

Activities for carers

The following activities are suggestions only. When using the Movement and Exercise links, please consider your own safety. Seek medical advice if you have any pre-existing medical concerns before engaging in physical activity.



Social

Facebook

Allows you to connect with friends and family. The 'Messenger' function can also allow you to both text and make video calls.

URL [facebook.com](https://www.facebook.com)

Twitter

Receive short messages, news updates from people and agencies you are interested in.

URL twitter.com

Zoom or Skype

Programs that allows you to make video calls to friends and family.

URL zoom.us or skype.com



Arts and Culture

Sydney Opera House – Digital Season

Virtual tours, concerts, videos and podcasts

URL [sydneyoperahouse.com](https://www.sydneyoperahouse.com)

Aboriginal content – Deadly Voices from the House

Podcast of interviews with First Nations artists and leaders to the world

URL bit.ly/3bh6FQO

Art Lessons Online – free videos

URL artlessonsonline.com.au/freeartlessons

Art Factory – free art lessons online

URL artyfactory.com/art-lessons.html



Relaxation and Mindfulness

Beyond Blue – Relaxation exercises (audio)

Breathing, muscle relaxation, guided meditation.

URL beyondblue.org.au/get-support/staying-well/relaxation-exercises

The Free Mindfulness Project

Large range of relaxation and mindfulness exercises.

URL freemindfulness.org/download

Relax Stress & Anxiety Relief (app)

Guided relaxation exercises.

URL apple.co/2V9blvV





Movement and Exercise

Note regarding YouTube: If a popup message comes up saying "Click to block ads", do not click! Find the X in the top right hand corner to close the popup message.

10 Minute Yoga for Beginners

URL [youtube.com/watch?v=VaoV1PrYft4](https://www.youtube.com/watch?v=VaoV1PrYft4)

20 Minute Yoga for Beginners

URL [youtube.com/watch?v=v7AYKMP6rOE](https://www.youtube.com/watch?v=v7AYKMP6rOE)

7 minute yoga workout for older adults

URL [youtube.com/watch?v=NDLad2vOHkU](https://www.youtube.com/watch?v=NDLad2vOHkU)

Workout Videos – free

URL bit.ly/2ykCYi0



Audiobooks

Audible

Some free books available, but subscription can be needed.

URL [audible.com.au](https://www.audible.com.au)



Virtual tours

Uluru-Kata Tjuta National Park

URL parksaustralia.gov.au/uluru/discover/virtual-tour

12 Museum virtual tours

URL bit.ly/2VbreYr

Disney Land Rides

URL bit.ly/34EP4is

Zoos Victoria

URL zoo.org.au/animal-house

Google Arts & Culture

URL artsandculture.google.com



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