

Online learning/hobby resources:

Topics: Internet learning

COVID guidelines and information: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

The CDC is the leading information center for all things related to COVID19. It is important to stay informed and having access to material first hand can be important while making decisions during these changing times.

Education

Khan Academy: <https://www.khanacademy.org/>

Khan academy is free online resource for people of all ages and learning levels. It teaches, highlights and covers diverse topics, from 1st grade math to computer programming and even higher level sciences and math. Free videos can be found on YouTube, but also online at the listed website above.

During COVID many students are finding themselves teaching themselves through online resources, Khan Academy is a great resource for parents who have children in school as well for college students looking for a secondary resource for education.

Cooking

Cuisinart Canada: <https://www.youtube.com/channel/UCFJg1Uw9-FZ9cbf5VVZ9RA>

Cuisinart has a 6 episode series on YouTube that cover basis cooking skills that is easy for everyone to learn. The first episode is knife skills and the following episodes cover basic skills for cooking with fruits, meats, etc.

Personal fitness/health

POPSUGAR fitness: <https://www.youtube.com/user/popsugartvfit>

POPSUGAR has put together a series of free YouTube fitness classes. Some classes have hand weight use, while others are totally body weight focused. They offer a variety of styles that can appeal to all levels of fitness.

Art

SchaeferArt: <https://www.youtube.com/user/SchaeferArt>

Schaefer Art is a free online resource for those who are interested in learning how to draw. Episode #1 has over 7 million views and gives a nice step into drawing basics.

General topics and learning

TED: <https://www.youtube.com/user/TEDtalksDirector>

Many people have heard of TED talks and how influential many of the videos have been. These videos offer awesome insights into a variety of topics from personal growth to modern science.

Apps:

Learning

Anki: Anki is a program that uses proven learning principles of forced recall and spaced repetition. It is a flash card app that you can create your own cards or download shared decks online. Cards are cued daily based on your past ability to recall the tested topic. Cards that you frequently get wrong will pop up more often vs cards you have mastered you will see at increasing intervals. This free program can be used to learn any topic and is especially useful for learning new languages and new vocabulary.

Download: <https://apps.ankiweb.net/>

Language learning- <https://ankilanguagelearning.com/>

Language

Duolingo: Learn a new language or use this app to help a child learn English. Free online app and easy to use.

Personal health

MyFitnessPal: This free app gives you the option to choose a calorie plan and allows you to scan food and put it simply in your individual plan. You can also track water intake, exercise and macros (fats, carbs and protein.)

Books and audiobooks

Audible: Audible is a great option for audiobooks. There are hundreds of free classics available for Audible users. If you would like to pay for it, you can join with an Amazon Prime account for \$15 dollars a month. You will receive monthly tokens that will allow you to access different audio books.

Libby: <https://apps.apple.com/us/app/libby-by-overdrive/id1076402606>

Free library book database. Using a valid library card you can link to this free app to get free library book/audiobook rentals on your phone or tablet.

Hiking

AllTrails: This app is a great addition to any outdoor enthusiast's phone. It gives reviews and information about all the hiking areas in a given area. You can search specific areas and even look for certain elevation gain, rough trail and read reviews of the trails from others who recently hiked the trail.

Hike St George: <https://hikestgeorge.com/>

Hikes specific to St George region. May give greater detail than AllTrails for some hikes and typically gives a good overview for families

*Try some of the learning resources, then complete [this FORM](#) to be entered into the prize drawings.