



As the school year comes to an end this week, it is important to remember that summer offers lots of opportunities for fun, even with social distancing guidelines in effect! Now is the perfect time to make a “summer list” of activities you want to do this summer. **Here’s an example list of 100 fun things to do (with or without kids!),** shared by Michelle Farland from the College of Pharmacy: <https://www.cnn.com/2020/05/22/health/100-things-to-do-this-summer-wellness-trnd/index.html>

If you have 20 minutes, this entertaining video follows the journey of a **NASA engineer’s attempt to build a “squirrel-proof birdfeeder.”** The squirrels’ American Ninja Warrior-type antics and acrobatics make for quite the adventure: <https://youtu.be/hFZFjoX2cGg>

The **Cirque du Soleil is offering a free look at their 60-minute show, “ZED,”** which was only performed in Tokyo. The video can be accessed here: <https://www.youtube.com/watch?v=3zuBpFgxDCI>

Lea Crowley from the Program in Bioethics, Law, & Medical Professionalism shared this **helpful chair yoga infographic for everyone to try at their desks:**



And finally, here are some **more fun options** collected by the GatorCare Wellness team:

- Want an easy game to play with kids and a way to express gratitude? Try playing a [Thank You game!](#)
- If you enjoy arts and crafts and want to make something relaxing for yourself or a family member, try making a [calming jar!](#) You can personalize it any way you'd like and watch as glitter and beads gently move and fall down the jar.

- [Wide Open School](#) has a website full of ideas for families to keep active with activities, virtual field trips, and fun projects.
- The Metropolitan Opera has [nightly opera streaming](#) for opera fans!
- Royal Opera House is also [streaming operas](#) for viewers to watch at their leisure. From May 22 – June 4, 2020, they are streaming [Cendrillon](#) (Cinderella).
- If you're into photography or want to learn more about it, now is the perfect time. As a reminder, Nikon School Online is streaming [free photography classes](#).

Happy Friday and Stay Well,

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