewind back 12 hours in case there is currently decreased activity so there is always something to see.

[Houston Zoo:](#) With the Houston Zoo Webcam visitors will see giraffes, rhinos, leafcutter ants, and chimps as they interact with their habitats and each other. Visitors can read about ways to donate to their Save a Wildlife program.

[Nautilus Live:](#) Nautilus allows anyone the chance to explore the ocean live. Explorers are able to see highlights of the wildlife that exist among the seafloor.

LONG-DISTANCE RELATIONSHIP RESOURCES

Below are ideas and activities to connect with friends, family, and significant others

Cook or clean over skype

Make each other a Spotify playlist

Virtual book club

[Netflixparty.com](https://www.netflixparty.com)

Online shopping

Share a Pinterest board

Take online personality quizzes

Explore locations from Google Maps

Schedule times to check in

Workout together

Learn something new (a language, a craft, etc.)

Watch or play video games together on [Twitch](https://www.twitch.tv)

Give a virtual tour of your apartment or neighborhood

Write a story or poems



Photo by Gift Habeshaw on Unsplash

ONLINE LEARNING

[Amazing Educational Resources Facebook Group](#): This group shares resources for K-12 and higher education.

[Khan Academy](#): a nonprofit with the mission to provide a free, world-class education for anyone, anywhere. Classes on things like math, science, arts, and humanities.

[Outschool](#): Live Online Classes for Ages 3-18 to spark your child's curiosity with access to 10,000 small group video chat classes—created and taught by inspiring teachers. Start learning for as low as *\$5/class*.

[Coursera](#): Build skills with courses, certificates, and degrees online from world-class universities and companies

[EdX](#): Access 2000 free online courses from 140 leading institutions worldwide. Gain new skills and earn a certificate of completion.

[Udemy](#): an online learning and teaching marketplace with over 100000 courses and 24 million students. Learn things like programming, marketing, and data science.

[Skillshare](#): a learning platform with online classes taught by the world's best practitioners. Personalized, on-demand learning in design, photography, and painting.

[Master List of Companies Offering Free Subscriptions/Discounts](#)

CONCLUSION



Photo by Gilles Lambert on Unsplash

These resources were cultivated from multiple sources and are linked to each of their respective sites.

If this was helpful for you, please share! It means so much for us to be able to put this work out in the world and we're excited to deliver this "guide".

Please note that the vast majority of these activities are more accessible to individuals with internet/computer access but there are quite a few that could still be performed over the phone or via text.

Unless otherwise specified, all resources, links, and sites here are free to use and access

"Keep creating your own shared experiences."

A Special Thank You!

Thank you to the following individuals for the use of their creative work in this guide:

Long-Distance Photo by [Gift Habeshaw](#) on [Unsplash](#)

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