

TAKE A BREAK! *IDEAS FOR* FAMILY CARERS

We hope you enjoy Carers NZ's fun resource to connect you to options for amazement, amusement, delight, relaxation, or encouragement. Spend a few minutes exploring, or find something you like for a 'deep dive'! Our ideas are designed to help you have some fun, and sustain your mental health and wellbeing!



The NZ and international sites we've linked to are popular, safe, and often highly recommended by others. Most offer 1-10 minute breaks, but some are longer, such as going on a virtual train trip, creating your own artistic masterpiece, or watching a live animal cam.

Sometimes you may need to scroll down a bit or wait for annoying advertisements to finish but just go exploring and see what treasures there are in these links. Which ones will become your favourites? Just click on the headers to go straight to your chosen break.

If you'd like to suggest other trustworthy sites to add to these suggestions, or if you come across a broken link, please let us know! centre@carers.net.nz

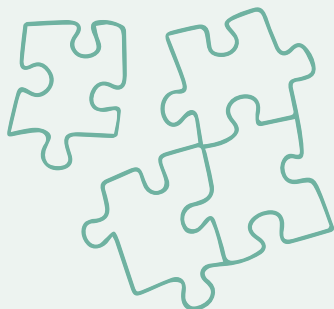
ONLINE JIGSAWS

TE PAPA COLLECTIONS JIGSAW PUZZLES, NZ

Take a moment or two to relax with online jigsaw puzzles using taonga (treasures) from our collections. Choose a puzzle, then select your difficulty (the number of pieces) once it has opened. Keep coming back – you may find some new ones!

AUCKLAND MUSEUM JIGSAWS, NZ

Take a closer look at some of our collection objects or even the Museum building itself by doing one (or several) of our jigsaw puzzles. You can adjust the difficulty of each puzzle to suit any age, skill level, or time constraint.



ASHMOLEAN MUSEUM, OXFORD, ENGLAND

The Ashmolean is the University of Oxford's museum of art and archaeology, founded in 1683. Our world famous collections range from Egyptian mummies to contemporary art, telling human stories across cultures and across time. We've turned some of our treasures into online jigsaw puzzles. Click on the images to visit our page on Jigsaw Planet and try to solve as many as you can!

SYDNEY LIVING MUSEUMS, AUSTRALIA

Take a moment to relax and recharge with one of our online puzzles featuring our beautiful collections and museums. Choose a puzzle, then select your difficulty (the number of pieces) once it's open (via the grid icon).

<https://sydneylivingmuseums.com.au/puzzles>

Jigsaw Planet – free jigsaws online

<https://www.jigsawplanet.com>

TIME YOU ENJOY WASTING WAS NOT WASTED.

JOHN LENNON

FUN ONLINE ACTIVITIES



GEOGUESSR GAME

This game uses Street View to take you to locations all over the world, and your goal is to look around and guess where you are by placing a pin on a world map. Your score depends on how close your guess is to the actual location. Choose from several different maps to limit the range of possible locations.

THE SCALE OF THE UNIVERSE

Visit this amazing site and you'll see how small you are. In fact our whole planet looks very tiny compared to the Milky Way Galaxy. Just scroll your mouse wheel to see the greater objects.

GET BOOK READING SUGGESTIONS

Go to this site and type the title of the book you enjoyed and get suggestions about what to read next.

TOUR THE EARTH USING GOOGLE EARTH

Google Earth allows you to view almost every part of the planet so you can virtually travel to the places you've always wanted to see.

DUOLINGO

Make the most of your free time and cross something off your bucket list by becoming fluent in a different language with the help of Duolingo! This fun website also doubles as a fun free app on your phone so you never miss a lesson.

LEGO VIDEOS

You may have seen the smash hit LEGO movie series but did you know there are multiple videos on their site? For every pop culture phenomenon like *Jurassic Park*, *Star Wars*, and *Harry Potter* there's a LEGO video series version ready to steal our attention! See also games. For kids of all ages.

PLAY THIS GROUP STORYTELLING GAME

A Folded Story is one that is written by a group of people, none of whom know the whole story. The story takes shape from the different inputs from different people. It's like daydreaming together.

WINDOW SWAP

Look through a new window somewhere in the world – house window view videos sent in from right around the world!



MY WAYS TO HAVE A BREAK

What activities do you enjoy? If you had a few minutes or a few days to yourself, what would you do? Jot down your thoughts - it may turn into a plan or 'to do' list to help you have more time, just for you.

"Somehow the days fly past and I haven't found time to catch up with friends, have a coffee, enjoy the garden, read a book, or just breathe for a few minutes. I think this is really common, especially over the last few years - it's been so intense. Sometimes we have to remind ourselves to find that space; for peace."

Jo

BREATHING, RELAXATION, MINDFULNESS, AND GROUNDING



SMALL STEPS (NZ)

You can adjust breathing speed in this simple deep breathing exercise. A Kiwi website worth checking out. And have a look at their other wellbeing tools - scroll down at this site.

HIKITIA TE HĀ TAIAHA – BREATHE EASY

Te Ao Māori breathing exercise, Mental Health Foundation

CHILLAX AUDIO

Mindful at Work NZ

A 10 minute guided audio to sit back, relax and de-stress.

‘TAKE TWO’

Mindful at Work NZ

A short 2 minute mindfulness practice for when you're time poor.

1 MINUTE MINDFUL BREATHING EXERCISE

Mindful at Work NZ

Take a quick mindful pause. Work out how many breaths you take per minute and pause for 1 minute mini-breaks during the day.

RELAXING BODY SCAN

Mindful at Work NZ

SIMPLE MINDFULNESS EXERCISE

during your day. Mental Health Foundation NZ

GUIDED MEDITATION IN NEW ZEALAND

Nature with Ladi6 | Relaxing Bird Song, Soothing Ocean Sounds

RELAXATION TIPS VIDEO (MIND UK)

MINDFULNESS FOR ADULTS VIDEO

Wellbeing South Australia

BREATHING TECHNIQUES FOR STRESS RELIEF

A website with a useful overview article about several different easy approaches to try.

BREATHING AND MINI MEDITATION GUIDED EXERCISE

Headspace UK

BREATHING CIRCLE – CALM

A SHORT VIDEO DEMONSTRATING BELLY BREATHING



BREATHING, RELAXATION, MINDFULNESS, AND GROUNDING



THE 5-4-3-2-1 METHOD: A GROUNDING EXERCISE TO MANAGE ANXIETY

Partnership in Education
Feeling anxious? Grounding exercises can help to calm anxious thoughts and keep you focused and mindful in your environment. The 5-4-3-2-1 method is a grounding exercise that can be done almost anywhere and doesn't require any equipment or materials - just your brain!



describes the transformative power of doing just that: Refreshing your mind for 10 minutes a day, simply by being mindful and experiencing the present moment.

WHY WE ALL NEED TO PRACTICE EMOTIONAL FIRST AID

A TED talk by Guy Winch

We'll go to the doctor when we feel flu-ish or a nagging pain. So why don't we see a health professional when we feel emotional pain: guilt, loss, loneliness? Too many of us deal with common psychological health issues on our own, says Guy Winch. But we don't have to. He makes a compelling case to practice emotional hygiene — taking care of our emotions, our minds, with the same diligence we take care of our bodies.

USING PET THERAPY

HOW TO DO PROGRESSIVE MUSCLE RELAXATION

Video guide

GUIDED VISUALIZATION: DEALING WITH STRESS

Dr. Krystal Lewis, a licensed clinical psychologist and researcher in the NIMH Intramural Research Program, explains what stress is and describes the parts of the brain that handle the "flight-fight-freeze" response. Dr. Lewis also leads a guided visualisation activity, which may help you relax. 10 1/2 minutes.

SLOW TV RELAX & BACKGROUND

Amazing slow videos of backgrounds and sounds to enjoy – from a fireplace to waves to breezes in the trees. Slow TV Relax & Background is a YouTube channel with lots to choose from to help set your mood. Click the headline to see the options – all free!

THE VERY HAPPY BRAIN

A video for all ages from The Mayo Clinic USA. How the brain works when we see others in distress – how gratitude and compassion works in the brain.

ALL IT TAKES IS 10 MINDFUL MINUTES

A TED talk by Andy Puddicombe

When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking? Mindfulness expert Andy Puddicombe

DAVID STEINDL-RAST: WANT TO BE HAPPY? BE GRATEFUL

A TED talk by David Steindl-Rast

This 15 minute talk, from monk and interfaith scholar David Steindl-Rast, discusses gratitude and specifically its relationship to happiness. In the talk, Steindl-Rast argues that "it is not happiness that makes us grateful" but "gratefulness that makes us happy". Since being grateful sounds easier to most of us than being happy, this is an exciting idea. This quote from Steindl-Rast is also mentioned in more than one of the following videos, so this talk seemed like a good place to start.



THERE IS NO PATH TO HAPPINESS - HAPPINESS IS THE PATH.

BUDDHA

STRETCHING TO HELP WITH STRESS AND WORRIES

**EASY RELAXING
STRETCHING WORKOUT
FOR STIFF MUSCLES &
STRESS RELIEF**

Video

**EASY STRETCHES TO
RELIEVE STRESS FOR
MENTAL & PHYSICAL
HEALTH**

**RELIEVE STRESS
& ANXIETY WITH
RELAXING STRETCHES**

– Video

**15 MINUTE RELAXING
YOGA STRETCHES TO
UNWIND AFTER WORK**

Sarah Beth Yoga

**YOGA FOR ANXIETY AND
STRESS WITH ADRIENE**



NATURE IN SLOW MOTION AND TIME LAPSE

NATURE AND WILDLIFE IN SLOW MOTION

WATCH A GARDEN COME TO LIFE

**NEW ZEALAND ISOLATED LANDSCAPES
TIME LAPSE**

**NEW ZEALAND - A TIME LAPSE OF
NATURE**

**I COULD WATCH TIME LAPSES OF SEEDS
GROWING ALL DAY**

**FULL LIFE CYCLE OF
TULIPS GROWING
AND BLOOMING
TIME LAPSE**

**DAFFODIL TIME
LAPSE**

LILY TIME LAPSE

FLOWERS GROWING IN SECONDS

A BLOOMING RED ROSE



ENCOURAGEMENT

QUOTE BLOOM

Click on the blossoms and find a quote that speaks to you. Quote Bloom shares wisdom from many notable figures, authors, inventors, actors, celebrities and more! There is optional music to help create a calming atmosphere as you read. Sometimes all it takes is a few words and a moment of calmness to inspire us!

https://mindyourmind.ca/apps/QuoteBloom/en/story_html5.html

This tool is also available in French, Punjabi and Spanish. When you click your preferred language, the tool will open in another window.

<https://mindyourmind.ca/tools/quote-bloom-english-french-punjabi-and-spanish>

USE SPOTIFY OR SOUNDCLOUD TO DISCOVER NEW MUSIC THAT LIFTS YOU UP

https://soundcloud.com/?utm_source=Partnerize
<https://www.spotify.com/nz/>

THE DAILY ENCOURAGER (NZ)

This is news that builds people up through encouragement and inspiration.

1000 AWESOME THINGS

This is a blog about things that are ... awesome! It was launched in 2008 and has been updated every day since. The blog is about looking at everyday things around us and things we do to find the 'awesome' in them. As you scroll through the posts, you can pick up tips and find appreciation in small things that we often take for granted.

THINGS TO BE HAPPY ABOUT

Do you ever stop and think about how much you really have? This is just a simple list of things that you might otherwise not always appreciate every day. This tool showcases a new list every day.

DAILYGOOD

This is a website with only inspirational news – you know, the news we really should be hearing. So much is negative and sad. Granted, that has a place in educating us, but it's healing to read and share positive stories shared. Unfortunately that isn't in our complete control, but visiting DailyGood is. So go ahead – get inspired!

A FREE NZ THANKFULNESS = HAPPINESS COURSE

From the Thankfulness Project to help you establish a positive thankfulness habit in your life.



UNDERSTAND YOUR WORTH; VALUE YOUR LIFE;
APPRECIATE YOUR BLESSINGS. *ANONYMOUS*

GRATITUDE AND BLESSINGS

Things have been tough lately. But we can all think of blessings, too. What are you grateful for, today and over time? Record your thoughts journal-style, or as a simple list, then reflect on your experiences.

Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of gratitude.

A A Milne, *Winnie the Pooh*

Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of gratitude.

A A Milne, Winnie the Pooh

AMAZING PLACES AROUND THE WORLD – VIRTUAL TOURS

AFRICA'S NATURAL WORLD

www.explore.org offers live webcams of the natural world of Africa. You can view several live cams including:

- <https://explore.org/livecams/afriam/tembe-elephant-park>
- **A watering hole in Laikipia County in Kenya**
<https://explore.org/livecams/african-wildlife/african-watering-hole-animal-camera>
- **And the gorilla forest corridor at GRACE Center in Kasugho, Eastern Democratic Republic of Congo**
<https://explore.org/livecams/african-wildlife/gorilla-forest-corridor>

YELLOWSTONE NATIONAL PARK, USA

National parks are known for their dazzling views and historical landmarks, and Yellowstone holds some of the USA's most iconic ones. The virtual tour takes visitors through the first national park, showing Wyoming's most treasured sites including its canyons, hot springs and geysers, the most famous being Old Faithful.

THE GREAT WALL OF CHINA

China's famous attraction offers virtual tours of some of the most visited sections of the wall, 3000 miles of which are walkable. With much of the country under pandemic quarantine, the virtual tour offers a reprieve from crowds who come from all over the world to see the 2000-year-old marvel.

MACHU PICCHU, ANDES MOUNTAINS, PERU

A simply stunning UNESCO World Heritage site, Machu Picchu is a visual wonder that just has to be seen. You no longer need to fly all the way to Peru to see it in all its glory, however, as the virtual tour is comprehensive, immersive, and filled with fascinating insights.



A 3 MINUTE TOKYO TOUR

What if we told you that you could ride in a Tuk Tuk, walk across the famous Shibuya crossing, win a Pikachu from a claw machine, and make friends with a robot ... all in under three minutes. That might be physically impossible, but with virtual reality it's a breeze. If you've ever wanted to take a whistle-stop tour of Japan, the Japan National Tourism Organization has created a 360-degree VR video that lets you do all of the above, and lots more.

ATHENS ACROPOLIS, ATHENS

A must-visit destination for history buffs, the Athens Acropolis includes the world famous Parthenon, and is a cultural hotspot for tourists. Choose from popular sites such as the Theatre of Dionysus and enjoy in-depth videos that provide a fascinating and educational insight into ancient Greece.



YOSEMITE NATIONAL PARK, USA

Those who can't make it to California's Sierra Nevada region can still tour the park - complete with sound - and visit some of Yosemite's iconic landmarks, including the Mariposa Grove of Giant Sequoias, the top of the Half Dome and the eponymous Yosemite Falls.

TAJ MAHAL

A Google tour of views of this sacred site.

GREAT PYRAMID OF GIZA, EGYPT

A Google tour of views.

PALACE OF VERSAILLES

A Google tour of views of the golden palace and its famous gardens.

GIANT'S CAUSEWAY, IRELAND

A Google tour of views. Take a trip to the rugged Northern Irish coast (where much of the Game of Thrones series was filmed) and tour the striking basalt columns of the Giant's Causeway.

THE EIFFEL TOWER, PARIS

La Tour Eiffel is featured in a live 24 hour webcam. View this lovely view of Paris by day or watch in the evenings to see the tower lit up against the backdrop of the City of Light.

LEGOLAND

This series of 360 panoramic views of Legoland feature views of some of the park's more incredible installations. See Lego reproductions of the Tower Bridge of London, Buckingham Palace, and a NASA rocket, among many others.

STONEHENGE, ENGLAND

Google Street View puts you right in the middle of the mysterious formation in Wiltshire, England. You can pan the camera around to get a full 360 view of this prehistoric stone monument.

INTERNATIONAL SPACE STATION

NASA's website provides a virtual tour of the international space station. There are videos featuring guided tours led by the astronauts as they navigate their way through zero gravity.

THE GREAT BARRIER REEF

The largest coral reef system in the world can be found in Australia's Great Barrier Reef. This photo panoramic tour lets you move the camera around the ocean reefs surrounding Wilson Island.



NATIONAL MARINE SANCTUARIES

You can do a 'virtual dive' on this site featuring videos of the Channel Islands with some playful sea lions to accompany you. A narrator provides information on the creatures found in this underwater view of the Channel Islands National Marine Sanctuary. There are also photo-based 360 degree tours of other marine sanctuaries such as Tafeu Cove in American Samoa, the Florida Keys, and Monterey Bay in California.

UNIVERSAL STUDIOS, HOLLYWOOD

Want to get your thrills? Go behind the scenes at Hollywood's Universal Studios or enjoy the Wizarding World of Harry Potter —and more —from home via Universal Orlando's virtual offerings.



NZ VIRTUAL TOURS



THE WAITOMO GLOW WORM CAVES

These will take your breath away. Deep below ground, glow worms twinkle like the night sky creating a stunning spectacle and truly unique experience. Embark on a virtual adventure in 360 degrees thanks to National Geographic.

HOBBITON

Go behind the scenes of New Zealand's real Middle Earth film set from the comfort of your own home. Wherever you may be, immerse yourself in the lush pastures of New Zealand's Waikato region, with a 360 degree tour of the world renowned Hobbiton movie set.

QUEENSTOWN VIRTUAL TOUR

This year round favourite destination is sure to provide the change of scenery you're yearning for. Soak into new or familiar surrounds by embarking on a 360 degree scenic virtual tour through Queenstown, Arrowtown and Wanaka.

VIRTUAL TOUR OF NZ

This is a virtual travel tour taking you through breathtaking landscapes across New Zealand, from the Luge in Queenstown to Hobbiton, to hiking the beaches and exploring the trails nationwide.



TRAVEL BY TRAIN!

BERNINA RAILWAY, SWITZERLAND TO ITALY

The trip starts in St. Moritz, Switzerland on a perfectly sunny day and ends in Tirano, Italy via the high mountain Bernina Pass. Sit back with an Italian-style caffè and watch as the train cuts through picturesque villages and rumbles alongside dizzying cliffs and sparkling blue waters. Along the way, you'll break a few records — albeit virtually: It is the highest railway alpine crossing in Europe and the highest adhesion railway on the continent.



railway bridge in Europe. After zipping through the country's impressive mountainous region, end the virtual trip in the town of Bijelo Polje — 102 tunnels and 96 bridges later.

NORTH WALES COAST LINE, ENGLAND TO WALES

Travel along the beautiful Wales coast aboard a British Rail Class 175, a type of diesel passenger train used in the United Kingdom. The virtual excursion kicks off in the city of Chester, England and quickly travels over the border into Wales, passing through lush countryside before hitting the coast and continuing west.

THE FLÅM RAILWAY, NORWAY

Widely considered to be one of the most beautiful train journeys in the world, this 12 mile route takes you from the end of Aurlandsfjord, a tributary of the Sognefjord, up to the high mountains at Myrdal station. See the train driver's view from Flåm to Myrdal with sun and rain.

NORDLAND LINE, NORWAY

The adventure starts on the Trondheim Fjord in Trondheim and only seems to get snowier as you head farther north. Eventually, you pass into the Arctic Circle before ending in the municipality of Fauske.

GEIBI LINE TO FUKUEN LINE, JAPAN

You can get a taste of the Japanese countryside as you travel virtually from Hiroshima Station to Fuchū Station on the Geibi Line turned Fukuen Line. The route passes through the mountainous area of the Chūgoku region, so expect to see stunning bridges and long, dark tunnels cutting through mountains.

FERROCARRIL CENTRAL ANDINO, PERU

Often considered to be one of the world's most scenic railroads, the Ferrocarril Central Andino links the Pacific port of Callao and the capital city of Lima with Huancayo and Cerro de Pasco.

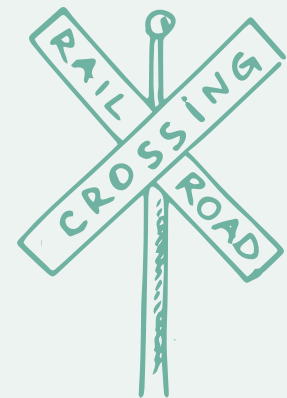
PIKES PEAK COG RAILWAY, COLORADO, USA

2 and a half minutes

If you've ever dreamed of making it to the top of Colorado's Pikes Peak, which sits 14,115 feet above sea level, here's your chance. Hop aboard North America's highest train and join this fast-motion virtual tour. The trip starts at the station in Manitou Springs and climbs the well-known peak in a matter of minutes. Sit back and enjoy the dizzying ride!

7 EXPRESS LINE, NEW YORK, USA

Enjoy this cab view video of the New York City subway. The 7 Express Line (Flushing Express) travels from Queens to Manhattan, providing outside and underground views along the way. And if you're into trains, keep in mind that this footage was shot on one of the line's R62A trains, which have since been returned to the 6 train.



BELGRADE-BAR RAILWAY, MONTENEGRO

You'll start your journey in the town of Bar, near the Adriatic Sea, before passing through the line's longest tunnel (20,246 feet) and over the highest

SARAJEVO–PLOČE RAILWAY, BOSNIA AND HERZEGOVINA

You can explore the Balkan country of Bosnia and Herzegovina by train, thanks to this virtual cab view video. Starting in Čapljina, you'll dip into Croatia quickly before crossing the border back into Bosnia and Herzegovina and ending your trip in the country's capital, Sarajevo. A good portion of the journey follows the Neretva River and passes through tight, mountainous terrain and over the Bradina Pass.

SOUTH WESTERN RAILWAY, ENGLAND

You'll start your virtual journey on the London Underground at London Waterloo station and then head west, eventually dropping south toward Southampton and ending at Southampton Central station. Along the way, you'll see the London skyline before moving into the vibrant, green countryside.

DURANGO & SILVERTON NARROW GAUGE RAILROAD, COLORADO, UNITED STATES

This historic line takes travellers from one mountain town to another, traveling over a high-alpine mountain pass to get there. This three-part tour offers guests a virtual ride on the three-foot-wide narrow-gauge heritage railroad as it traverses

over 45 miles between Durango and Silverton. During part one, enjoy the breathtaking journey along a narrow ledge cut into a sheer cliff face far above the Animas River.

<https://www.youtube.com/watch?v=jVDNsH4YfDY>

In part two, the train chugs high up into the Colorado mountains

<https://www.youtube.com/watch?v=0HmbGc9vmvQ>

and in part three, it heads down the mountain pass into the Wild West town of Silverton.

<https://www.youtube.com/watch?v=V0OfCZna0c0>



WENGERNALP RAILWAY, SWITZERLAND

Enjoy a perfectly clear driver's-eye view of the stunning route from Lauterbrunnen to Kleine Scheidegg. You'll virtually cross pretty Swiss villages and tree-covered slopes as you climb up into the mountains, eventually passing views of snow-covered mountains and deep valleys.

VIRTUAL TOURS OF NZ MUSEUMS

MUSEUM OF NEW ZEALAND TE PAPA TONGAREWA

Walkthrough tour of *Ko Rongowhakaata: The Story of Light and Shadow*. Explore the land, people, and stories of Rongowhakaata, an iwi whose unique art reflects their innate creativity, rich history, and innovative spirit. Ko Rongowhakaata closed in February 2022 but you can still enjoy it as a virtual tour.

AUCKLAND WAR MEMORIAL MUSEUM

AUCKLAND ART GALLERY TOI O TĀMAKI



THE WORLD'S MOST LOVED MUSEUMS AND ART GALLERIES ONLINE

BRITISH MUSEUM

Travel through time via your mouse or arrow keys via an interactive game brought to you by the British Museum. Informative audio descriptions help virtually tour the museum's exhibits.

THE NATURAL HISTORY MUSEUM, LONDON, UK

VAN GOGH MUSEUM, NETHERLANDS

The tour takes you through the Van Gogh Museum allowing you to view the artworks up close.

THE LOUVRE, PARIS, FRANCE

MUSÉE D'ORSAY, PARIS

VATICAN MUSEUMS

A collection of classical sculptures curated by the Popes over the centuries. Don't miss the chance to take a virtual tour of Michelangelo's ceiling in the Sistine Chapel and of the other iconic exhibits.

THE NATIONAL MUSEUM OF COMPUTING, MILTON KEYNES, UK

The National Museum of Computing contains the world's largest collection of working historic computers. That means one of them probably runs Microsoft Vista and is still working. The museum features a fantastic, intuitive, virtual 3D tour. You can

zoom in on each exhibit's details, and find out more about every aspect of computing history, such as the world's oldest working digital computer. Impressive stuff.

WASHINGTON NATIONAL GALLERY OF ART USA

GUGGENHEIM MUSEUM, NEW YORK

Google's Street View feature lets visitors tour the Guggenheim's famous spiral staircase without leaving home. From there, you can discover incredible works of art from the Impressionist, Post-Impressionist, Modern and Contemporary eras.

GETTY MUSEUM, USA

With over 25 online exhibits, the J. Paul Getty Museum is loaded with colour, history and life.

UFFIZI GALLERY, FLORENCE

This less well-known gallery houses the art collection of one of Florence, Italy's most famous families, the de'Medicis. The building was designed by Giorgio Vasari in 1560 specifically for Cosimo I de'Medici, but anyone can wander its halls.

NASA MUSEUM, VIRGINIA USA

You can visit the Langley Research Center in Virginia. There's also an app for virtual tours, videos, reality experiences and stories to discover.



THE METROPOLITAN MUSEUM OF ART, NEW YORK

The Met 360° Project, the virtual tour available online, makes the experience so real that it will seem like you are there. Or, stroll virtually around the Metropolitan Museum of Art in New York and click on each exhibit to discover more.

SMITHSONIAN NATIONAL MUSEUM OF NATURAL HISTORY

This interactive tour leads you through the winding hallways of the world's most interesting historical artifacts.

RIJKS MUSEUM, AMSTERDAM

80 galleries! While exploring the Great Hall and beyond, you'll get the chance to discover the most beautiful works by Dutch masters such as Vermeer, Rembrandt and others.

MUSEUM OF MODERN ART, NEW YORK

The MoMa is one of over 500 museums and galleries Google Arts & Culture has partnered with to offer an interactive experience of the gallery space. The nearly 100-year old museum is home to some of the contemporary art world's most famous pieces, including Claude Monet's *Water Lilies*, Vincent van Gogh's *The Starry Night* and Pablo Picasso's *Les Femmes d'Alger*.

THE ROYAL ACADEMY OF ARTS, LONDON

If you're amazed by architecture, the Royal Academy of Arts has a virtual tour that will make you go *ooo* and *ahh* for hours. The Sensing Spaces exhibition uses high-quality 360 degree photography to give visitors a taste of its structures and remarkable exhibitions – it really does feel as if you're actually there. Visit the exhibition *Sensing Spaces*!



INTERACTIVE ART

WEAVE SILK

Just have a go and draw something!

CUBESCAPE

Make mosaic type art with cubes of your chosen colour.

BOMOMO

Simple and incredibly fun drawing site. By experimenting with a computer mouse, learn how the 20 unnamed tools and array of spinning circles can help you create artwork.

KALEIDOSCOPE PAINTER

INSPIRAL WEB

Select your colours - click on the circles and move each of them to create.

ORIGAMI INSTRUCTIONS

Make all kinds of things step by step.

JACKSON POLLACK

A super easy and fascinating digital canvas that lets users immediately start painting à la Jackson Pollack. The site includes no instructions, so you can experiment to discover the rules of painting with a mouse or trackpad.

SKETCHPAD

An impressive free site offering extensive digital tools to create, export, and share digital paintings and drawings. Site visitors can choose from many styles, effects, and gradients, while the User Guide provides clear instructions for creating and managing artworks.

THINK DRAW

Choose a theme from the left, then drag any shape onto the centre canvas to start creating.

PIXILART

Pixilart allows users to create retro pixel art, like the graphics of old video games.



KLEKI

A free online painting app.

PAINT A SUNFLOWER GARDEN

A step by step video for all ages and abilities.

Paint a garden full of beautiful sunflowers. Inspired by the watercolour and gouache painting *Sunflowers*, 1943, by Jacob Epstein.

THIS IS SAND

Recreate priceless childhood memories in the digital form!

Just drag your mouse to make digital colourful sand art.

QUICK DRAW

This is really fun to try! You get asked to digitally draw basic objects with your mouse and the computer guesses what they are.

IMAGINATION

Create slow-moving digital art just by clicking and moving your mouse.

LIQUID PARTICLES

Enjoy lovely mini lights moving and changing directions as you click your mouse.

INTO TIME

If you enjoy colour, and gradients of colour, you'll love this site which simply divides a screen into an increasing number of boxes of different colour as you click.



INSPIRATION

"In a gentle way, you can shake the world." *Mahatma Gandhi*

What shakes the world for you? How would you like to shake the world?

INTERACTIVE MUSIC

INCREDIBOX

Create your own music with a merry crew of beatboxers! This will for sure keep you occupied for at least a couple of hours.

A SOFT MURMUR

If you're looking to create your own ambient background music to listen to while you work or read, *A Soft Murmur* is the fun website for you! Create your own mix of white noise and other natural sounds to relax and waste some time.

PLAY A PIANO

Turn your keyboard into a piano and make a song. Click the play along button at the bottom and choose the type of sound by clicking 'sound select'. You can also collaborate with others.

ULTIMATE GUITAR

If you're lucky enough to own a guitar, and clever enough to get the basics right, there are thousands of songs waiting to be learned.

SONG MAKER

This is like a simplified version of *GarageBand*, and is extremely intuitive to use. Enjoy exploring the options to create your own music.

MUSIC THEORY

Learn the language behind your favourite pieces of music with this fun website! They offer free lessons and exercises, so you have all you need to become the next musical genius.



FUN FREE WORD GAMES

WORDLE

Gives players six tries to guess a five letter mystery word.

WORD SEARCH PUZZLES

Thousands of word search puzzles and games to play online or print them out, covering a mix of both fun and educational topics.

<https://thewordsearch.com>

237 wordsearch

<https://www.247wordsearch.com/>



BUILD SOMETHING ONLINE

INSTRUCTABLES

Welcome to the world's most awesome playground for all things to make. Learn from the largest collection of 'how to' step-by-step living projects anywhere.

STUPELIX - MAKE A MOVIE

Just add photos, videos, music, and text. It's very easy and fun.

TOY BOX METROPOLIS

In this game, you're building a city in 10 turns or less, except this city is located on a child's bedroom floor. It sort of reminds you of a digital box of Lego.

SIM CITY 2000

SimCity 2000 is available to play in your browser. Build a whole city and enjoy the process.



CITY CREATOR

In *City Creator*, you aren't competing for resources or responding to residential demand levels. Instead, you can select from the elements available to build your perfect cityscape.

QUICK CROSSWORDS

UNIVERSAL CROSSWORD, STUFF NZ

Clues and themes are served up fresh daily in this classic puzzle.

THE SUN NEWSPAPER UK MINI CROSSWORD

CHANNEL 9 AUSTRALIA MINI CROSSWORD

THE AUSTRALIAN QUICK CROSSWORD

THE NEW DAILY AUSTRALIA MINI CROSSWORD



SUDOKU

247 SUDOKU

LOVATTS DAILY ONLINE SUDOKU

SUDOKU ONLINE

WEB SUDOKU

ZOO AND AQUARIUM TOURS

AUCKLAND ZOO, NZ

Auckland Zoo is taking you on a virtual journey to visit precious animals in their habitats on camera. Get up close and personal (from your home, of course) with the otter, meerkat, red panda, African Savannah and leopard tortoise cams! You can also check out some live streams hosted on the zoo's Facebook page, too.

GEORGIA AQUARIUM, USA

If you've ever wanted to spend the evening with a beluga whale, Georgia Aquarium provides live feeds to take you up close and personal.

LONDON ZOO VIRTUAL TOUR, UK

SAN DIEGO ZOO, USA

Live cams give you a peek into all kinds of exhibits, featuring apes, elephants, giraffes, polar bears, tigers and more 24/7.



NOTES

[illegible]

LIVE ANIMAL AND BIRD CAMS

ROYAL ALBATROSS CAM, NZ

Watch the northern royal albatross at Pukekura/Taiaroa Head on Royal Cam. This is a 24-hour live stream of an albatross nest during the breeding season in Otago NZ.

URBAN WILDLIFE TRUST WILDCAMS, NZ

Several live Cams offer little blue penguin nests in different spots around NZ.

TIRITIRI MATANGI ISLAND LIVE FEEDER CAM, NZ

Live webcam shows the bird feeder, as well as various views of the island of Tiritiri-Matangi in real time. Tiritiri Matangi Island is a wildlife sanctuary and one of New Zealand's most important and exciting conservation projects.

LIVE PANDA CAMS, CHINA

SEA LIONS AND OTHER SEA AND COAST CREATURES IN THE WILD

View these beautiful creatures live and in the wild on 24/7 webcams run by Explore.org. Not only can you see them passing by the cam but also hear their sounds. The webcams feature several

live locations on Hanson Island in British Columbia, Canada, including ones above and under the water.

ORCALAB

At OrcaLab Base's livestream, you can see the view from Blackney Pass—one of the most high-activity watching spots for orca whales. OrcaLab is a small land based whale research station nestled on Hanson Island in the waters of the "Inside Passage" of northern Vancouver Island in British Columbia, Canada.



HUMMINGBIRD FEEDER CAM

This bird feeder in Los Angeles gets hundreds of little hummingbird visitors every day, which you can watch through their YouTube livestream.

DUBLIN ZOO

At the Dublin Zoo live cam, you can check out their elephant, penguin, and African savanna exhibits from the comfort of home.

ST. AUGUSTINE'S ALLIGATOR FARM ZOOLOGICAL PARK CAM

This live cam gives you a bird's eye view of two creatures who call Florida home: alligators and spoonbills.

AFRICAM NALEDI CAT EYE CAM

Visit a secluded waterhole in Africa and check out the big five of Africa—lion, leopard, rhino, elephant and buffalo. This camera is set up at the eye level of a leopard to give a unique view of the scale of the animals that frequent the waterhole.

THE AQUARIUM OF THE PACIFIC

You can check out a tropical reef exhibit that over 1,000 marine animals call home.

CUMBRIA WILDLIFE TRUST, UK

Watch ospreys, red squirrels, garden birds, seals, and badgers up close with these live cams from an English wildlife trust.

MPALA RESEARCH CENTRE, KENYA, AFRICA

This live cam provides viewers with a unique opportunity to watch savanna animals like monkeys, lions, and baboons in the wild.

DECORAH TROUT HATCHERY, IOWA, USA

Check out this live cam from the Decorah Trout Hatchery in Iowa, featuring a bald eagle nest.

FREE CONCERTS AND SHOWS TO ENJOY

NEW ZEALAND SYMPHONY ORCHESTRA LIVE RECORDINGS

Whatever your musical tastes, every season is made up of a carefully curated selection of concerts, featuring world leading guest artists and conductors, some of the best musical compositions ever written and the very talented musicians who make up your national orchestra.

SOME OF THE BEST FREE CONCERTS ON YOUTUBE RIGHT NOW

American Songwriter has compiled this great list of concerts links – old and new – to explore.

FULL CONCERTS ON YOU TUBE

All kinds of concerts are listed here by You Tube – see its huge range of music genres.

FREE MUSICALS AND PLAYS YOU CAN NOW STREAM DURING THE CORONAVIRUS OUTBREAK

[updating daily]

Check out this updating list of musicals, plays, and operas that are now streaming!

STAGE SHOWS, MUSICALS AND OPERA YOU CAN WATCH ONLINE NOW FOR FREE

Scroll down through a wide range of show options, including Disney stage shows.

BAEBLE MUSIC

This site is tailor made to watch videos and search for them without hassle. Just pick your favourite

concert and get some suggestions for other categories, similar videos or just more of the same artist. The reviews and articles add to the experience, and you could easily spend hours browsing through huge amount of content that is available here.

FREE CLASSICAL CONCERTS YOU CAN LISTEN TO AND WATCH ONLINE

This listing give you a wide range of links to explores, depending on the type of music you enjoy.

SYDNEY OPERA HOUSE STREAMING

Browse the streams and recorded videos they have available this month.

THE MELBOURNE RECITAL CENTRE

Browse some of the live recordings they make available.



PHOTOGRAPHY

NASA IMAGE OF THE DAY

Each day a different image or photograph of our universe is featured, along with a brief explanation written by a professional astronomer.

NATIONAL GEOGRAPHIC PHOTO OF THE DAY

National Geographic has long been known for the excellence and diversity of its photography that features people and places from right around the world. Here they feature images chosen from thousands submitted to their photo community, 'Your Shot'.

TIME'S TOP 100 PHOTOS OF 2021

Each one comes with an article relating to the image. These are big, gorgeous, honest photos.

THE MOST BEAUTIFUL NATURE PHOTOS FROM AROUND THE WORLD

Red book magazine offers these magnificent images to "remind you of the stunning beauty that happens outside of your door."

WINNERS OF THE 2021 SONY WORLD PHOTOGRAPHY AWARDS

The top entries in the 2021 Sony World Photography Awards are shared here via The Atlantic News website. Some of the winning and shortlisted photos from the Professional, Open, Student, and Youth competitions are gathered here. Captions below have been provided by the photographers. You can view the images full screen if you like.

20 OF THE MOST FAMOUS PHOTOGRAPHS IN HISTORY

These images have been carefully chosen because of their importance in history. Each one of these iconic images has helped shape our history and alter the world which we live in. They are some of the most powerful and influential images ever captured by some of the most famous photographers in history.

A HISTORY OF NZ PHOTOGRAPHY IN 20 PHOTOGRAPHS

This list of fascinating images was compiled by photographer Andy Palmer. It is a personal compilation of New Zealand photographs that sketch out a history of photography in New Zealand.

SCENES FROM NEW ZEALAND

Combined for The Atlantic News Website, this is a 2020 collection of large scenic photographs from the North Island, the South Island, and a few of the other 600 islands that make up the nation of New Zealand.



ONLINE FREE LEARNING COURSES

UNIVERSITY OF CANTERBURY NZ FREE ONLINE COURSES

Typically of short duration, Massive Open Online Courses (MOOCs) are delivered online to thousands with course content presented through high-quality video segments, and an emphasis on learning, rather than assessment. This link allows you to explore the free courses and see how to enrol.

POLYTECHNICS IN NEW ZEALAND

Your local regional polytechnic is likely to offer some free online courses. This list can link you to their website, then search 'free courses'.

TE WĀNANGA O AOTEAROA FREE ONLINE COURSES

Study at home with one of our courses in Māori language, Māori business, Māori culture, or improve your money skills.

OPEN POLYTECHNIC NZ

Our NZ based Open Polytechnic also offers a small range of free courses. These will be especially helpful if you are looking to have some formal education in the future.

ALISON

A leader in free online courses on a very wide range of subjects.

OPEN 2 STUDY

This is an Australian based open university offering plenty of free courses, from Chinese language, astronomy, food and nutrition, photography and teaching adult learners.

FUTURE LEARN

Unlock knowledge and skills with online courses from the world's leading universities and brands. Here is a link to over 100 of their free courses.

TEDED

TedEd is well known for their online lessons, because they're engaging and an easy, informal way to get some new knowledge and skills without cost.

BBC

The BBC offers plenty of interesting general topics on its website to learn about in informal courses. Topics include cooking, language learning, using the internet and gardening.

COURSERA

This website offers free (and paid) online courses from general interest topics to university accredited courses. Most courses are business related.

OPEN LEARN

Produced by The Open University, a world leader in open and distance learning, all OpenLearn courses are free to study. They offer nearly 1000 free courses across 8 different subject areas that are available to start right away. They teach science, education, health and financial topics.



CREATIVE WRITING, JOURNALS, POETRY

WRITING CAN IMPROVE MENTAL HEALTH – HERE'S HOW

The Conversation team present ideas to use writing as a helpful wellbeing tool.

83 BENEFITS OF JOURNALING FOR DEPRESSION, ANXIETY, AND STRESS

Benefits and tips for using journaling to get out what's been building up inside in your own way.

HOW TO WRITE CREATIVELY: 14 TOP TIPS

Writing is a creative endeavour. However, many would-be writers find they're not producing the type of content they want because they feel stuck in a rut or scared to even try. They doubt that they could consistently come up with original ideas. This blog post by the NZ Writer's College provides 14 ways to supercharge the creativity in your writing.

TOP TIPS FOR CREATIVE WRITING

Oxford Dictionary Lexico offer these tips to help you start writing.

CREATIVE WRITING 101: EVERYTHING YOU NEED TO GET STARTED

You can take classes, you can earn a degree, but the only things you really need are your creative thinking and writing tools. The Grammarly team offer some great advice in their blog.

CREATIVE WRITING: HOW TO GET STARTED WITH CREATIVE WRITING [+ 9 EXERCISES]

Creative writing is one of those skills you can always get better at – here are great tips and exercises!

20 WAYS TO BECOME MORE CREATIVE WITH YOUR WRITING

Creativity is the lifeblood of good writing. Everything from blogging, article writing, and copywriting, to research studies and non-fiction requires creativity. So how do you keep the wells of creativity flowing even when you feel like you're completely tapped out?

RAY BRADBURY'S GREATEST WRITING ADVICE

Tips from the famous science fiction writer.



HOW TO WRITE POETRY: 11 RULES FOR BEGINNER POETS

If you think you're ready to try your hand at writing poems, it may help to have some general parameters as guideposts.

11 TIPS FOR WRITING BETTER POETRY

Written by the MasterClass team.

HOW TO WRITE A POEM: BEGINNER'S TIPS FROM A PUBLISHED POET

8 helpful steps for writing a poem.

HOW TO WRITE A POEM, STEP-BY-STEP

Practical tips put together by the Writers.com team.

POEM OF THE DAY LINKS

<https://apoemaday.tumblr.com/>
<https://poets.org/poem-a-day>
<http://www.yourdaily-poem.com/>

READ A SHORT STORY A DAY

REEDSY - THOUSANDS OF SHORT STORIES TO READ ONLINE

Looking for a steady supply of short stories? Every week thousands of writers submit stories to our writing contest.

SHORT AND SWEET: THE BEST STORIES TO READ RIGHT NOW – THE GUARDIAN

Thought-provoking, intense and consumed in one sitting, do short stories make for a perfect reading experience? Chris Power finds out, and shares the all-time greats.



CRAFTING

CRAFTSY

Whether your craft of choice leans toward yarn or paper and pencil, check out the FREE mini craft classes at Craftsy. Videos include Sewing Machines A to Z, Quilt Making Skills, Figure Drawing, and several cake decorating lessons.

A BEAUTIFUL MESS

Run by sisters Elsie and Emma, this features free do-it-yourself craft classes for sewing, jewellery, yarn, paper and more, as well as make-it-yourself house décor tutorials, recipes, and style tips.

DAMASK LOVE

On Amber Kemp-Gerstel's blog, you'll find plenty of free online craft lessons, especially ones that involve working with paper or fabric. She strives to take the intimidation and frustration out of crafting and let you dive right into creating.

PURL

Purl has online tutorials encompassing everything you've ever wanted to know about knitting, crocheting or any form of needlework. Purl also features a Tutorials section with tips, advice, and beginner projects. Even if you're not a knitter or sewer, the Craft section features something for everyone.

HEART HANDMADE

Discover how crafting and creativity can boost your mental health at this site, founded by art therapist Claire. Her free online classes include journaling methods, lettering techniques and crochet tutorials.

PAPER & STITCH

A site is dedicated to offering DIY lessons and design inspiration for modern life. This website is broken down into numerous DIY categories, including sections for weekend projects; holidays, parties, and entertaining; and paper goods. They also feature lifestyle tips on food, fashion and travel.



P.S. – I MADE THIS

Browse through hundreds of projects with step-by-step instructions. Try your hand at beading, painting and more with a variety of free online classes to choose from for beginners on up.

THE SPRUCE CRAFTS

Pulling from the experiences of numerous passionate makers, this has thousands of in-depth articles and tutorials on a variety of crafts and hobbies. You can explore needle crafts, beadwork, paper crafts, embroidery, knitting and more. Plus, it's designed for newbies and pros alike, with both beginner and advanced projects and lessons.

SKILLSHARE

This site lets you learn new skills from experts and working professionals in a variety of creative topics, including watercolour, animation and photography. Check out their list of free classes to get started. Each class is broken down into short lessons and projects, so you can easily progress in a new hobby even if you're short on time. You will need to first sign up for a free account to watch all of the lessons available.



COOKING LESSONS AND COOKING FOR FUN

MINI COOKING LESSONS – BBC FOOD

Here is a fantastic list of lessons to help with all kinds of cooking skills.

20+ VIRTUAL COOKING CLASSES THAT MAKE COOKING AT HOME FUN AGAIN

Try something new, or sample different online classes, both free and paid. It might just make cooking fun again. At the very least, it is something different to do beyond watching a screen!

COOKING CLASSES IN NEW ZEALAND

The Curious Kiwi team have put together a list of options to consider all over the country.

9 WAYS TO MAKE COOKING FUN

Dina Cheney shares some practical ways to do this and enjoy cooking more.

THE MOST FUN COOKING PROJECTS TO FILL 3 HOURS OF YOUR WEEKEND

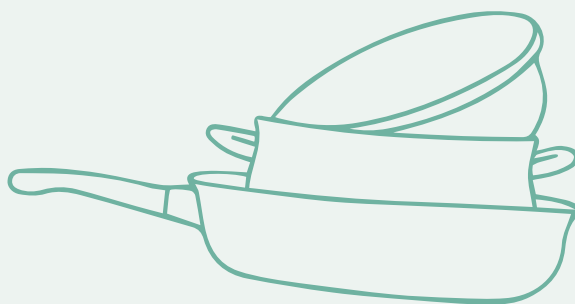
Forget the things you have to cook, or things you should cook — what is the recipe you'd make if you had lots of time in the kitchen and you wanted to have fun? What's something that would make you happy and would also be incredibly delicious?

KITCHN COOKING SCHOOL

Kitchn is a very popular daily food magazine on the Web celebrating life in the kitchen through home cooking and kitchen intelligence. See their free videos and tips.

25 FUN & EASY DINNERS TO MAKE IF YOU'RE BORED WITH COOKING AT HOME

Cooking at home is one of those things that's truly great if you enjoy cooking and is truly miserable if you don't. If you're in a low cooking spot, these 25 fun and easy dinners to make this week that will shake off the boredom and get you positive about cooking at home once again.



HOBBIES

HOW TO FIND A HOBBY – NY TIMES, SMARTER LIVING

Use this guide to get inspired, spark your interests and follow your passion toward a new hobby.

HOW TO FIND A NEW HOBBY – FUTURE LEARN

If you feel like you're in a bit of a rut and you definitely don't want to spend time watching yet another series, perhaps it's time to find a new hobby? Their list of 40 new hobby ideas can help get you motivated and inspired to try something different.

BORED? 50 INEXPENSIVE HOBBIES YOU CAN START RIGHT NOW – LIFE HACK

See 50 inexpensive activities you could even start today!

10 TIPS FOR CHOOSING THE PERFECT HOBBY - PSYCHOLOGY TODAY

Try these questions to better understand exactly what you're looking for in the perfect hobby.



WIKIPEDIA'S LONG LIST OF HOBBIES

They explain it's just a partial list, but it gets you thinking!

THE ULTIMATE LIST OF HOBBIES - MANTELLIGENCE

549 handpicked hobby ideas to try.

WORDS, WORDS, WORDS

MERRIAM-WEBSTER DICTIONARY WORD OF THE DAY

Learn a new word and extend your vocabulary.

COLLINS WORD OF THE DAY

Expand your vocabulary by learning a new word every day with our carefully curated - and often unusual - word choices. Click through to find what the word means, and examples of how it might be used.

TE REO WORD OF THE DAY

Click on the word to find out its meaning, how it's used, and how to pronounce it. (Audio supplied.)

OXFORD ENGLISH DICTIONARY WORD OF THE DAY

Sign up here to get it sent to you daily.

VOCABULARY NY TIMES

Words of the Day and monthly challenges to learn vocabulary with The New York Times. Scroll down to see the word for today, its meaning and use.

THE ENGLISH CLUB IDIOM OF THE DAY

This page offers different idioms to learn about. The page includes meanings, example sentences, notes, and quizzes.

THE ENGLISH CLUB SAYING OF THE DAY

This page offers different idioms to learn about. The page includes meanings, example sentences, notes, and quizzes.

THE ENGLISH CLUB SLANG OF THE DAY

This page offers different slang to learn about. The page includes meanings, example sentences, notes, and quizzes.

WEIRD AND WONDERFUL WORDS

A list of some weird and wonderful words from Oxford Dictionary's Lexico.

50 RARE WORDS THAT ARE USEFUL TO KNOW

When used carefully and correctly, rare words can elevate your vocabulary.

WORDNIK'S WORD OF THE DAY

Fascinating new English words to learn about.



RIDDLES

RIDDLE ME THIS

GrownUps New Zealand have put together a few riddle questions to get your brain buzzing.

DAILY RIDDLES

Riddles' staff scour the internet and other outlets to find the best possible riddles to place on their site. Throughout this process they've gathered some of the most puzzling and interesting riddles one can possibly find.

READER'S DIGEST'S 78 RIDDLES FOR ADULTS THAT WILL TEST YOUR SMARTS

You'll have to really stretch your brain to figure out some of these easy, funny, and hard riddles for grown-ups!

READER'S DIGEST'S 42 TRICKY "WHAT AM I?" RIDDLES

See how quickly you can decipher clues with these tricky "What am I?" riddles. You'll have to be super observant to get all of them right.

READER'S DIGEST'S 27 OF THE HARDEST RIDDLES EVER

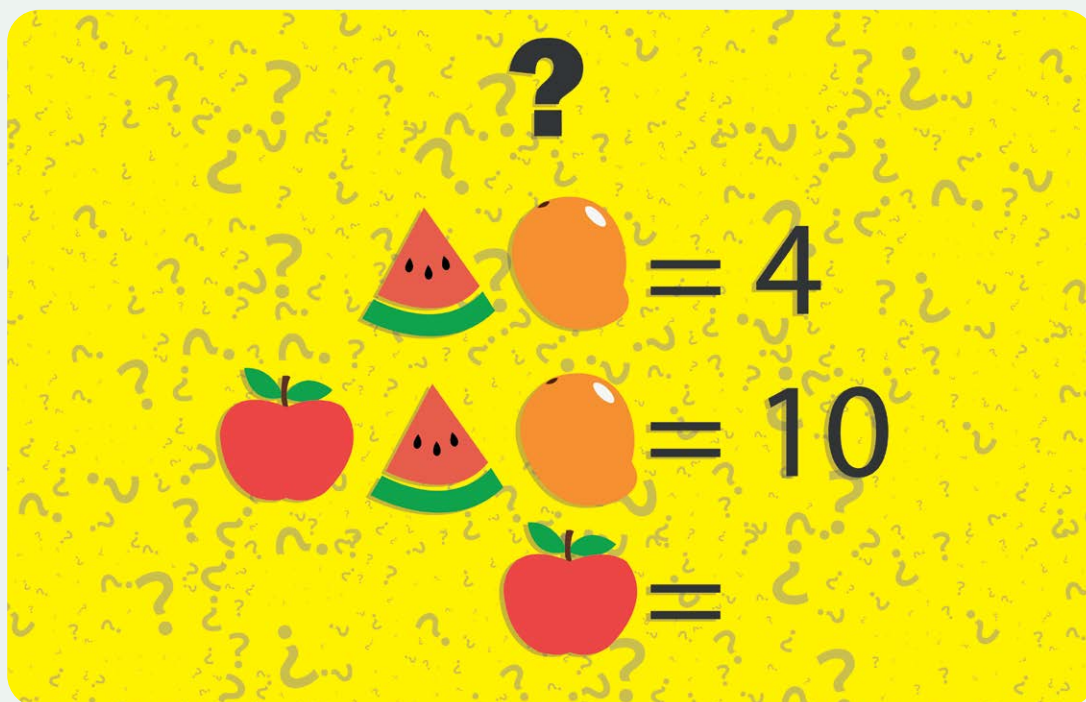
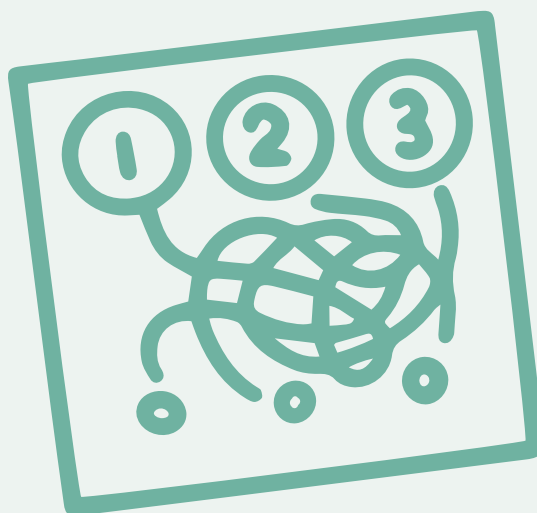
Who doesn't love brain teasers and challenging riddles? If you think you're already a pro at solving tricky riddles, Reader's Digest encourages you to put yourself to the test with these and find out! (Don't worry, answers are included.)

85 TRICKY RIDDLES WITH ANSWERS

Experience the joyful pain of an impossible riddle!

THE ORIGINAL RIDDLES WEBSITE

This provides thousands of riddles (with answers) for kids and adults to tell, share, and rate.



QUIZZES

STUFF NZ NEWS DAILY QUIZ

Stuff makes their daily quiz available here.

THE NZ HERALD DAILY QUIZ

The Herald makes its daily quiz available here.

NEWSROOM NZ DAILY QUIZ

Newsroom brings you a daily quiz to challenge you.

HOW WELL DO YOU KNOW AOTEAROA NEW ZEALAND?

Do you recognise New Zealand in the 1800s and 1900s? Guess where these images by historic photographers Muir & Moodie and the Burton Brothers were taken.

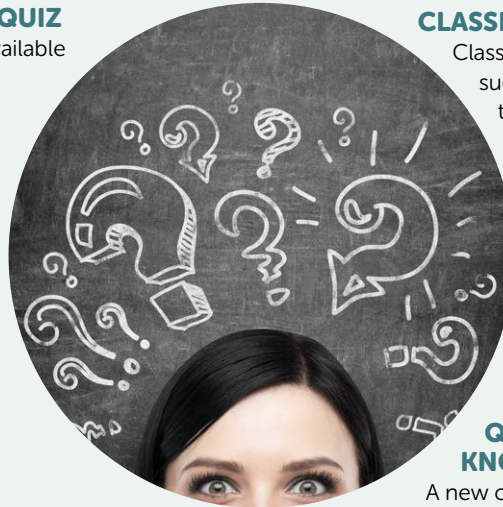
NZ HISTORY QUIZZES

The NZ Government's NZ History website offers a range of quizzes, including:

- This Week in History Quiz
- Questions about key NZ historical events

NZ MUSIC QUIZ

The Breeze Music Channel put this together for 2020 music month to test your knowledge of Kiwi music.



CLASSICAL MUSIC QUIZ

Classic FM puts this together and suggests that if you can answer all these classical music questions without Googling, you're a genius!

CONSERVATION QUIZ

Do you think you know all things 'conservation'? Test yourself against friends and family with Conservation Week quizzes.

QUIZWISE GENERAL KNOWLEDGE QUIZ

A new challenge is available every day. They say their 'quizzes are the perfect way to relax over a morning coffee or wind down before bed.'

QUIZWISE SCIENCE AND NATURE QUIZ

Quizwise offers these science and nature themed questions.

TOP 20 QUIZ SITES

This 2021 list was determined by the of traffic and visitors each website receives. This will enable you to check out as many quizzes as you would want to find!

TRIVIA FACTS AND CURIOSITIES

THE CURIOUS KIWI TRIVIA

The Curious Kiwi Travel Guide team have put these trivia facts together – many are fascinating. How many do you know about?

125 INTERESTING FACTS ABOUT PRACTICALLY EVERYTHING

Readers Digest have put these random fun facts together to entertain, enlighten, and totally blow your mind.

100 FUN BITS OF TRIVIA GUARANTEED TO MAKE YOUR DAY

This fun trivia from Best Life is sure to remind you what a fascinating place the world can be.

TRIVIA FACTS THAT WILL BLOW YOUR MIND

Sporcle has put together these two fascinating trivia lists:

- 101 Incredible Trivia Facts That Will Blow Your Mind
- 101 More Interesting Trivia Facts That Will Blow Your Mind

100 FUN FACTS THAT WILL ACTUALLY SURPRISE AND ENTERTAIN YOU

Flex your brainiac muscles with Women's Day's interesting, random trivia.

PUZZLES OF ALL KINDS

GROWN UPS NZ GAMES

GrownUps NZ provides for all your brain training needs here with 20+ games and puzzles, including memory games, to keep you Brain Fit and ensure the old grey matter keeps thinking.

BRAINGLE

This is a place to solve puzzles, brush up on your trivia, play games and give your brain a workout. Get ready to have your brain tangled!

PUZZLE PRIME

Their mission is to provide you with the opportunity to develop your mental skills in a fun and engaging way. It's educational recreation! There are many sections to choose from, including Brain Teasers, Detective Mysteries, and Online Games.

PRO PROFS BRAIN GAMES

Here you can create or play exciting online puzzles and mind games.

THE PUZZLE BARON'S LOGIC PUZZLES

They've got more than 25,000 unique puzzles available for play, both online and the old fashioned way - with pencil and paper. Feel free to solve online just for fun, or, for an added challenge, register a free account and compete against thousands of other solvers to make it into their Logic Puzzle Hall of Fame!

CARTOONS AND COMICS

THE NEW YORKER'S DAILY CARTOON

Here cartoonists offer a new drawing every day about politics and current events.

RIPLEY'S DAILY FUN FACTS CARTOON

This was started in 1918 by Robert Ripley. Each cartoon contains stories so bizarre it can only be called "believe it or not!"

GO COMICS

Browse hundreds of comics – Go Comics is the world's largest comic strip site for classic strips.

50 FUNNY CARTOONS THAT PROVE LIFE IS FUNNIER THAN ANY STAND-UP ROUTINE

Reader's Digest provides this entertaining collection of cartoons.

CARTOON KINGDOM

Comics Kingdom hosts the strips that make up the Kings Features Syndicate. This includes many current and classic strips such as Mutts, Zits, Hagar the Horrible, Popeye, Flash Gordon, The Phantom, Dennis The Menace, Blondie, Family Circus, Sherman's Lagoon, Krazy Kat, Beetle Baily, Mark Trail, and heaps more.

NEW ZEALAND CARTOON AND COMICS ARCHIVE

The New Zealand Cartoon and Comics Archive includes over 60,000 cartoons reflecting New Zealand society and politics.

LEUNIG CARTOONS AUSTRALIA

Michael Leunig is a popular Australian cartoonist, writer, painter, philosopher and poet. His commentaries on political, cultural and emotional life are enjoyed around the world.



WeConnect.NZ!

We hope you're enjoying our suggestions about things to do and ways to connect with others! For options to find friends, learning opportunities, and local ways to connect in New Zealand, also try Carers NZ's online 'discovery portal', WeConnect NZ!

We developed WeConnect.NZ as a pandemic support response, after learning that most of our community felt lonely and isolated. It was developed with disability wellbeing and community resilience funding from the Ministry of Social Development, and offers something for everyone.

Places to go ... things to do ... groups to be part of ... staying strong and well ... fun activities ... finding friends ... we hope you enjoy some of the options we've found that may be of interest.

Our portal is curated each week to offer fresh options, so it's worth adding it to your favourite online places to visit. And we'd love to hear your ideas about things to add to make it the best experience for any New Zealander who's been feeling a bit cut off and wants to reach out - locally, nationally, and globally.

Have a look! Have a go! If nothing else, WeConnect.NZ may inspire you to find your own ways to connect, learn, and enjoy life.



For practical help and regular check-ins through the pandemic, register free to get support at wecare.kiwi
Carers NZ has partnered with IHC, the Student Volunteer Army, Age Concern, and many other community networks to offer a helping hand through COVID-19.

IHC's Police vetted volunteers across New Zealand can give local support on a one-off basis or ongoing.

If you're feeling isolated or concerned, reach out.

We're here to help, through the pandemic and beyond.

<https://WeConnect.nz>

Contact Carers NZ to join our community and receive free advice, information, and updates!

0800 777 797 | centre@carers.net.nz | www.carers.net.nz | www.facebook.com/carersnz



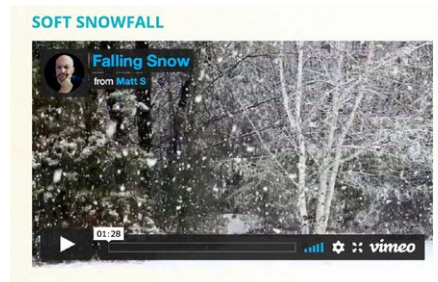
BITE SIZED BREAKS FOR WELLBEING



Start with 1 minute then try 5, and before you know it you might plan for a day, a week, or longer.

Try a bite-sized break!

Find a break that suits your mood -
just follow the link and click on the *Take A Break* button!



Respite, time out, whatever you call it - give yourself a break!

Take 1 Minute Take 5 is a fun feature at Carers NZ's website - there are options galore.

Having some time out can benefit our health and wellbeing.

It can encourage independence, build self-esteem, and provide new ways to have social interactions.

Interesting breaks and activities can be enjoyed together or just watched on your own, when it's not so easy to get out!

<https://carers.net.nz/respice-wellbeing>






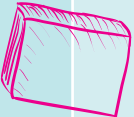
All of Carers NZ's services, events, and information are free for New Zealand's family, whānau and aiga carers. Need some support or advice?

Phone 0800 777 797 during business hours or email centre@carers.net.nz

A Month of Wellbeing!

31 actions to look after ourselves and each other.

Jump in at any point which speaks to you, or ideas you'll enjoy the most! Kia kaha!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Do what makes you feel good. Squeeze in some fun, or take a rest	2 Declutter Get rid of 3 things you never use	3 Try journaling your way through the ups and downs	4 Look In Name 3 of your strengths. Write them down	5 Look Out Check in with a friend who might be feeling lonely or anxious	6 Physical activity Immerse yourself in nature for an added boost
7 Be kind to yourself Is it time to set a boundary in a personal relationship? 	8 Keep learning Try something new. Take a course or try out a new recipe	9 Focus on what you can control	10 Problem solve Think about a problem and consider some solutions	11 Think about your health Book a check up, a dental appointment	12 No plans day	13 An attitude of gratitude Write down 3 things you are grateful for
14 Self care Take 1 Minute Take 5 https://bit.ly/3r6H8D6	15 Social media audit What is no longer making you feel good? Curate your feed & contacts. Check out calming accounts	16 Take notice Remember the simple things that give you joy https://bit.ly/3nZn2bZ 	17 Weight training benefits include improved posture, better sleep, gaining bone density. Try hand weights	18 Value diversity. How about learning about different calendars. Try starting with the Chinese lunisolar calendar https://bit.ly/34brT3I	19 Make someone's day Share produce, compliment someone, give up a parking spot	20 How's your garden growing? Create an inside herb garden. It'll add freshness and flavour to your meals
21 Send an uplifting message or phone someone 	22 Dine under the stars Set the ambience with music & candles. Look up, take it in, learn about the stars!	23 Is it time for a financial check? https://bit.ly/35CneIq	24 Try dry brushing to wake up your skin in the morning. Start gently for 3 minutes. Followed by a soothing oil	25 Shakti mats may sound like torture but once you get past the discomfort, pain becomes payoff www.shaktimat.co.nz/	26 Reading poetry has many benefits https://bit.ly/35sKcBo 	27 Meal planning can make you feel in control & on budget. Fresh Start kits can provide inspo https://bit.ly/3KQfLfx
28 No screen night Try Cluedo or Cards Against Humanity! Make snacks too for a great night in	29 How has your month been going? List your successes & what you need to reset	30 You are doing your best Sit with that feeling	31 Kintsugi reflects the philosophy of embracing the flawed. Explore it here https://bit.ly/35ivk8s	<p>To learn more or to join our network visit https://www.carers.net.nz</p> <p>0800 777 797 centre@carers.net.nz</p> <p>https://www.facebook.com/CarersNZ</p> <p>Carers NZ</p>		