



# BOREDOM BUSTERS

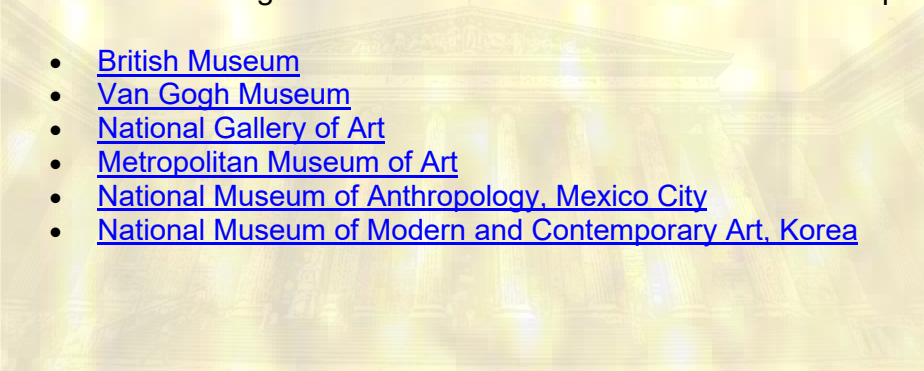
STUDENT LIFE & CAMPUS COMMUNITY

## University of Colorado Denver's stuff:

- **Wellness Center**: Take advantage of our various virtual resources focused around keeping you moving, energized, and mindful during your time away from campus.
  - **Yoga**: A free YouTube Channel with hundreds of yoga classes that vary in focuses/themes, experience levels, and length of time.
  - **Pop Sugar Fitness**: A free YouTube Channel with different guest instructors offering a variety of different bodyweight workouts.
  - **LesMills on Demand**: This website offers hundreds of workouts to killer playlists by world-class instructors that vary in length and format, such as GRIT (their version of HIIT), kickboxing, barre, bodyflow (their version of yoga), step, sports agility, core, and dance fitness. They have a few free classes, but you can get full access with a free month trial; \$14.99/month after the trial.
- **Counseling Center**: The CU Denver Student and Community Counseling Center provides mental health and therapy services for both students and community members. Services are available at no additional cost for CU Denver fee-paying students:
  - Individual counseling
  - Couples counseling
  - Children and adolescents
  - Family
- **Phoenix Center at Auraria**: The Phoenix Center at Auraria mission is to implement campus response services, provide education, and facilitate dialogue related to interpersonal violence in the Auraria community. The **Phoenix Cast** is a podcast designed to provide interpersonal violence prevention education, discuss pop culture, and unpack things that made us think "wow, there's a lot to unpack there."
- **Mobile Food Pantry**: The Lynx Mobile Food Pantry is available from 9-11 a.m. the second and fourth Tuesday of the month until the service is no longer needed.
- The **Peer Advocate Leader** program (PAL): PALs serve as peer mentors to help students navigate a successful college career. Connect with a Peer Advocate Leader!
- **Student Orgs** (clubs and organizations)" We got more than 100 student organizations you can join. Or, you can create your own.
- **Leadership Programs**: Grow as a student leader. Prepare to be a professional leader. Build your confidence. Learn new skills.
- **Sentry Newspaper**: Be sure to read your student-run newspaper weekly. Jobs available. Apply to work there.
- **Student Government**: Represent the voice of your fellow students. Protect their rights and interests.
- Many other **Student Events and Updates**

## Virtual Tours and Museums:

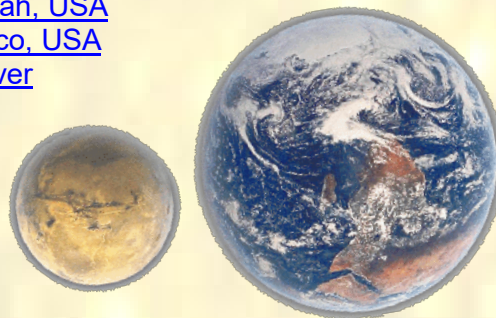
Experience the best museums from New York to France to Seoul in the comfort of your own home. Check out these sites to go on virtual tours of different museums and specific exhibits.

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- **British Museum**
  - **Van Gogh Museum**
  - **National Gallery of Art**
  - **Metropolitan Museum of Art**
  - **National Museum of Anthropology, Mexico City**
  - **National Museum of Modern and Contemporary Art, Korea**



## Check out Earth and Mars:

- And old fort and underwater exploration at [Dry Tortugas – Florida, USA](#)
- Incredible rock formations at [Bryce Canyon – Utah, USA](#)
- Dark and cool at [Carlsbad Caverns – New Mexico, USA](#)
- Explore the surface of [Mars on the Curiosity Rover](#)
- Virtually discover [Yellowstone National Park](#)
- Visit the remote [Kenai Fjords – Alaska, USA](#)
- Hot stuff! [Hawaii Volcanoes – Hawaii, USA](#)
- Go on a virtual field trip to [Ellis Island](#)
- Talk a walk on the [Great Wall of China](#)
- Tour [England](#) through this 360 video



## Animal Webcams

Lions, tigers, and bears, oh my! Just want a cute and cuddly distraction? Check out several different animal live cam options from watching silly sea otters and curious elephants or just mellow out to the hypnotic drifting jellyfish.

- [San Diego Zoo](#)
- [Georgia Aquarium](#)
- [Explore Live Cams](#)
- [Monterey Bay Aquarium](#)
- [Atlanta's Zoo Panda Cam](#)
- [Ouwehand Park Polar Bear Cubs](#)
- [Smithsonian's National Zoo & Conservation Biology Institute](#)



## More Fun Things to Do!

- Choose from [15 Broadway plays and musicals](#) that you can watch on stage from home. Musical television more your thing? Check out this list of [11 Musical TV Shows](#) to binge watch while you're home, in between your remote classes, of course!
- Print off a [free printable coloring page from the Color Our Collections](#) campaign with coloring sheets from over 100 museums and libraries from around the world.
- Take up a new hobby such as [making towel animals](#), [crocheting](#), or choose from thousands of other tutorial videos on YouTube.
- Have a [Netflix Party](#) with friends while watching your favorite shows together!
- Watch an Opera for free with the [Metropolitan Opera](#)
- Listen to a live recording from the [Seattle Symphony](#)
- Check out the [25 Most Interesting Webcams of 2019](#)
- Create a [collaborative playlist](#) with your friends.
- Complete the [Colorado Census](#)

## Coronavirus Updates and Resources

CU Denver is continuously updating its information and guidance for the university community to address the changing status of COVID-19. Please visit the [university's website](#) for more information about COVID-19 and its impacts to CU Denver, precautions that are being taken, prevention measures you can take and a compilation of frequently asked questions.

Our special thanks to the University of Colorado **Boulder** for their inspiration. Please visit their [site](#)

*Page created 6/17/2020, and last updated 8/7/2020. Please email CU Denver [Student Life](#) if something needs changing.*



Student Life & Campus Community

UNIVERSITY OF COLORADO **DENVER**