

# Resources for Physical Distancing



THE OHIO STATE  
UNIVERSITY  
COLLEGE OF NURSING

<b>Board Games</b>	<a href="https://www.techradar.com/how-to/how-to-play-board-games-online-play-with-friends-or-family-overthe-web">https://www.techradar.com/how-to/how-to-play-board-games-online-play-with-friends-or-family-overthe-web</a> <a href="https://www.today.com/shop/11-best-games-play-zoom-t179862">https://www.today.com/shop/11-best-games-play-zoom-t179862</a>
<b>Virtual Field Trips</b>	<a href="https://www.weareteachers.com/best-virtual-field-trips/">https://www.weareteachers.com/best-virtual-field-trips/</a>
<b>Museum Virtual trips</b>	<a href="https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours">https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours</a>
<b>Service Opportunities</b>	<a href="https://activities.osu.edu/involvement/service_outreach/pay_it_forward/socially_distant_service/">https://activities.osu.edu/involvement/service_outreach/pay_it_forward/socially_distant_service/</a>
<b>Resources for Elderly</b>	AARP Foundation's Connect2Affect program
<b>Online Support Groups</b>	<a href="https://www.dailystrength.org/">https://www.dailystrength.org/</a> <a href="https://www.verywellmind.com/best-online-anxiety-support-groups-4692353">https://www.verywellmind.com/best-online-anxiety-support-groups-4692353</a>
<b>Scavenger Hunts</b>	<a href="https://www.geocaching.com/play">https://www.geocaching.com/play</a> <a href="https://www.verywellfamily.com/family-scavenger-hunt-1270424">https://www.verywellfamily.com/family-scavenger-hunt-1270424</a> <a href="https://offspring.lifehacker.com/host-a-social-distancing-neighborhood-scaveger-hunt-1842427054">https://offspring.lifehacker.com/host-a-social-distancing-neighborhood-scaveger-hunt-1842427054</a>
<b>Ideas for Random Acts of Kindness</b>	<a href="https://www.randomactsofkindness.org/the-kindness-blog/2943-50-kindness-ideas-for-random-acts-ofkindness-day">https://www.randomactsofkindness.org/the-kindness-blog/2943-50-kindness-ideas-for-random-acts-ofkindness-day</a>
<b>Free virtual fitness classes</b>	<a href="https://yp4h.osu.edu/events/">https://yp4h.osu.edu/events/</a>
<b>Suicide Prevention Line 1-800-273-8255</b>	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>