




APRIL 2020

SOCIAL MEDIA SUNDAY		MUSEUM MONDAY		CONNECTIONS TUESDAY		ACTIVE WEDNESDAY		ANIMAL THURSDAY		ART FRIDAY		GRAB BAG SATURDAY	
BeConnected Social Distancing Activity Calendar Check out each day for ideas on activities you can complete while social distancing or self-isolating!						1		2		3		4	
						Use chalk to create hopscotch in your driveway or patio		The Cincinnati Zoo live streams a daily Home Safari on their Facebook page at 12pm		Paint or draw – make sure to send it to BSS to feature on our Social Media Art Show!		Play a game – board game, videogame, or backyard game	
5	Palm Sunday †	6	National Tartan Day	7	World Health Day	8		9	Maundy Thursday †	10	Good Friday	11	Holy Saturday
Check BeConnected's Social Media pages... ...for ideas on indoor activities		The Smithsonian Museum of National History provides a 360° room-by-room tour of every exhibit in the museum online!		Make an Easter Card for friends at BSS and send via BSS mail!   Full Moon		Play a sport in your yard or driveway (baseball, basketball, volleyball, soccer)		First Day of Passover ☆ Vimy Ridge Day The Georgia Aquarium has live streams of gators, otters, belugas, and more!		Work on an Easter Craft – Colour paper eggs or draw an Easter Bunny! 		World Parkinson's Day Bake a cake – maybe an Easter dessert? 	
12	Easter Sunday	13	Easter Monday	14		15		16	Last Day of Passover ☆	17	Orthodox Good Friday	18	Orthodox Holy Saturday
...to watch videos of people creating music around the world 		The British Museum provides an online look at famous artifacts like the Rosetta Stone & Egyptian Mummies 		Video Call Family Try having a virtual dinner together!  Happy Birthday Kathy		Try an online yoga class  Happy Birthday Natalya		Check out the webcams at the Houston Zoo to watch animals like giraffes, elephants, gorillas, and rhinos		World Hemophilia Day Make a beaded necklace or other piece of jewellery		Have a spa day – take a bath, paint your nails, find a recipe for a DIY face mask.	
19	Orthodox Easter	20	Orthodox Easter Monday	21	Yom HaShoah ☆	22	 New Moon	23		24	☾ Ramadan Start	25	
...to learn more about COVID-19  Happy Birthday Claire		Our local museum, the Royal BC Museum has several online exhibits such as <i>Gold Rush: El Dorado in BC</i> & a look at local Aboriginal artwork		Connect with self advocates on the SABF Facebook Page – don't forget to leave a message!		Find a YouTube fitness video to try		The Monterey Bay Aquarium has 10 live streams for animals such as sharks, penguins, and jellyfish		Write a poem, sing a song, or have a dance party!		Try out a new recipe!	
26		27		28		29	Yom HaAtzmaut ☆	30					
...to see all the art created during BeConnected's Social Media Art Show		The Louvre in Paris has online tours of some famous exhibits including Egyptian Antiquities, Rembrandt, and the famous building itself.		Video call a friend Work on an art project, play a game, or sing some songs!		Clean up the garden to get ready for spring and summer flowers!		Watch koalas, polar bears, pandas, tigers, are more with the San Diego Zoo live streams					