



RESOURCES-Episode 10

The Importance of Scheduling Activities

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-Take a virtual tour of a national

park: <https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park>

-Free virtual museum

tours: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

-For more information about activity

scheduling: https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/emotion_skills.html#

-For ideas of things to do at home: <https://www.lifehack.org/articles/lifestyle/30-fun-things-home.html>

-Conversation starters: <https://www.playworks.org/resource/34-conversation-starters-for-your-family/>

-Try something new. This was referenced in Kerrin Westerlind's

video: <https://www.youtube.com/watch?v=UNP03fDSj1U>