RESSOURCES EN LIGNE POUR DES LOISIRS À DOMICILE
ONLINE RESOURCES FOR AT-HOME LEISURE

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Table de Quartier Sud de l'Ouest-de-L'île

Jeux | Games

(FR/EN) Jeux en ligne | Kid-friendly games: https://www.agame.com/games

(FR) Jeux en ligne: https://www.jeu.fr/

(FR/EN) Feuilles de sudoku à imprimer | Printable Sudoku sheets: https://www.websudoku.com/?

(EN) Word-search, Wordoku, Scrabble: https://poki.com/en/words

(EN) Word games and strategies: https://www.arkadium.com/cn/free-online-games/

Musique en direct | Live Music

Guitar and voice: https://www.facebook.com/matthew.nardozza
sur Facebook live avec Matthew Nardozza | *On facebook live with Matthew Nardozza*
Enfants | Kids (10am)
Adultes | Adults (8pm)

Tour Virtuels | Virtual Tours

Deux listes de tours virtuels | Two lists of museum tours:
https://www.purewow.com/family/virtual-musuem-tours-for-kids?fbclid=IwAR3vsZDBw2tzLvWhK
https://www.voyagevoyage.ca/conseils/sante-securite/musees-virtuels-1.10824487

Pointe-à-Callière: https://pacmusee.qc.ca/en/exhibitions/detail/virtual-tour-of-pointe-a-calliere/

Musées canadiens|**Canadian museums**: http://www.virtualmuseum.ca/virtual-exhibits/type/virtual-exhibits/

Musée d'art contemporain: https://macm.org/multimedia/

Musée national des beaux arts du Québec: https://www.mnbaq.org/exposition/imaginer-1273

Expo citoyens: https://www.expocitoyens.ca/

Musée des beaux arts de Montreal app:
https://www.mbam.qc.ca/en/mobile-application/?c_rid=67z00vo6019sPVPJaDg-1169791007%7C44076668

Aquarium webcams: https://www.georgiaaquarium.org/webcam/ocean-voyager/

Santiago Zoo webcams: https://zoo.sandiegozoo.org/live-cams

Cirque du Soleil Spécials: https://www.cirquedusoleil.com/cirqueconnect

Cahier à colorier | Colouring pages

https://mondaymandala.com/m

https://alisaburke.blogspot.com/search/label/free%20coloring%20page

https://www.justcolor.net/

https://www.crayola.com/featured/free-coloring-pages

https://www.flickr.com/photos/banq/albums/72157706367690674/with/49501312473/?fbclid=IwAR1Z2OGvvQsDEojyjHxK7Dm_aGjRjiNIJBL33ZKRhcpSfBMCOG-aewUo8I0

Quizzes | Trivia

(EN) Sporcle: https://www.sporcle.com/

(FR) Randolph pub en Facebook live: https://www.randolph.ca/quiz-live-facebook-2020/?fbclid=IwAR1lJIFhSLhsg5xpB_RW0LyQ8QV953k_IXeVbqApNYgXMQPxPVviGh3f53k

Balados | Podcasts

(EN) University of Oxford: http://podcasts.ox.ac.uk/series

(EN) BBC: https://www.bbc.co.uk/programmes/p004kln9/episodes/downloads

(EN) Comedy podcast recommendations: https://www.vulture.com/article/best-comedy-podcasts-all-time.html

(EN) Podcast recommendations: https://tunein.com/podcasts/

(FR) Liste de balados: https://www.buzzfeed.com/fr/jenniferpadjemi/une-liste-des-meilleurs-podcasts-francais-que-vous-devriez-e

(FR) Radio de Radio-Canada: https://ici.radio-canada.ca/premiere/balados

(FR) Liste de recommendations: https://lactualite.com/techno/10-balados-en-francais-a-decouvrir/

Applications mobiles gratuites| Free mobile apps: Spotify, Soundcloud, Google Podcasts, Apple Podcasts

RESSOURCES EN LIGNE POUR APPRENDRE

ONLINE RESOURCES FOR ONLINE LEARNING

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Lives électroniques | eBooks

(FR) Bibliothèque numérique, *livres, revues, reportages et cours en ligne:*
http://bibliomontreal.com/numerique/?fbclid=IwAR2rGyWX6h0DI03GPKzvs2d7Fy2vQk46VFLwQu_SSGWbnfO_3rBGjahGzXY

(FR) Bibliothèque Montreal, *une liste de sites web qui offrent des livres électroniques gratuits:*
https://bibliomontreal.com/numerique/livres-numeriques-gratuits-2/

(FR) BANQ: *comptes audio pour enfants*: http://jeunes.banq.qc.ca/pj/ecouter/raconte/

(EN) Kobo: https://www.kobo.com/us/en/p/free-ebooks

(EN) eBooks Project Gutenberg, *an archive of public domain books*: http://www.gutenberg.org/

(EN)Bibliothèque de Montréal: https://bibliomontreal.overdrive.com/

(EN)Concordia library, *a list free eBook websites:* https://library.concordia.ca/find/ebooks.php?guid=open

Cours en ligne | Online courses

(FR) TELUQ: *offre un cours gratuit en ligne sur la conciliation travail-étude:*
https://www.teluq.ca/site/etudes/clom/conciliation-travail-etudes-famille.php

(FR/EN) EDUlib: https://catalogue.edulib.org/en/courses/?limit=20&offset=0

(FR): *Liste des cours en ligne gratuits*: https://mooc-francophone.com/liste-mooc-en-francais/

(FR/EN) Coursera, *des cours offerts par les universités internationales | courses offered by global universities* : https://www.coursera.org/

(EN) Khan Academy, *des cours offerts par les instructeurs de la site| courses offered by the platform's instructors; math, computer science, and natural science*: https://www.khanacademy.org/

(EN) edX: https://www.edx.org/

(EN) OpenCulture: http://www.openculture.com

(EN) Udemy, *cours gratuits ou bon marché | free and inexpensive courses:* https://www.udemy.com/

(EN) Ted-Ed/Ted Talks: https://ed.ted.com/

Ressources éducatives pour les enfants | Learning Resources for Children

Français

Préscolaire et primaire, *exercices de mathématiques et de français :* https://www.jeuxpolygone.com/

Préscolaire et primaire, *exercices de mathématiques et de français :* https://www.logicieleducatif.fr/

Préscolaire, primaire et secondaire, *exercices de mathématiques et de français* : http://www.pepit.be/

Primaire (3ième à 6ième année) et secondaire, *exercices de français :* https://www.ccdmd.qc.ca/fr/exercices_interactifs/

Jeux éducatifs: http://www.alloprof.qc.ca/Pages/jeux.aspx

Vidéos explicatives et jeux éducatifs, *Français, Mathématiques, et autres*: https://www.lumni.fr/

Vidéos explicatives sur la science : https://www.youtube.com/user/cestpassorcierftv/videos

Vidéos explicatives et jeux éducatifs : https://www.centredessciencesdemontreal.com/jeux-experiences/sciencexpress/

Codage : https://runmarco.allcancode.com/

Livres audio : http://jeunes.banq.qc.ca/pj/ecouter/raconte/?fbclid=IwAR3y H9SUhQdLUvYxFsnxfQCb5mbxiI_sgV73znj5h-2tvMmms4WSQW1yb08

Livres audio et vidéos éducatives : https://ici.radio-canada.ca/jeunesse/prescolaire/emissions/1104/bookaboo/contenu/videos/accueil

Livres audio : https://shows.acast.com/encore-une-histoire

English

Preschool to grade 5; *exercises on various subjects*: https://www.greatschools.org/gk/worksheets/

Grade 1-7, *math exercises*: https://www.homeschoolmath.net/

Grade 1-6, *math and English exercises*: https://www.k5learning.com/free-math-worksheets

Preschool to grade 5, *math, arts and science exercises:* https://www.education.com/

Preschool to grade 9: https://classroommagazines.scholastic.com/support/learnathome.html?caching

Skill-building educational games, *math lessons and quizzes:* https://www.coolmath4kids.com/

Artistic training, *finish the comics*: https://jarrettlerner.com/activities/

Learn about nature through virtual field trips: https://www.nature.org/en-us/about-us/who-we-are/how-we-work/youth-engagement/nature-lab/virtual-field-trips/

National Geographic Kids: https://kids.nationalgeographic.com/

Educational games, *Kid-friendly videos, animes and cartoons:* https://www.funbrain.com/

Story-telling videos: https://www.youtube.com/user/kidshut/videos

Audio books: https://www.storynory.com/

Audio books: https://www.storylineonline.net/

Audio books: http://www.loyalbooks.com/

RESSOURCES EN LIGNE POUR LA SANTÉ PHYSIQUE

ONLINE RESOURCES FOR PHYSICAL HEALTH

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Yoga

(FR) 5 gestes de yoga pour les enfants: https://apprendreaeduquer.fr/5-gestes-de-yoga-pour-apaiser-les-enfants/

(FR) Doctissimo: https://www.youtube.com/playlist?list=PLqQceE2KkkkfS9tJR5WadvkAR5mU6UTqV

(FR) Virginie Duval: https://www.youtube.com/user/VirginieDfine/videos

(EN) Yoga With Adriene: https://www.youtube.com/user/yogawithadriene

(EN) MadFit: https://www.youtube.com/channel/UCpQ34afVgk8cRQBjSJ1xuJQ

(EN) Lululemon: https://www.youtube.com/playlist?list=PLPbDo1Dse11zDOdY0aie7ltoNfrULoNgW

Entraînement à domicile | Home Workouts

(FR) Doctissimo: https://www.youtube.com/playlist?list=PLqQceE2KkkkcV9tVSVn1gXm7CTBmlLd6f

(FR) Gym Direct: https://www.youtube.com/channel/UC2Szk_bRQfyZJOuJ_po0B4g

(FR) Tibo InShape Training: https://www.youtube.com/channel/UCHM5qNObSsbj60EWsU9TE3w

(EN) Body Building.com *free articles featuring workout plans, subscriptions available at $3.99 per month:* https://www.bodybuilding.com/category/workouts

(EN) POPSUGAR Fitness, *yoga, dance workouts:* https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg

(EN) Full body workouts: https://www.fitnessblender.com/videos

(EN) SweatyBetty; *#24-27 on the playlist featuring dance workouts:* https://www.youtube.com/playlist?list=PLxd8ESJygkxvwxjP8aFRLEo6s6iZUlxiT

(EN) Full body workouts: https://makeyourbodywork.com/best-online-workout-videos/

#Ça va bien aller!

RESSOURCES EN LIGNE POUR LA SANTÉ MENTALE

ONLINE RESOURCES FOR MENTAL HEALTH

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Méditation pleine conscience | Meditation and Mindfulness

(FR) Méditation guidée: https://www.youtube.com/channel/UCwIX6Op2uKVxUrWgbCgcxfA/videos

(FR) Méditation guidée: https://www.youtube.com/channel/UCmQduBnH5vtbkbTnOyQlNVw/videos

(FR) Ressources pour Méditation pleine conscience:
https://www.ulaval.ca/mon-equilibre-ul/exclusivites-mon-equilibre/meditation-pleine-conscience

Applications: Petit bambou **(FR)**; Headspace **(FR|EN)**; Simple Habit **(EN)**

(EN) Mindful.org; *articles that feature guided meditation audios*: https://www.mindful.org/category/meditation/guided-meditation/

(EN) Guided Meditation Podcasts: https://www.meditationoasis.com/podcast

(EN) Guided Meditation Podcasts: https://www.uclahealth.org/marc/meditation-at-the-hammer

(EN) Guided Meditation Audios: https://www.fragrantheart.com/cms/free-audio-meditations

(EN) Guided Medication Audios: https://www.tarabrach.com/guided-meditations/

Musique et vidéos relaxantes | Relaxing music and videos

Liste de musique sur Spotify | Spotify music playlist: https://open.spotify.com/playlist/2EXP6pCDBdF4yRj2LZ6xFr

Soothing Relaxation: https://www.youtube.com/channel/UCjzHeG1KWoonmf9d5KBvSiw/videos

TheSilentWatcher: v*ideos of calming scenery plus background sounds:*
https://www.youtube.com/user/TheSilentWatcherCom/videos

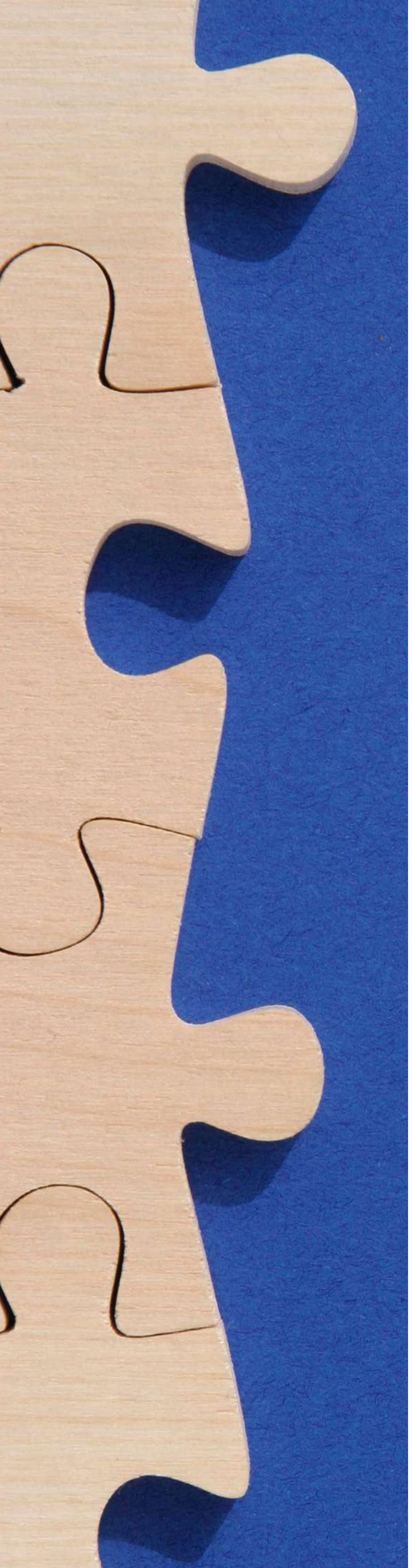
321 Relaxing: https://www.youtube.com/user/Relax321Relaxing/videos

Bruit de train | Train sound: https://www.youtube.com/watch?v=TA4mhuFF-Go

MyNoise; *personalizable calming soundtracks:* https://mynoise.net/

(EN) ASMR Darling: https://www.youtube.com/channel/UCikebqFWoT3QC9axUbXCPYw

(EN) ASMR University: https://asmruniversity.com/asmr-resources/



COVID-19 et Santé Mentale
| COVID-19 and Mental Health

Français

Strategies pour bien gérer l'isolement à la maison : https://ici.radio-canada.ca/nouvelle/1671833/coronavirus-sante-mentale-isolement-quarantaine

Parler aux enfants de la COVID-19 et de son impact : https://www.camh.ca/-/media/files/camh_covid19_infosheet-talking_to_kids-fr-pdf.pdf?la=fr&hash=0096E50D871F2DFC906AF967475B59A07B49E98F

Composer avec le stress et l'anxiété : https://www.camh.ca/fr/info-sante/mental-health-and-covid-19#coping

Adopter une approche structurée pour faire face aux problèmes :
https://www.camh.ca/-/media/files/camh_covid19_infosheet-dealing_with_problems-fr-pdf.pdf?la=fr&hash=F2BC222C9E2FA1B82A53EB008D4606CE2662F5B8

Remettre en question ce qui vous inquiète et vous angoisse :
https://www.camh.ca/-/media/files/camh_covid19_infosheet-challenge_worries-fr-pdf.pdf?la=fr&hash=8E1F8E468A88A1A536F7F7282CE45C69A6EEC635

Stress, anxiété et déprime associés à la maladie à coronavirus COVID-19 :
http://www.lavalensante.com/fileadmin/internet/cisss_laval/COVID_19/Stress__anxiete_et_deprime_associes.pdf

English

Webinar about COVID-19 and mental health:
https://www.anxietycanada.com/articles/coping-with-covid-19-town-hall/

Talking to kids about COVID-19: https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/

Talking to children about COVID-19 and its impacts:
https://www.camh.ca/-/media/files/camh_covid19_infosheet-talking_to_kids-pdf.pdf?la=en&hash=59AC3799BC481EC9238ECD9044A98B40C5CEA253 (t)

What to do if you are anxious about COVID-19: https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/

Challenging worries and anxious thoughts:
https://www.camh.ca/-/media/files/camh_covid19_infosheet-challenge_worries-pdf.pdf?la=en&hash=C353ECA675B347D3F37EBCA7F0E25E5FEDC2413F

Helpful tips for coping with COVID-19-related anxieties:
https://www.albertahealthservices.ca/assets/info/amh/if-amh-mhpip-disaster-pandemic-covid-19-and-your-mental-health.pdf

General mental health resources: https://www.anxietycanada.com/free-downloadable-pdf-resources/