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## **COVID-19 Pandemic: Resources and Activities for Teens and Adults with Autism**

For teens and adults with autism, the COVID-19 pandemic can come with mixed emotions. There might be an increase in anxiety for those following the news or dealing with a change in routine. There could also be some relief that everyone is being asked to not leave their home and not socialize. Whatever your feelings might be, the Seaver Autism Center has created a resource list to help you stay busy and maintain your physical and mental health during this uncertain time.

### **Sleep Hygiene:**

Even if you do not have to wake up to go to school or work it is important to remain on a sleep schedule. If possible, go to bed and wake up at the same time daily. While you might not have a lot to do during the day, it is important to not take long naps.

American Alliance for Healthy Sleep, [Sleep Education](#)

Therapist Aid - [Sleep Hygiene](#)

### **Diet:**

Despite not having the structure and routine of your daily schedule, it is important that you maintain your eating schedule and continue consuming a well-balanced diet.

### **Stay Connected:**

Even if you are not seeing your co-workers, classmates, and support staff on a regular basis, you can stay connected to your support network via phone calls, emails, or face time. Schedule at least two calls per week with family or friends in order to maintain contact and avoid feeling isolated.

### **Get Active:**

Even though you may not be able to visit the gym or go to the local pool, you can still get exercise. Below are some apps/websites that you can do with minimal equipment to stay active.

Help Guide - [Mental Health Benefits of Exercise](#)

[305 Fitness](#) is offering cardio dance live streams twice a day at 12pm and 6pm (EST) on YouTube.

[YMCA 360](#) has a variety of on-demand exercise classes, including barre, boot camp, yoga, and more. All of the exercise courses are free for a limited time, regardless of membership.



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[Core Power Yoga](#) is offering 16 hour-long yoga classes, plus 4 meditations.

### **Stay Calm:**

Taking care of your mental health is a priority during this time. Engaging in activities that bring you happiness should be a focus of each day's schedule. Incorporate relaxation exercises and mindfulness exercises into your daily routine.

[Head Space](#) is currently offering free meditations, sleep, and movement exercises

[Insight Timer](#) has a library of 30,000 guided meditation exercises

[UCLA Mindful App](#) is always free and utilizes a research-based approach

[Calm](#) has cultivated a series of free relaxation tools called Take a Deep Breath

### **Stay Engaged:**

Now is a good time to learn a new hobby or skill. If you have always dreamed of visiting a museum, seeing a Broadway show, or listening to a concert, now you can do these activities from your own home.

### **Cooking**

[America's Test Kitchen](#) has posted a special collection of 50 free recipes

"[Kitchen Quarantine](#)," Italian chef Massimo Bottura's live streams which take place at 3pm

### **Learn a Language**

[Duolingo](#) is a free language learning app that helps individuals learn a language through short, game-like exercises

### **Art**

[Super Coloring](#) provides free printable coloring sheets designed for adults.

### **Theater**

[Broadway HD](#) enjoy a seven-day free trial to stream Broadway shows

### **Museums**

[Museum Arts Culture Access Consortium](#) is dedicated to increasing access to the cultural institutions of New York City through at-home learning resources and activities

[Google Arts and Culture](#) explore collections from around the world



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### **Zoos and Aquariums**

[Monterey Bay Aquarium Live Cams](#) take a virtual look at the aquarium's sea creatures

[Houston Zoo](#). In addition to ongoing live streams on its website, the Houston Zoo is offering daily live check-ins with different animals on its Facebook page.

### **Music**

[Metropolitan Opera](#) Each day, a different encore presentation from the company's *Live in HD* series is being made available for free streaming on the Met website, with each performance available for a period of 23 hours, from 7:30pm EST until 6:30pm the following day.

[NPR Music](#) A list of live virtual concerts to watch during the coronavirus shutdown

### **Chess**

[Lichess](#) is an open-source Internet chess server

### **Social Skills**

[My Interview Simulator](#) is a free program designed to simulate an interview

[Do2learn](#) provides thousands of free pages with social skills and behavioral regulation activities and guidance, and transition guides for employment and life