BROOKE & ASSOCIATES COUNSELING COMPANY

COMPLETE FAMILY COUNSELING FOR EVERY SEASON OF LIFE

VIRTUAL CARE PACKAGE

Welcome! In consideration of the extraordinary times we are living in, we have created a list of resources designed to inspire, motivate and soothe your senses, all from the comfort of your home!

In addition, we are open for virtual telehealth appointments. If you need therapeutic support, please call to schedule an appointment.



GET IN TOUCH WITH YOUR ARTISTIC SIDE!

Included in this list are daily art challenges, a community group for creative minds, and an article of 50 creative things you can do, even when you're not creative!



ICAD: Index Card a Day Challenge

https://daisyyellowart.c om/icad-base

https://inktober.com/

<u>https://www.indyartsguide.org/classified/re-group-</u> <u>virtual-community-group-for-creatives/</u>

https://www.cbc.ca/arts/a-long-and-entirely-subjectivelist-of-creative-challenges-to-get-you-through-covid-19-<u>1.5503687</u>

<u>https://intentionalfamilylife.com/50-creative-things-</u> <u>to-do/</u>

MUSIC INSPIRED IDEAS TO CREATE IN YOUR JOURNAL

 Illustrate a song with a vivid storyline or plot.
 Make a page about your favorite musical instrument.

3. Turn on the radio and create a page inspired by the sound of the first song you hear.

4. Put your mp3 player on shuffle and create a page based on the song that is played. A page inspired by the Song "Slow Down" by the Autumn Film

5. Songs From the Past: What is a song from your childhood or teenage years you remember well? Create a page based on the mood/beat/memories of the song.

CREATIVE JOURNALING

These ideas go waaaay beyond writing a list of what you did today. From music inspired ideas, nature journals and goals to achieve your best life, check out these great prompts!



6. Listen to a genre of music you don't normally listen to while you create today.

7. How has music helped you get through tough times?
8. Create a page inspired by your favorite concert you've ever been to.
9. Create a page as a tribute to one of your favorite musicians.
10. Create a page about a quote about music.

11. What makes you want to get up and dance?

12. Music of the Decades: Choose a decade and listen to some of the music from it while

creating your art journal pages

13. Invent your own musical instrument - draw/paint a picture of it or describe the sound

14. Go to 8tracks.com and browse by a mood or genre of music – choose a playlist of songs for

whatever mood inspires you and create a page while listening to the song.

15. Make Lists of Songs/Bands: I love making lists, and listing all of your favorite songs/bands or songs/bands that remind you of something or put you in a certain mood can be a

great inspirational starting point for an art journal entry.

16. Incorporate pages of sheet music in your project.

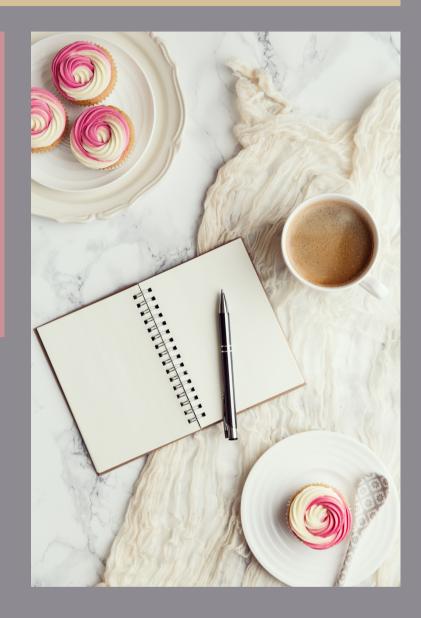
Gardens, Dreams, Poetry...here's a compilation of creative journaling ideas: <u>https://artjournalist.com/art-journal-theme-ideas/</u>

Are you living your best life? Investigate "Level 10 Living" and learn how creating a bullseye journal can help you achieve your goals!

https://myinnercreative. com/create-theperfect-level-10-life/

> 50 Journal Prompts for Self-Discovery

https://themorningb uzzblog.com/2019/0 1/journal-promptsself-discovery/



A printable journal of Self-Discovery and Encouragement: https://themorningbuzzblog.com/2019/01/journalprompts-self-discovery/

10 Life Narrative Exercises



https://www.vanderbilt.edu/olli/classmaterials/TenExercises_To_Make_A_World_ Handout.pdf

STEM CHALLENGES

Ready to stimulate your mind? Check out the links below for daily math and engineering challenges. There's also a cool GeoGuessing Game- you're planted somewhere virtually with only a map, and you have 3 minutes to figure out from the clues where you are! So.Much.Fun.



GeoGuesser Let's Explore the World!

https://www.geoguessr.com/

You're smarter than you think!

BRILLIANT!

Build quantitative skills in math, science, and computer science with fun and challenging interactive explorations.

https://brilliant.org/daily -problems/



INSPIRE YOUR SENSES

From the most beautiful piano pieces, to grand gardens, worldrenowned museums and the excitement of the cirque, these are the links you need to stimulate your imagination.

Beautiful & Relaxing Piano Pieces

https://www.youtube.com/watch?v=WJ3-F02-F_Y&list=RDWJ3-F02-F_Y&index=1

> Liziqi Curious? Click Below...

https://www.youtube.com/chan nel/UCoC47do520os_4DBMEFGg <u>4A</u>

Cirque du Soleil Free 60-Minute specials to enjoy

https://www.cirquedusoleil.com/cirqueconn <u>ect?</u> fbclid=IwAR1k7NaR8F2J_fGrA4muzyzTe2Vw GZg9kHWRZfKmyqFQLyRWhG0JvurCdXs#s <u>ixty-minute-specials</u>

World's Best Choirs

https://www.classical-music.com/features/artists/worlds-best-choirs/

8 Georgeous Libraries You Can Tour Virtually

https://www.housebeautiful.com/lifestyle/g32258176/libraries-tourvirtually-prague-morgan-nypl/

Virtual Visits

30 Museums, Zoos & Theme Parks: <u>https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/h</u>

https://www.housebeautiful.com/lifestyle/gardening/g31746949/gardens-you-canvirtually-tour/? utm_campaign=socialflowFBHBU&utm_source=facebook&utm_medium=socialmedia&fbclid=IwAR0erX53oQvV2BZ2UTIh8UvSseQmCQ3dIbk8rCAQTIRgpCSOpR6rg UzwaRw

https://keukenhof.nl/en/

https://techcrunch.com/2016/08/25/google-now-lets-you-explore-u-s-national-parksvia-360-degree-virtual-tours/?guccounter=1

https://www.vogue.fr/fashion-culture/article/paris-opera-broadcasting-screeningperformances-online-for-free-2020? utm_medium=Social&utm_source=Facebook&Echobox=1584528691&fbclid=IwAR0hB dlk5NqGUEaJYEtJkV5KcUFAgJj_HA3MGw4T-pJi8LAVEGYbCHWscNY

https://www.msn.com/en-us/travel/travel-trivia/europe-s-magical-museums-you-canexplore-from-home/ar-BB122cRt?ocid=spartandhp

https://www.tasteofhome.com/article/the-french-chef-is-now-streaming-on-primeand-pbs/?trkid=soc-tohfacebook&fbclid=IwAR3sLnglgahv_3U_DCTt_vm2ZkQ2eQ39ZPBitPw2SOwYXnHetBD RiegaXyk

Virtual Road Trips: <u>https://www.youtube.com/playlist?list=PL5U9Hz9UcVAqoWM_6y9_j2Y90NTW347ae</u>

Surviving Winter Dread <u>https://www.vox.com/future-</u> <u>perfect/2020/10/14/21508422/winter-dread-</u> <u>covid-19-pandemic-happiness-psychology</u>

Victor Frankl: Making Meaning <u>https://www.huffpost.com/entry/this-book-</u> <u>youve-probably- n 4705123</u>

Lavendaire I Artist of Life <u>https://www.lavendaire.com/resources/</u>

GOOD READS

Whether you need to unwind, recharge, or find motivation, there's an article for you! Some of our favorite pieces are listed below...

Self-Motivation Techniques <u>http://www.planetofsuccess.com/blog/self-motivation-techniques/</u>

The "Do Something" Principle <u>https://markmanson.net/how-to-get-motivated#do-something</u>

Becoming Resilient

https://www.newyorker.com/science/maria-konnikova/the-secret-formula-forresilience

Mental Health Wellness Tips for Quarantine <u>https://interface.williamjames.edu/guide/mental-health-wellness-tips-quarantine</u>

Brene Brown. Researcher. Storyteller. <u>https://brenebrown.com/</u>



https://www.mindful.org/a -3-minute-body-scanmeditation-to-cultivatemindfulness/

<u>https://leftbrainbuddha.co</u> <u>m/10-ways-teach-</u> <u>mindfulness-to-kids/</u> https://tinybuddha.com/blog /60-things-to-be-grateful-forin-life/

Kindness Calendars https://www.randomactsofki ndness.org/printables



MINDFULNESS & GRATITUDES



22 Gratitude Exercises that will Change your Life <u>https://daringtolivefully.co</u> <u>m/gratitude-exercises</u>

https://meditationminis.com/

https://aboutmeditation.com /quiet-your-mind/

Meditation & Sleep Stories <u>https://www.youtube.com/c</u> <u>hannel/UCjW-</u> <u>3doUmNsyY5aLQHLiNXg</u>