

## Leisure & Learning - at Home V.4

### Resources and Suggestions for Activities at Home

Leisure & Learning – at Home V.4 aims to bring you more ideas as you continue to spend and plan for days at home. If you missed them, please be sure to see “Leisure & Learning – at Home V1, V2 and V3” as well. While some sites were created specifically for individuals with vision loss, others were not but can be adapted by use of description, textured materials, organization and creativity. Together we really can continue to brighten each other’s days!

Cooking – Art & Crafts – Exercise & Yoga – Music  
News & Information – Stories & Meditation – Travel

### Exercise & Yoga

- Yoga with Ness – for the Visually Impaired / MetroBlindSport  
30 minute described yoga routine for individuals with vision loss with Audio. MetroBlindSport is an organization in London, UK. Enjoy!
  - Friendly note: This is a described, moderate-paced routine.<https://www.metroblindsport.org/yoga-with-ness-for-the-visually-impaired-30-min-yoga/>

### Music

- North End music and Performing Arts Center (NEMPAC)  
Friday Evening Open Mic Nights
  - Fridays at 6:00pm / Click, Listen, and be Inspired<https://nempacboston.org/virtual-learning/open-mic-nights/>

Please note: These web links are being offered only as informational resources. It is not our intention to endorse or recommend the sites.

## Leisure & Learning at Home V.4 (continued)

### Music (continued)

- The Cornell Lab – All About Birds

Audio, Video and Photos of birds, habitat and songs

- Explore, listen and learn about birds and their songs.

<https://www.allaboutbirds.org/news/search/?q=Species%20Information#gsc.tab=0&gsc.q=Species%20Information&gsc.page=1>

### News & Information

- WCVB Chronicle

Audio and Video: Click to choose from local New England stories, each 3-4 minutes in length.

- Friendly note: There are advertisements on this site.

<https://www.wcvb.com/chronicle>

### Art & Crafts

- Museum of Modern Art (MoMA)

Audio: Click to listen to detailed descriptions of fifteen works of art!

<https://www.moma.org/audio/playlist/3>

- Making Herbal Greeting Cards / Perkins eLEARNING

Click for written instructions of how to make the cards.

<https://www.perkinselearning.org/activity/making-herbal-greeting-cards>

### Cooking

- Disney Recipes You Can Make at Home

Written directions for many Disney World favorites!

- Friendly notes: There are advertisements on this site.
- These are mostly sweet treats.

<https://people.com/food/all-the-magical-disney-recipes-you-can-make-at-home/>

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## Leisure & Learning at Home V.4 (continued)

### Stories & Meditation

- Daily Calm / YouTube  
Narrated meditation for body awareness and relaxation with nature sounds and pauses (10 minutes).
  - Friendly notes: There are advertisements on this site.  
<https://www.youtube.com/watch?v=ZToicYcHIOU>

### Travel

- Art UK  
Audio podcasts of varying length (16–20 minutes) about art in the United Kingdom (UK). Enjoy the stories, music, and descriptions of art from across the pond!  
<https://artuk.org/discover/stories/type/art-matters-podcast>

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Please also see MCB/DDS Partnership “Focus” resources:

<https://www.focusonvisionandvisionloss.org/recreation.html>

<https://www.focusonvisionandvisionloss.org/leisure-and-learning-at-home.html>

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