A TOOLKIT DESIGNED FOR COMMUNITY–LED ORGANIZATIONS

Cellphones, Connections, & Community

Harnessing technologies to foster community communication and connection

ACKNOWLEDGMENTS

©McGill University, 2021
Published in 2021 by the Participatory Cultures Lab, McGill University
Prepared by: Michaela Field, McGill University

For more information on the document, please contact:

Claudia Mitchell, PhD, FRSC
Distinguished James McGill Professor
claudia.mitchell@mcgill.ca

Nicole D'souza, PhD
Postdoctoral Researcher, LTOA program
nicole.dsouza@mail.mcgill.ca

Michaela Field
Research Assistant, LTOA program
michaela.field@mail.mcgill.ca

ABOUT THE TOOLKIT

This toolkit is primarily designed for community organizations who are seeking to foster connections within their community especially during times of isolation and lockdown. The COVID-19 pandemic has highlighted the difficulties families face, who, for a variety of reasons may not be able to easily access services such as childcare, healthcare, and extracurricular activities. The impact of social isolation has also taken its toll on the elderly, individuals living alone, and other marginalized groups, such as immigrant and refugee communities who have experienced barriers in accessing community services. It is clear that issues of social isolation we have faced during the COVID-19 pandemic, provide opportunities to developing creative and sustainable ways to support community members in their health and social wellbeing.

Most of the activities in this toolkit are organized around the idea of "What can communities and families do with a cellphone?" While we recognize that access to technology itself may be a challenge and 'not for everyone', we are committed to the idea that even minimal access to technology can go a long way to help families feel less isolated. The activities in the toolkit are aimed at bringing people together to share their lived experiences and learn from each other. However, many of the activities can be also conducted independently, as a means for individuals to stay healthy, stimulated and active.

The toolkit is divided into sections based on activity theme, including: food, movement, art, and film-based activities. The activities are described in a step-by-step process, with tips and tricks, material lists, and prompts for guidance. The toolkit also includes a section on utilizing online information storage, programs, and platforms, that will allow you to make the best use of your digital device. We know technology can be an excellent modality for sharing creations and fostering community connections, but we are also aware of some of the ethical and security implications involved in its use. Below, you will find a brief overview on these ethical considerations, which can help you decide how to proceed with the individuals and communities you work with.

TABLE OF CONTENTS

INTRODUCTION

In recent years, community organizations have been turning more frequently towards virtual modalities to maintain community connections and services. This has become especially relevant over the past year as the COVID-19 pandemic caused many non-essential service closures, and public health measures including social distancing and travel and gathering restrictions. For many community and family-based social programs, government regulations limiting social gatherings have made program delivery difficult for organizations to coordinate, leaving individuals and families with fewer ways to connect and receive services and resources. The insights from the COVID-19 pandemic have highlighted the need for organizations to be able to pivot on short notice, and further develop virtual modalities of service delivery that can keep communities and individuals connected.

Over the past few decades, technological advances have allowed people to connect anytime and anywhere, with the touch of a button. In the fields of clinical medicine and public health, technological advances have led to the development of mobile-health (mHealth) or telehealth- the use of mobile communication technologies in community and public health care (WHO, 2011). For example, mHealth has become more frequently used in rural areas to help improve provider-client communication, client education, and reduce travel of health workers to geographically distant regions (Hensel, 2019). Text messages, voice calls, and video calls have been used in health and mental health consultations in remote communities, demonstrating that the use of online platforms for health service delivery can be feasible. mHealth has also been used to facilitate data collection in studies and to send patients test results and timely reminders of appointments.

In the wake of the COVID-19 pandemic, with many organizations pivoting their service delivery strategies to online platforms such as Zoom, mobile technologies and digital platforms have dramatically increased in use as individuals and communities depend on their use to communicate, connect and receive services. Yet, there remain substantial issues related to barriers in access to digital technologies and internet service. For example, in remote Indigenous communities in Canada, internet access is often unstable and internet package options do not provide the same speeds as in urban areas (O'Donnell, 2016). Moreover, the cost and access to cell phones, computers, tablets, and other technologies are additional barriers for many low-income communities and populations (O'Donnell, 2016). Also, there remain additional barriers in people's understandings of how to use different technologies based on generational differences, education level, and general comfort with these tools (Povey, 2016).

Although there remain barriers in engaging and using various technological devices and platforms, there is growing recognition of the utility of simple technological devices like cellphones to mobilize community health and social services (Dougherty, 2012). Cellphones are everyday tools that are readily accessible and easily usable by a majority of people and used on a regular basis. According to findings from the Canadian Radio-television and Telecommunications Commission (2019), 31.7 million Canadians are mobile subscribers. With the development of smartphone technology, cellphones have become a primary means through which people document life, share ideas, and store information. Cellphones are used to create content through photos and videos, as well as share content through social media applications. Throughout the COVID-19 pandemic, cellphones have allowed individuals and families to stay connected through text messaging and long-distance calling, all of which have been made easier through social media apps such as Facebook and Instagram. Meaningful and mindful engagement with friends and family online can compensate for diminished face-to-face interactions, due to busy schedules or current social distancing measures.

References

Canadian Radio-television and Telecommunications Commission (CRTC). (2019, November 15). *Communications Monitoring Report 2018*. CRTC. https://crtc.gc.ca/eng/publications/reports/policymonitoring/2018/cmr3d.htm

Dougherty, E. (2012). *Mobilizing a revolution: How cellphones are transforming public health*. Harvard Public Health Review. https://www.hsph.harvard.edu/news/magazine/mobilizing-a-revolution/

Hensel, J. M., Ellard, K., Koltek, M., Wilson, G., & Sareen, J. (2019). Digital Health Solutions for Indigenous Mental Well-Being. *Current Psychiatry Reports*, 21(8). https://doi.org/10.1007/s11920-019-1056-6

O'Donnell, S., Beaton, B., McMahon, R., Hudson, H.E., Williams, D., Whiteduck, T. (2016). Digital Technology Adoption in Remote and Northern Indigenous Communities in Canada. *Canadian Sociological Association 2016 Annual Conference*. University of Calgary, Calgary, Alberta, June.

Povey, J., Mills, P. P., Dingwall, K. M., Lowell, A., Singer, J., Rotumah, D., ... Nagel, T. (2016). Acceptability of Mental Health Apps for Aboriginal and Torres Strait Islander Australians: A Qualitative Study. *Journal of Medical Internet Research*, 18(3). https://doi.org/10.2196/jmir.5314

World Health Organization. (2011). *MHealth: New horizons for health through mobile technologies* (Vol. 3, Ser. Global Observatory for eHealth series)

ETHICS

'On doing most good and least harm': Ethical considerations for community facilitators

Here are a few ethical considerations to think about when engaging with technology to foster connection and community. Start with the basic idea of consent. Does the individual or community wish to engage with mobile technology? Not everyone will, and people may have legitimate concerns about their privacy and confidentiality. If individuals are interested in utilizing technologies to connect and engage in program activities, there are a number of things to consider before beginning any of the recommended activities. Since some of the activities in this toolkit are based on getting at the stories and experiences of individuals, often through the use of the camera function of a cellphone, it is key to take some time to think about ethics before starting these activities.

Vulnerabilities
Even though the activities are not meant to be research oriented, it is key that participation is voluntary, and that the topics and themes are ones that do not put any one in a vulnerable position. Avoid topics that could lead to anyone having to express something too personal. If you are providing group prompts for making a video recording or in telling a story, always try to give options and prompts that are very open-ended.

Safety and Security
In using the camera function for many of the listed activities, as much as possible highlight a 'no faces' approach when working with people. Participants may find it both creative and safe to produce photos or videos that are not based on having to reveal faces. It is a good idea to have a few examples of 'no faces' to show participants what this means. Consider the question "What happens if the productions 'go viral'?". Having reflexive discussions with participants about confidentiality, safety and security in regard to digital content is essential in ensuring that people understand the potential risks involved.

Ownership
When work is done collaboratively, it is important to have discussion with participants regarding ownership of materials produced. Who owns the final product or material? Who has the right to say how the product or material can be used? How might visual or audio products be taken up by audiences away from the original context in which they were created? Can consent in a group project be negotiated so that participants can easily rescind their participation during or after the project is finished?

Storage and Archiving
For storing visual material, how might participants be involved in the archiving process? It is important to discuss with participants issues related to security and risks of online storage and archived material. In collaboration with participants, come up with a plan of how the produced materials will be stored and accessed.

ARTS-BASED ACTIVITIES

OVERVIEW

Creating, viewing, and sharing art has many beneficial impacts for one's wellbeing and health. Beyond entertainment, creative activities, like the ones described below, are opportunities for people to explore similarities and differences, relieve stress, improve communication, be intellectually stimulated, and respond emotionally to works of art.[1-3] What's important to note, is that these beneficial effects of creating and sharing art are not dependent on a person's skill level – anyone can do art and enjoy it!

TYPES OF ACTIVITIES

Activity 1: Collage

In this activity, participants select images from magazines or newspapers, and organize them to create a collage. Participants can also be given a prompt to explore a specific topic. This activity can be done with very little guidance and does not require extensive artistic ability. Collages allow participants to express themselves by choosing images that represent how they feel or what they need to say. Once the collage is complete, participants are invited to share their artwork with friends and family.

Activity 2: Creative Writing

This activity is designed to support your creative writing journey. Creative writing, in all of its forms, allows you to develop your imagination and harness communication skills. While writing, you may even discover new things about yourself through the creation of stories and characters. Like most art forms, creative writing grants you freedom of self-expression and allows you to explore feelings that may be difficult to communicate verbally. All in all, many people find writing to be an enjoyable practice and some even choose to take up journaling. The activity below will take you through the process of writing from finding an idea, to brainstorming and creating a story map, and finally sharing your creative writing piece with friends and family!

Activity 3: Musical Playlist

Creating a playlist is like making a personal music album. From mixtapes and CDs to YouTube and Spotify, playlists have always been a way for us to combine songs from different artists, eras and genres to create something personal and unique. Many people listen to music because it helps them escape, or it helps them feel not so alone in their experiences and feelings. During challenging times, creating a playlist gives you an opportunity to put together music that you enjoy, even creating different playlists to match your moods whether it be sad, angry or excited. The activity below will take you through each step in the creation of a playlist.

ACTIVITY 1: COLLAGE

MATERIALS

- Phone with a camera
- Background page (ex. simple white paper, panel from cardboard box, poster board, recycling paper)
- Magazines, newspapers, flyers to cut up
- Scissors
- Glue
- Other art supplies (markers, sparkles, stickers, buttons)
- Refer to *Sharing & Storing* (page 27) section for messaging platforms

STEPS

1 **Prepare activity**

Collect the necessary materials and lay them out on a large surface.

2 **Select a prompt**

You can select a theme for your collage from some of the prompts below:
- **Family**: Select images that express the culture and values of your family.
- **Emotions**: Select images to illustrate how you are feeling that day, week, or month.
- **Identity**: Fold the background paper in half like a card. For the outside, pick images that represent how others perceive you and what you choose to share with the world. For the inside of the collage, pick images that represent who you are.
- **Life Goals**: Pick images to illustrate your hopes and dreams for the future.

3 **Choose images**

Go through some magazines, newspapers, and flyers that are available to you. Cut out images to include in your collage.

4 **Assemble collage**

Arrange the images on your background paper. Glue them onto the background page. Decorate your collage with handwriting, drawings, stickers, sparkles, buttons, etc.

5 **Share your collage**

Take a picture of your collage with your cellphone and send it to friends and family using your preferred social messaging platform. Refer to the *Sharing & Storing* section (page 27) for suggested social messaging platforms.

✦ **Tips and Tricks!** ✦

You can create a virtual collage using the platform *Pinterest* (website or app). On this app, you can create a 'Board' to which you can add pictures, quotes, and drawings.

Options:
Public (everyone can see) or private board.
Individual or collaborative board.
Personal pictures or pictures from the Internet.

ACTIVITY 2: CREATIVE WRITING

MATERIALS 📋

- Note taking app on cellphone
- Pen and paper
- Refer to *Sharing & Storing* section (page 27)

STEPS

1 **Prepare activity**

Find a comfortable spot. Gather your writing tools.

2 **Select a prompt**

Below are some prompts to support your creative writing process:
- **Start with a song**: Listen to the lyrics of a song that you really enjoy. What do you think of when you are listening to it? What do you feel? What is your interpretation of the song? Write down a few ideas that could become a story.

- **Another point of view**: Pick a scene from your favourite book, TV show, or movie and then rewrite it from another characters' point of view. For example, in Maleficent, they rewrote the story of Sleeping Beauty from the point of view of the villain.
- **Free writing**: Write down the first thing that comes to mind. Many authors recommend doing this first thing in the morning.

3 **Brainstorm**

After selecting the prompt, brainstorm some ideas. Write down all of your ideas in a notepad or on a Notes app on your cellphone. Remember, there are no good or bad ideas.

4 **Create a story map**

A story map is an outline of your story which includes the characters, events, and setting. For more guidance, you can find a template at the end of this section (page 5).

5 **Write**

Start writing! Allow yourself to write freely without editing, you can always edit later. If you get stuck, resort to brainstorming new ideas or jump to a different part of your story.

6 **Share your story**

Share your final story with your friends and family on your preferred social messaging platform (see the *Sharing & Storing* section on page 27).

✦ **Tips and Tricks!** ✦

You could join *Wattpad* to connect with a large, international community of readers and writers by downloading the app or visiting the website (www.wattpad.com). On Wattpad, you can share your stories and read works of all kinds from new writers. Many features of the app can be used offline as well.

Additional Creative Writing Tips
- 8 Tips for Getting Started With Creative Writing
- Starting the Writing Process

ACTIVITY 3: MUSICAL PLAYLIST

MATERIALS 📋

- Pen and paper or notes app
- Headphones/earphones (if needed)
- Refer to *Sharing & Storing* section (page 27) for music streaming and social messaging platforms

STEPS

1 **Pick your audience**

Decide on who you want to share the playlist with or who you are creating this playlist for. This will guide you in your song selection later on: Will you be sharing the playlist with a group of friends? With your family? With your colleagues? Do you have someone specific in mind to create this playlist for? A friend or a parent? Or are you making this playlist for yourself?

2 **Select a theme**

Choose an overall theme for your playlist. Here are a few examples:
- Start with an emotion or a mood
- Design it for a special occasion, event or activity
- Tell a story through different songs
- Only pick songs from one year or decade

3 **Compile a list of songs**

Open a new playlist in your selected music streaming app. Add all the songs that immediately come to mind once you have chosen your theme. Keep adding songs – pull from different languages, genres and moods. This is your first draft and you do not need a specific plan at the moment. When you get stuck, explore public playlists, and television and movie soundtracks to find more songs. Many music streaming apps give you the option to search for similar songs once you find a song that you really enjoy.

4 **Remove & add songs to the list**

This is where you start to curate the playlist. A recommended length for your playlist would be 10–12 songs which is approximately the length of a CD! Try to have a mix of known songs and new music that you have discovered.

5 **Give an order to the songs**

Create an arc for your playlist. For example, you may want the beginning to rise, the middle to be the best, and the end to be calmer, similar to the structure of a story! Start by identifying which songs will be at the beginning of the playlist and which songs should be in the middle. Afterwards, start organizing your songs into the arc by moving them around in your playlist. A good idea is to cluster songs with similar emotions or moods together. The final step in establishing the sequence is to listen to the first and last few seconds of each song to see how they fit together.

6 **Name your playlist**

Invent an interesting name for your playlist. Be creative!

7 **Enjoy and share**

Listen to your playlist from start to finish, then share it with your chosen audience using your preferred social messaging platform (see *Sharing & Storing* on page 27).

✦ Tips and Tricks! ✦

- Aim to only have one song per artist and avoid having multiple songs from the same album on the playlist.
- Take your playlist to the next level, by designing some artwork for the cover image. We suggest making a collage by following the steps in Activity 1: Collage to create a custom cover and upload a picture of it to your music streaming app.
- Make a playlist in collaboration with friends and family. Many music streaming apps (Spotify, Apple Music, etc.) allow you to work on a playlist with another person (or a few!). You could each take turns adding one song, the next person adding a song that the first one made them think about.

REFERENCES

1. The Arts and Individual Wellbeing in Canada. [Internet]. Health Strategies. 2013 [cited 27 January 2021]. Available from: https://hillstrategies.com/resource/the-arts-and-individual-well-being-in-canada/#downloads
2. Publishing H. The healing power of art - Harvard Health [Internet]. Harvard Health. 2021 [cited 27 January 2021]. Available from: https://www.health.harvard.edu/mental-health/the-healing-power-of-art
3. Art for Wellbeing: The Relationship of Art and Mental Health by Bethan Street [Internet]. Rise Art. 2021 [cited 27 January 2021]. Available from: https://www.riseart.com/article/2018-12-11-art-collections-art-and-wellbeing-the-healing-power-of-art3.

STORY MAP

TITLE

SETTING

WHERE?

WHEN?

CHARACTERS

NAMES

PERSONALITY TRAITS

PROBLEM

EVENT 1

EVENT 2

EVENT 3

ENDING

FOOD-BASED ACTIVITIES

OVERVIEW

Engaging in food-based activities and developing one's cooking proficiency can contribute to overall wellbeing, as studies demonstrate positive links to health, knowledge, empowerment, culture, and food security.[1] Preparing meals can not only be fun and engaging for both youth and adults alike, it can also provide a unique opportunity to share one's cultural heritage through the demonstration and education of traditional recipes or cooking skills. Different markers of identity, including ethnic and cultural pride, as well as traditional agricultural practices are often preserved through sharing cooking practices and traditions.[2] The following food-based activities are meant to maintain connections amongst friends, families, and communities. These activities offer the opportunity for individuals to engage in cultural practices, foster stronger familial and community ties, learn new skills, and even get a wonderful meal out of it!

TYPES OF ACTIVITIES

Activity 1: Family or Community Cookbook

In this activity, each participant will select a recipe and document their process of creating it. When picking the recipe, the participants are encouraged to reach out to their friends, families, and other community members to learn about recipes from their cultural background. Once the recipe is selected and prepared, participants will create a digital group cookbook by uploading the recipe along with pictures of the cooking process and final outcome to a shared online platform. This activity can also be done individually, with each participant creating a family cookbook based on their own family's traditional recipes or favourite meals.

Activity 2: Cooking Show

In this activity, participants can work individually or in a group to select a recipe and create a video of themselves preparing it. When picking the recipe, participants are encouraged to reach out to their friends, families, and other community members to learn about traditional dishes. Once their video is edited and completed, participants can upload their videos to a shared online platform, so that others can enjoy their cooking shows.

Activity 3: Virtual Dinner Party

For this activity, participants will contact their friends and family to organize a virtual group dinner party. Participants are encouraged to choose a theme, have a dress code, or add any other unique attributes to their dinner party.

ACTIVITY 1: FAMILY OR COMMUNITY COOKBOOK

MATERIALS

- Phone with a camera
- Note taking app on phone or recipe app (see *Extra Resources* on page 9)
- Ingredients and cooking equipment required for the selected recipe(s)
- Refer to *Sharing & Storing* section (on page 27)

STEPS

1 **Select a recipe**

Feel free to reach out to family members, friends, neighbours, and anyone else that you can think of to get suggestions for traditional recipes or favourite meals.

2 **Write down the recipe**

Use a note taking app on your phone, or even a recipe app, to write down your recipe. You can always use a pen and paper to jot things down. If you are unsure of what needs to be included when writing a recipe, check out the template provided at the end of this section as well.

3 **Gather your ingredients and cooking tools**

Make sure to use cooking tools (knives, blenders, etc.) safely and responsibly. Always ask for help if needed.

4 **Make your recipe**

As you start to cook, don't forget to take pictures of the process including your ingredients, measuring tools, and, of course, your final result!

5 Share your recipe

Upload your pictures and recipes to a shared platform to create a digital cookbook. Check out the list of available platforms in the *Sharing & Storing* section (page 27).

✦ ✦ Tips and Tricks! ✦ ✦

- When creating a cookbook, try to think of all of the aspects of a meal (i.e. don't forget dessert!)
- Once compiled, the digital cookbook can be organized by appetizers, mains, desserts, etc. based on the submissions of the participant(s).
- Don't forget to include photos of people enjoying your food!

ACTIVITY 2: COOKING SHOW

MATERIALS

- Phone with a camera
- Ingredients and cooking equipment required for the selected recipe(s)
- Refer to *Sharing & Storing* section (page 27)

STEPS

1 Select a recipe

Feel free to reach out to family members, friends, neighbours, and anyone else that you can think of to get suggestions for traditional recipes or favourite meals.

2 Plan and organize your video

Think about where to place your phone to get the best video, gather/buy your ingredients, determine what cooking tools and equipment are needed, pre-measure ingredients, etc. Also, consider writing a script to help you keep on track when filming or plan on recording a voiceover later. You can also record your video, then add text and music afterwards.

3 Film your cooking show

Film yourself talking through and sharing how to cook your chosen recipe.

4 Edit video

Edit your video on your phone using any of the apps detailed in the *Sharing & Storing* section (page 27).

5 Share your cooking show

Upload your video to an online platform and share your cooking show. Check out the list of available platforms in the *Sharing & Storing* section (page 27) of this toolkit.

ACTIVITY 3: VIRTUAL DINNER PARTY

MATERIALS

- Phone with a camera
- Ingredients and cooking equipment required for the selected recipe(s)
- Refer to *Sharing & Storing* section (page 27)

STEPS

1 Send out invitations

Reach out to family members, friends, and anyone you want to share a virtual meal with, and set a time and date. You can even use virtual surveys like Google Forms, Doodle, or SurveyMonkey to see what dates and times suit your invitees. Consider also setting a theme for your virtual dinner party and prepare party games or questions. In the *Tips and Tricks* box, you'll find party themes and dinner game examples. Also, you could pick and share a recipe for everyone to follow, so that all can enjoy the same meal during the virtual dinner party.

2 Choose an online platform

Make sure that everyone participating in the dinner party knows how to access the platform you've selected (ex. Zoom, Facetime, etc.) and offer technological support if needed. Check out the list of available platforms that can be accessed with your phone in the *Sharing & Storing* section (page 27).

3 Prepare your meal and join the party!

Prepare your meal for the dinner party and decorate your surroundings (or use a fun virtual background). Finally, log on to the platform and enjoy the time spent with your close friends and family!

Tips and Tricks!

You can plan a themed virtual dinner party and have everyone join the party wearing specific outfits, colours, costumes, etc. Get creative!

Search for party games, engaging questions and activities that you could do during your virtual dinner party.

Dinner Party Ideas:
- Cultural celebration
- Virtual background of your favourite place/country
- Book or movie night

Dinner Conversation Starters:
- What is in the meal? How did you learn to cook it? What is the story behind the food?
- If you could visit anywhere in the world, where would you go?
- If you could have one superpower, what would it be?
- What could you spend all day talking about?
- What are your favourite hobbies? What hobbies have you developed recently?

EXTRA RESOURCES

Writing down a recipe may be unfamiliar to some. Below are some apps that may help you organize and write your recipe.

Recipe Apps
- Recipe Keeper
- OrganizEat
- RecipeBox
- Cook'n

If you would prefer writing your recipe by hand, you'll find a template of a recipe card on the next page (p. 10).

REFERENCES

1. Thomas H, Irwin J. Cook It Up! A community-based cooking program for at-risk youth: Overview of a food literacy intervention. BMC Research Notes. 2011;4(1).
2. Timothy D, Ron A. Understanding heritage cuisines and tourism: identity, image, authenticity, and change. Journal of Heritage Tourism. 2013;8(2-3):99-104.

RECIPE CARD

RECIPE NAME

SERVINGS

PREP TIME

TIME TO COOK

NOTES

INGREDIENTS

INSTRUCTIONS

MOVEMENT-BASED ACTIVITIES

OVERVIEW

Getting active with friends can help you connect with others while reducing stress. Moving our bodies is a great way to calm our minds and strengthen our bodies. These activities will help you immerse yourself in the present moment and better understand how your body moves. So "shake loose the heaviness"[1] and lift your spirits by getting active! Below we provide in-depth explanations for three very different activities. However, it is important to mention that there is a wealth of resources available to you through the Internet, specifically on YouTube and on various applications. For this reason, we have curated a list of these resources at the end of this section for you to explore.

TYPES OF ACTIVITIES

Activity 1: Sun Salutation

Yoga is a set of physical, mental, and spiritual practices which originated in ancient India. It helps to calm the mind and strengthen the body. You may have noticed that most sports teams and trainers incorporate elements of yoga into their fitness programs. However, before becoming a popular physical exercise, yoga was mainly a spiritual, meditation practice.[2]

Yoga involves lots of stretching, but you do not have to be flexible to enjoy the practice. Many instructors and studios will highlight low-impact variations and suggest using props like blocks, books, blankets, or chairs to make your experience more comfortable. A lot of emphasis is placed on breath control and noticing the way your body moves as these are the foundation of mindfulness. In doing so, yoga helps you stay focused, reduce stress, relax your nervous system and calm your mind.[2] Yoga is an individual practice and will look different for everyone. For this reason, each instructor will have their own style of teaching, find one that best suits your personal needs and goals.

Sun Salutations will build your strength and increase your flexibility. Move through the sequence of poses as many times as you'd like. Move slowly and remember to breathe as you move. Try to inhale as you extend or stretch, and exhale as you fold or contract.

Activity 2: Dance Choreography

Dance is an excellent way to stay in shape, to manage stress, to express oneself, to make friends, and to create art. Many see it as a safe place where they can express their emotions in a positive way. Dance allows you to communicate your emotions without using words. So, pick a few songs that you enjoy and move your body to the music. If you really enjoy how one song feels when you listen and dance to it, try creating a routine by placing some specific movements to different parts of the music. Practice and repeat. Consider propping up your phone and making a video of yourself dancing. You can then share it with friends and family.

Activity 3: Running

Running is the basis of many sports and is an excellent way to get fit, feel better, and improve cardiovascular health. It will rejuvenate and clear your mind, boosting your mental health to reduce stress, and alleviate symptoms of depression.[3] Go for a socially distant run with a friend or two. Make sure to maintain the 2 meter distance between yourselves.

ACTIVITY 1: SUN SALUTATION

MATERIALS

- Comfortable clothing
- No shoes or socks
- Mat (or a soft surface)

STEPS

See next page!

Tips and Tricks!

- Avoid eating 1-2 hours before to avoid cramping (ie. do this routine first thing in the morning!)
- If you start cramping, take a 30 second break, walk in place, and drink some water.
- Try to connect your breath to the different movements and poses! Instructors can often be helpful in guiding you with this.

SUN SALUTATION STEPS

1. Mountain pose	2. Hands up	3. Heads to knees
Feet hip width apart. Take a few deep breaths.	Inhale and raise arms.	Exhale and bend forward.
4. Lunge	5. Plank	6. Stick
Inhale and step foot back.	Exhale and step the other leg back. Hold and inhale.	Exhale and lower self to floor, similar to the bottom of a push up.
7. Cobra	8. Downward dog	9. Lunge
Inhale and stretch forward, bending at the back. Stay on your forearms or extend your arms completely.	Exhale and push hips backwards while lifting your hips.	Inhale and step foot forward.
10. Head to knees	11. Hands up	12. Mountain
Exhale and step both feet together.	Inhale and rise all the way up slowly.	Exhale and lower arms to the side. *Repeat sequence*.
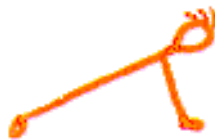
(Images from Yoga Site: http://yogasite.com/sunsalute.htm)

ACTIVITY 2: DANCE CHOREOGRAPHY

MATERIALS

- Open space (common room, kitchen, outdoors)
- Comfortable clothing
- Music playing device (a speaker or earphones)
- Playlist of songs on your cellphone or computer
- Water

STEPS

1 Music

Pick a few good songs and compile them into a playlist.

2 Warm up

Stretch, turn the music on, and dance freely to warm up your muscles. See the *Stretching Guide* on the next page for more guidance.

3 Choose moves

Pick your favourite song and try picking specific movements for different parts of the song. Practice these movements many times.

4 Record

Ask a family member or set up your cell phone's camera to record a video of your dance.

5 Warm down

Stretch! See the next page for a *Stretching Guide*.

6 Share

Share your dance with friends and family, and invite them to come up with their own dance for the same song.

✨ Tips and Tricks! ✨

- Have fun and try new things! Be kind to yourself as you learn this new art form.
- To enjoy dance, try to not be self conscious or worry about judgement. Dancers are generally more focused on themselves, and how they are moving and feeling. So, focus on yourself and how you're feeling. How do you feel like moving?

ACTIVITY 3: RUNNING

MATERIALS

- Phone
- Comfortable clothing
- Running shoes
- Water bottle

STEPS

1 Plan

Map out a route of where you will run. Avoid busy streets if possible.

2 Warm up

Warm up your muscles, see the *Stretching Guide* on the next page.

3 Run

Just run! Start off slow and pick up your pace as you get more comfortable.

4 Warm down

Cool down by walking slowly as you simultaneously slow your breathing. Do any stretches that feel good to you. You can draw inspiration from the warm-up *Stretching Guide* on the next page or the *Sun Salutation Yoga Routine* on page 13.

✨ Tips and Tricks! ✨

- Running can seem daunting, but remember that the more you run, the more comfortable it will become.
- Warm up beforehand with a light jog and some stretches.
- Music can make running more pleasant and keep you motivated.
- Go at a pace that is comfortable for you, it is okay to take breaks and to walk if you need to.
- Running in the mornings can help you avoid the summer heat.
- If you start to cramp, take a break by walking and drinking some water
- Be careful of your knees.

STRETCHING GUIDE

1. Squats

Warm up your glutes and your legs, keep your legs hip-width apart.

2. Lunges

Bend down as close as you can to the ground, squeeze your bum as you stand. Alternate legs.

3. Heels-to-Bum

Start with a light job and bring your heels to your bum.

4. High Knees

Keep up the light jog, start bringing your knees up high in front of you.

5. Straight Leg March

Alternate kicking your legs straight in front of you, try to kick your opposite hand.

(Drawn by Leah Birch, 2020 - Inspired by graphics on http://yogasite.com/sunsalute.htm)

EXTRA RESOURCES

Both yoga and dance may seem daunting at first. Virtual classes, guided videos, and apps may help participants get started and offer a more social way of practicing these movement-based activities. These platforms can also help participants discover new styles and ways of moving their bodies. Participants are encouraged to join these classes, videos or apps with friends and to work through them together and support one another.

A. Virtual Classes

Many dance and yoga studios offer online classes. Participants are encouraged to try classes at different studios and discover where they feel most comfortable. Instructors each have a different style of teaching and run their classes very differently. Find a dance style or yoga type that you enjoy with an instructor that suits your needs and goals. These classes can be found with a simple search online for studios. We recommend finding studios that are in your area where you could start attending live classes when social distancing restrictions are lifted.

B. Guided Videos

There are many yoga and dance instructors that offer free classes, dance routine tutorials, and fun dance-along videos on YouTube:

Yoga:
- Yoga With Adrienne
- Boho Beautiful
- lululemon
- Tom Merrick
- Dana Falsetti

Dance:
- MadFitDance Marshall
- Learn How to Dance
- DANCE TUTORIALS

Running:
- adidas Running
- Nike
- Runner's World
- Dana Falsetti

If running and dancing are not your thing, and you want a challenge, consider checking out these YouTubers who offer free follow-along virtual workouts:

- Chloe Ting
- Koboko Fitness
- Jordan Yeoh
- Pamela Leif

Some of these YouTubers even have workout schedules that you can follow. Ask a friend to complete the schedule with you. Message and encourage each other.

C. Apps

Apps can be a great way to get started, to track progress, to set goals, and to share accomplishments with friends and family. Here are a few of many apps available to participants:

Yoga:
- Yoga for Beginners
- Yoga Down Dog
- Daily Yoga
- Yoga Studio: Mind and Body

Dance:
- Just Dance Now
- Hip Hop Dance Workout
- Dance Now
- TikTok

Running:
- RunKeeper
- Strava
- NikeRun Club

If you tried any of the YouTube workouts, post a video about what you thought of the exercise on TikTok or Instagram. You can even message friends and family on Facebook, WhatsApp, or by text to let them know what you've accomplished!

REFERENCES

1. How To Run Safely During Coronavirus Quarantine [Internet]. Buzzfeednews.com. 2021 [cited 27 January 2021]. Available from: https://www.buzzfeednews.com/article/briannasacks/running-coronavirus-quarantined-safety-tips-advice
2. Nytimes.com. 2021. Yoga for Everyone. [online] Available at: <https://www.nytimes.com/guides/well/beginner-yoga> [Accessed 12 February 2021].
3. 2. What does running do to your brain? [Internet]. the Guardian. 2021 [cited 12 February 2021]. Available from: https://www.theguardian.com/lifeandstyle/the-running-blog/2018/jun/21/what-does-running-do-to-your-brain

PHOTO & FILM

OVERVIEW

This section includes some tips and tricks on how to use your smartphone or other similar devices (such as tablets or iPads) for making short films or recording visual stories. These visual tools provide a unique opportunity to collectively connect with each other and to create, edit, and share videos and photos that reflect particular values, concerns, or experiences. These visuals also allow participants to communicate their life experiences, perspectives, and knowledge to their peers and community members. The discussions and presentations stemming from the activities can encourage participants to become advocates of change in their community. By using the video and photo functions of a smartphone, participants can create visual stories on a wide range of subjects including: self-care in the time of a pandemic, mental health, daily life experiences, community concerns, and more! These visual stories will allow participants to connect and spark interesting discussions with larger audiences or can be used individually as a self-reflection piece. By sharing their points of view, the participants are engaged in a process that promotes mutual learning and critical reflection.

TYPES OF ACTIVITIES

Activity 1: Photovoice

Photovoice uses everyday technology such as cellphones, tablets, iPads, or cameras to take photos and create visual stories on any topic of interest to participants. Participants will select a theme, take photos, and weave them together to create a story. While Photovoice is typically a face-to face activity, in this toolkit participants can engage in this activity either individually, or through an online platform.

Activity 2: Cellphilming

Cellphilming refers to making a short video (usually 1-5 minutes long) with a smartphone, tablet, iPad, or device that has a filming function. Before shooting their Cellphilm, participants will pick a theme for their film, and develop a narrative through a storyboarding process. Cellphilms can be created individually or in small groups.

ACTIVITY 1: PHOTOVOICE

MATERIALS

- Phone with a camera and internet connection
- Refer to *Sharing & Storing* section (page 27)

STEPS

1 Recruit participants

If doing Photovoice in a group, recruit about 6-12 participants and divide them into smaller groups of 3 or 4 people. If conducting this activity individually, you can start with **Session 1**.

2 Schedule gathering and select platform

Talk to participants to see which application works best for them. Check out the *Sharing & Storing* section (page 27) for more information on how to conduct online meetings!

SESSION 1: 60-90 MINUTES

1 Introduce Photovoice

In the first session, you should introduce Photovoice, its purpose, risks and benefits. Also, if it is helpful, teach the participants some basic photography skills using a cellphone. For example, what makes a good photo, the idea of zooming in and out, taking pictures from different vantage points such as looking down or looking up, close-ups and so on. Participants should also spend some time taking photo samples with their phones as practice!

2 Select project topic or theme

Use the questions or prompts below to help participants select a topic:

- What gives you strength?
- How has the pandemic impacted you?
- What do you like about where you live?
- A day in the life of...
- The best part of my day is...
- How do you maintain your wellbeing?

3 Ethics

It is important to engage participants in a discussion about ethical concerns using Photovoice. For example, to respect everyone's privacy, avoid taking pictures of people's faces. Refer to the *Ethics* section (page vi) for an overview of ethical concerns.

SESSION 2: 60-90 MINUTES

1 **Taking photos**

Give participants one to two weeks to take photos individually in response to the selected prompt. Alternatively, this session can be combined with Session 1 where participants are given 30 to 60 minutes to work individually offline and come back to the online meeting. You should encourage them to take 10-15 photos.

2 **Check-in discussion**

Organize a 30 minute meeting to check in with participants about their progress, difficulties and questions.

SESSION 3: 60-90 MINUTES

1 **Selecting photos**

Ask participants to select 3-5 photos that best represent the selected prompt or theme.

2 **Sharing selected photos**

When the participants have selected their photos, ask them to share them online. Check out the *Sharing & Storing* section (page 27) for sharing platforms.

3 **Displaying photos**

Give participants a chance to check out the array of photos. This gives participants the opportunity to see what everyone has come up with!

4 **Discussing the photos**

Ask participants to work in their small groups to compare and contrast their photographs by discussing the following questions:
- What do the photographs have in common?
- How are the photographs different from each other?
- Which photographs best represent the prompt?

5 **Selecting the photos for a group exhibition**

After the discussion, participants create captions for their selected photos. Writing short captions for each photo helps capture the photographer's intended meaning. The participants can organize the photos with a *PowerPoint* presentation, or share them on an online platform such as *Instagram*.

Tips and Tricks!

- Remind participants to charge their phones fully before each workshop!
- Encourage participation by having weekly or bi-weekly discussions.
- You can engage in the Photovoice process offline by using phone calls and text messaging to have discussions, neither of which require internet access.
- Instead of taking new photos, participants can select photos they already have in their phones to see if any of them are related to the selected theme.
- Check out these Photovoice examples for inspiration:
  - A Practical Guide to Photovoice
  - Photovoice Blog Series
  - Photovoice Examples

ACTIVITY 2: CELLPHILM

MATERIALS

- Phone with a camera and internet connection
- Refer to *Sharing & Storing* section (page 27) for editing applications
- Royalty free music (optional)

STEPS

1 **Recruit participants**

If creating Cellphilms in a group, recruit about 6-12 participants and divide them into smaller groups of 3 or 4 people. If conducting this activity individually, you can start with Session 1.

2 **Schedule gathering and select platform**

Talk to participants to see which application works best for them. Check out the *Sharing & Storing* section (page 27) for more information on how to conduct online meetings!

SESSION 1: 60-90 MINUTES

1 **Introduce Cellphilming**

In the first session, you should introduce Cellphilming, its purpose, risks and benefits. Also, if it is helpful, teach the participants some basic cellphone filming skills and encourage participants to practice making videos!

2 Ethics

It is important to engage participants in a discussion about ethical concerns in Cellphilming. For example, be mindful of filming people's faces if you haven't received permission. Refer to the getting started *Ethics* section (vi) for an overview of ethical concerns.

3 Selecting photos

Ask participants to select 3-5 photos that best represent the selected prompt or theme.

4 Brainstorm and select a topic

Brainstorming is a great way to begin any creative process. Below are some prompts to get participants started:

- What do I want to learn more about?
- How can I educate myself about it?
- What am I passionate about?
- What do I care about? (It is great to focus your creative projects on something that you are already interested in.)
- What would happen if _____? How would I respond?
- What problem would I like to solve? How would I solve it?
- How would my life be different if _____ ? (Look at things from a new perspective.)
- Think about how something looks, smells, tastes, feels, and sounds. How can you use all 5 senses to engage?
- What stands out about the world around me? Why?
- How do I feel about _____? How can I express this artistically?

5 Create a storyboard

A storyboard is a step by step visual representation of any creative endeavour. For example, when creating a storyboard for a video, you can illustrate how your film will unfold, shot by shot. You can think of the process of storyboarding as creating a roadmap for how your story gets told and it can even be considered a piece of art on its own!

Begin by dividing your piece of paper into 6 or 8 equal sections (fold a paper into thirds and then in half for 6 sections, or into fourths and then in half for 8 sections). Carefully draw along the creases you have made with your folds. Now, number your boxes beginning in the top left corner. This helps you to visualize the 'steps' of your creative project. At the end of this section, you'll find a blank storyboard page for you to use!

Try to consider the questions below as you sketch out your storyboard:

- What is my project trying to say? What is the main idea behind my project?
- Who are my characters/protagonists?
- Where are they? When is it taking place?
- What are they doing? How? Why?
- Think about describing a full sensory experience. What can I see? How do things taste/smell/sound?
- What is the 'mood' of my piece? Is it dramatic? Is it scary? Is it humorous?
- Is this a work of fiction? Is this a true story?

Cellphilm Specific Storyboards:

- Think about perspective. Am I close to the objects that I see, or far away? Are things moving, and if so, how? Am I looking at the scene from below or above?
- Will there be dialogue? Music? What noises are happening in the background/foreground?
- Will there be text/words?
- Am I telling my story from one angle, or multiple angles? One location or many? Does it take place over time, or in one instance?

SESSION 2: 30-60 MINUTES

1 Start filming

Give participants one or two weeks to take video footage individually in response to their storyboards.

Below are a few filming tips for participants:

- Hold the phone horizontally to get a more close-up image.
- Make sure that they are no passers-by during filming.
- Be mindful of how close you are to what you are filming to ensure sound quality. Stand close to people talking to ensure audio quality.
- Decide whether to film everything vertically or horizontally.

2 Check-in discussion

Organize a 30 minute meeting to check in with participants about their progress, difficulties and questions.
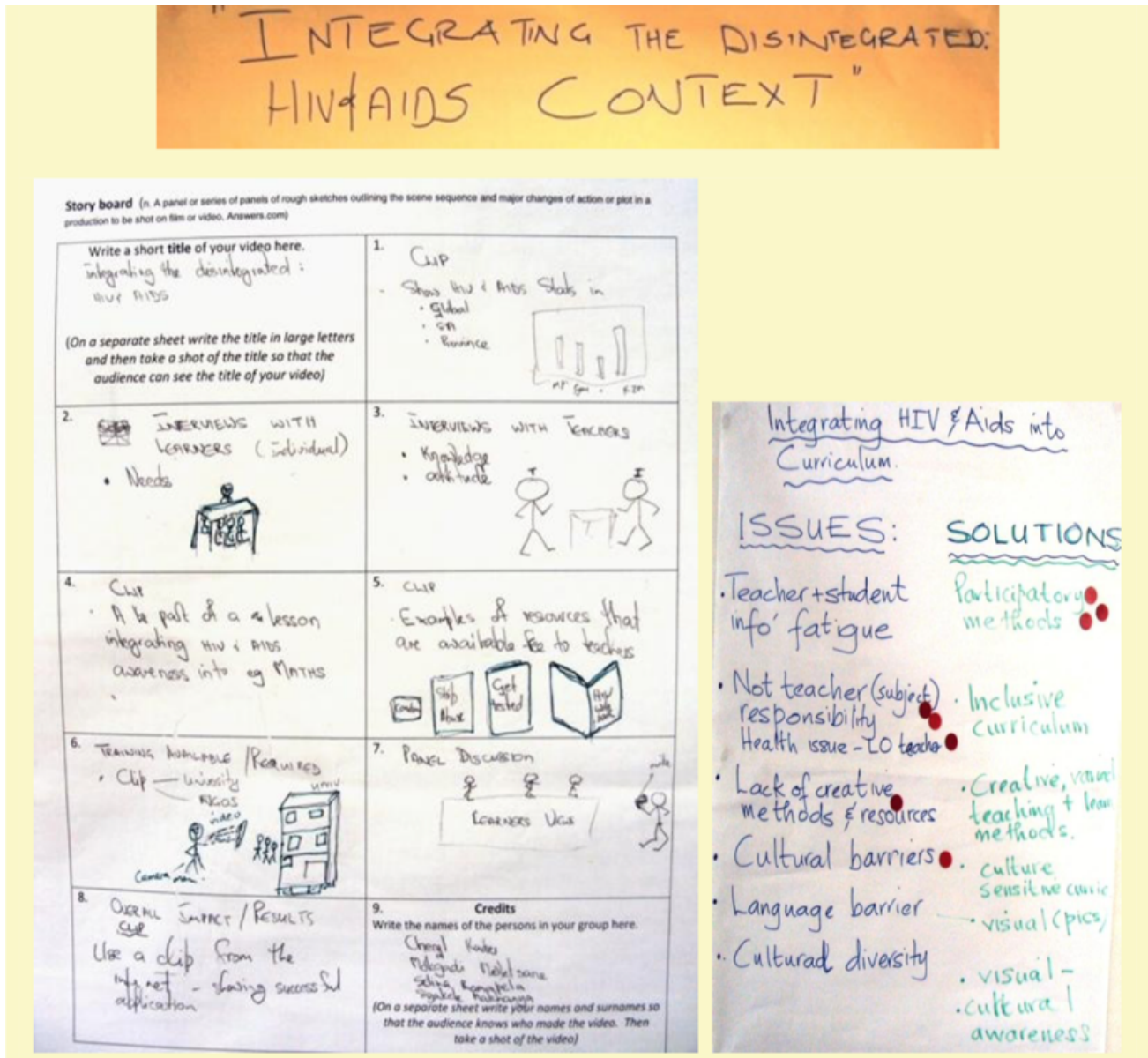
SESSION 3: 90+ MINUTES

1 Screening

Once the Cellphilms are complete, a screening event to showcase the films can be organized. Before screening, give each participant a few minutes to introduce their film.

Questions to consider for describing the film:
- Ask yourself the who, what, when, where, and why (the purpose of your film)
- Why did you use voice over or music?
- How did you decide on the genre (PSA, talk-show, documentary, music video, stop motion animation)
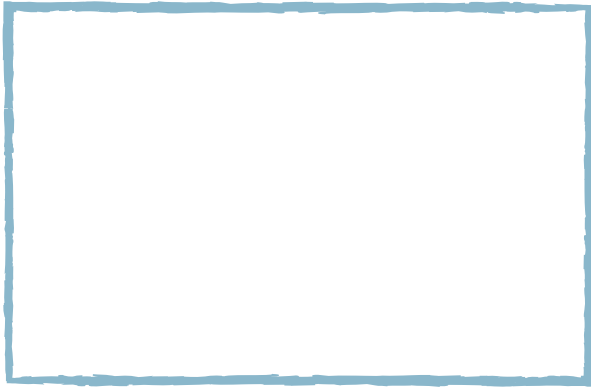- Who is your audience?

2 Discussion

After screening all the Cellphilms, engage in a discussion period with participants.
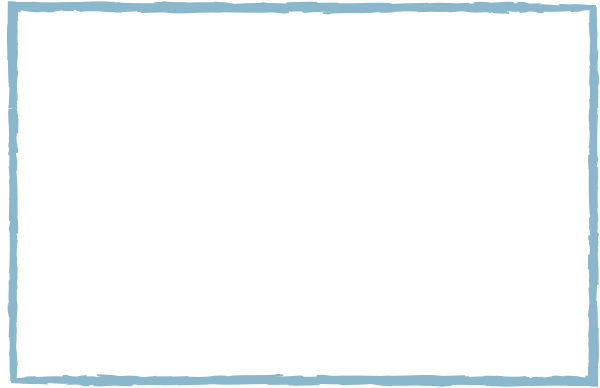
Questions to consider for discussion:
- What did you like about the film? Why?
- What did you not like about it? Why?
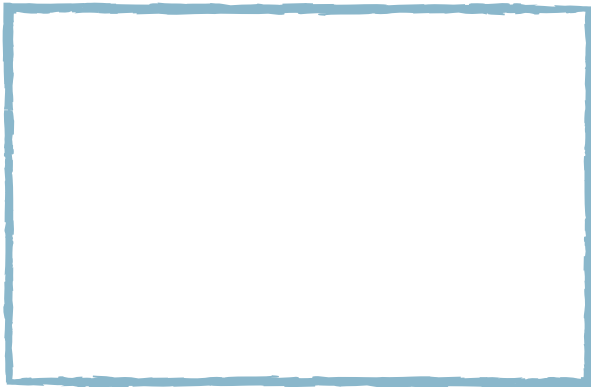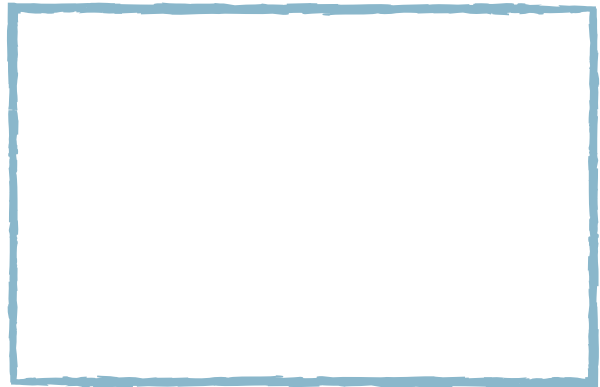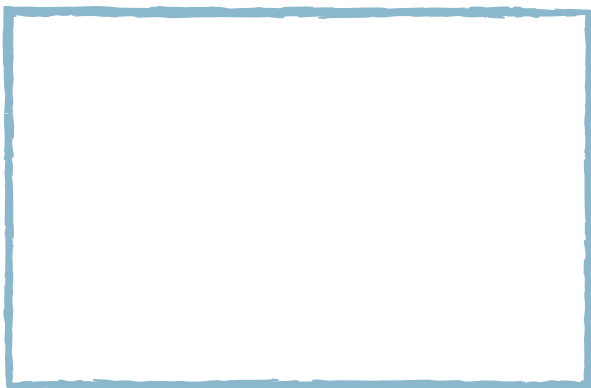- Who do you want to see your work? Why? And why not?

STORYBOARD TEMPLATE

STORYTELLING

OVERVIEW

From coming home and talking about our day, to stories about our histories and cultures, storytelling is a critical part of our daily life. Stories are not just for enjoyment, rather, we live through and in stories: stories help to give the listener a sense of identity and build a sense of community. Stories can be used to teach something or they can be used for entertainment. In times of physical distancing, this aspect of our life can feel lost. The activity below utilizes online applications to build connections between members of a community, to encourage them to share their values and their histories. There are two types of story-telling in this toolkit: live storytelling and pre-recorded story-telling.

TYPES OF ACTIVITIES

Activity 1: Pre-recorded Storytelling

For this activity, participants will record a video of someone from within their community telling a story. The speaker can choose to share a story about where they came from, their home, their life journey, or other. After recording the speaker telling their story, the participant will edit and upload the video to an online platform for others to watch. A great benefit of pre-recorded videos is that people can watch the video at their leisure! For this activity, the participant is also encouraged to go a step further and invite others from the community to watch the video together, and set a time for people to ask the speaker questions live, using a messaging or videoconferencing application.

Activity 2: Live Storytelling

For live story telling, the participant will first find someone from the community who is willing to tell a story. The participant will then set up a videoconferencing call and invite other community members to join the live storytelling session. This activity best reflects natural story telling as it allows people to be active listeners and to have a conversation with the speaker afterwards.

Activity 3: Story Game

Story game is a collective process of creating a story with a group. The group is presented with a sentence, and each member of the group gets an opportunity to add another sentence to the story. The participants get to shape where the story goes, and by the end, they have a story that they all created together.

> ✨ **Tips and Tricks!** ✨
>
> Here are a few story prompts to consider once you've selected your activity:
> - Tell a story about your community
> - Tell a story about your parents/family members
> - Tell a story about your childhood

ACTIVITY 1: PRE-RECORDED STORYTELLING

MATERIALS 📋

- Phone with a camera
- Phone with Internet or data connection
- Refer to *Sharing & Storing* section (page 27)

STEPS

1 Identify an audience

Decide who your audience will be and reach out to potential listeners.

2 Identify a storyteller

Find a speaker who is willing to tell a story. Take the time to talk with them about what kind of story they will tell. Consider compiling a video of multiple speakers.

3 Film the storyteller

Meet with the storyteller and film them telling a story. You can record this video with a cellphone, a camera, over *Zoom*, or get the storyteller to film themselves telling the story.

4 Edit the video

Edit your video on your phone using any of the apps detailed in the *Sharing & Storing* (page 27) section.

5 Upload the video

Choose which platform you and the speaker would like to use to share the video. Is it YouTube? WhatsApp? Refer to the *Sharing & Storing* (page 27) section for more options!

6   Hold a Q&A session

After posting the video, hold a Q&A session with participants. Find a date and time that works with participants and decide which platform would be best to use. You can also prompt participants with questions of your own: "What was your favourite part of the story?" or "Is there a part of the story you would like to learn more about?"

✦ Tips and Tricks! ✦

- Pre-recorded videos can include visual component such as a PowerPoint presentation that includes peoples and sceneries from the story.
- If you used *Zoom* for a live call, consider using the record function (if all participants consent) and uploading the video to an online sharing platform. By doing so, those who could not attend the live call can view it at their leisure.
- Video editing applications give you an opportunity to create a video file with many different speakers.

Additional Guidelines: Video Editing
Video editing is not as hard as it seems! Here is a brief guideline to help you compile your storytelling videos:
- Choose a video editing application.
- Use the application's import function to import the video to the application
- If you are compiling the videos by speaker, simply drag and drop the videos onto your timeline, in the order that you have decided upon.
- If you are compiling the videos by question, use the 'cut' or 'split' function when each question is asked in order to break down each video by question. Reorganize the videos in the order that you have decided upon
- Use the trim function to trim the beginning and end of each clip. Consider using the trim function to remove the part where the question is asked to the speaker and, instead, import an image with the question.

ACTIVITY 2: LIVE STORYTELLING

MATERIALS 📋

- Phone with a camera
- Phone with Internet or data connection
- Refer to *Sharing & Storing* section (page 27)

STEPS

1   Identify an audience

Decide who your audience will be and reach out to potential listeners.

2   Identify a storyteller

Find a speaker who is willing to tell a story. Take the time to talk with them about what kind of story they will tell. Will the story depict the history of the community? Will the story be about someone's life?

3   Schedule gathering and select platform

Before conducting the video call, choose which application you will use. Find a time that works best for everybody. Record the meeting if everyone agrees.

4   End with a Q&A session

Hold a Q&A session after the story is completed. Encourage questions from the audience or prompt them with your own. You can ask: "What was your favourite part?" or "Which character did you like the most?"

ACTIVITY 3: STORY GAME

MATERIALS 📋

- Phone with a camera
- Messaging application of choice
- Refer to *Sharing & Storing* section (page 27)

STEPS

1   Choose a platform

This activity can be done through a messaging or videoconferencing app. Messaging apps can give participants time to think through their sentence, and also provides an easy way to share the story with others. Videoconferencing apps let you see others' reactions as the story unfolds. Choose which platform you would like best. Or, consider using both! Have a videoconference call open and have participants write parts of the story in a messaging app to get the best features of both apps.

2   Schedule a gathering

Find a time that works best for everybody. If using a videoconferencing application, record the meeting if everyone agrees.

3 **Write and share the story**

The moderator of the call should write the first line of the story. After writing the first line, decide on a random order to determine who gets to write the next sentence. You could pull names from a hat, go in alphabetical order, or follow the order of the Zoom screen. Save the story if you used a messaging/text document, and share it with the group so that they can see what they created after the call is completed.

✦✦ **Tips and Tricks!** ✦✦

- Be aware of the pros and cons of each messaging and videoconferencing platform. Applications such as *Zoom* and *Skype* require a strong, stable internet connection that not all participants will have, but they also provide more security than applications such as *Discord*, *Facebook*, and *WhatsApp*.
- *YouTube* is easy to use and has the best video quality. Viewers can also choose the video quality that works best with their network speed and there is no limit on video size. The video quality will be lower on applications such as *Facebook* or *WhatsApp* and you may come across issues posting longer videos, but the videos will be more accessible to viewers on these platforms.
- Be mindful of user friendliness when selecting applications! Many people, young and old, already have *Facebook*, *Facebook Messenger*, and *WhatsApp* downloaded on their phones, so they will already be familiar with the controls of these applications and can navigate them with ease.

EXTRA RESOURCES

Video Games

Video games have been recently utilized to tell stories through a different form of media. One example is the game *Never Alone*, which was developed in partnership with Alaska Native storytellers to tell an Iñupiat story. Interactive story and map apps can also be used to serve the same function. Although these games might not naturally foster connections between community members, these games offer an opportunity for community members to learn stories through a different type of interactive medium. You may consider setting up a video conference call and creating an opportunity for people to talk about their experience with the application and what they've learnt.

Applications

Below are some storytelling game applications that you can refer to to find ideas for your own activity:

Storytelling application examples:
- Nitap
- My life as a Refugee
- Bury Me, My Love
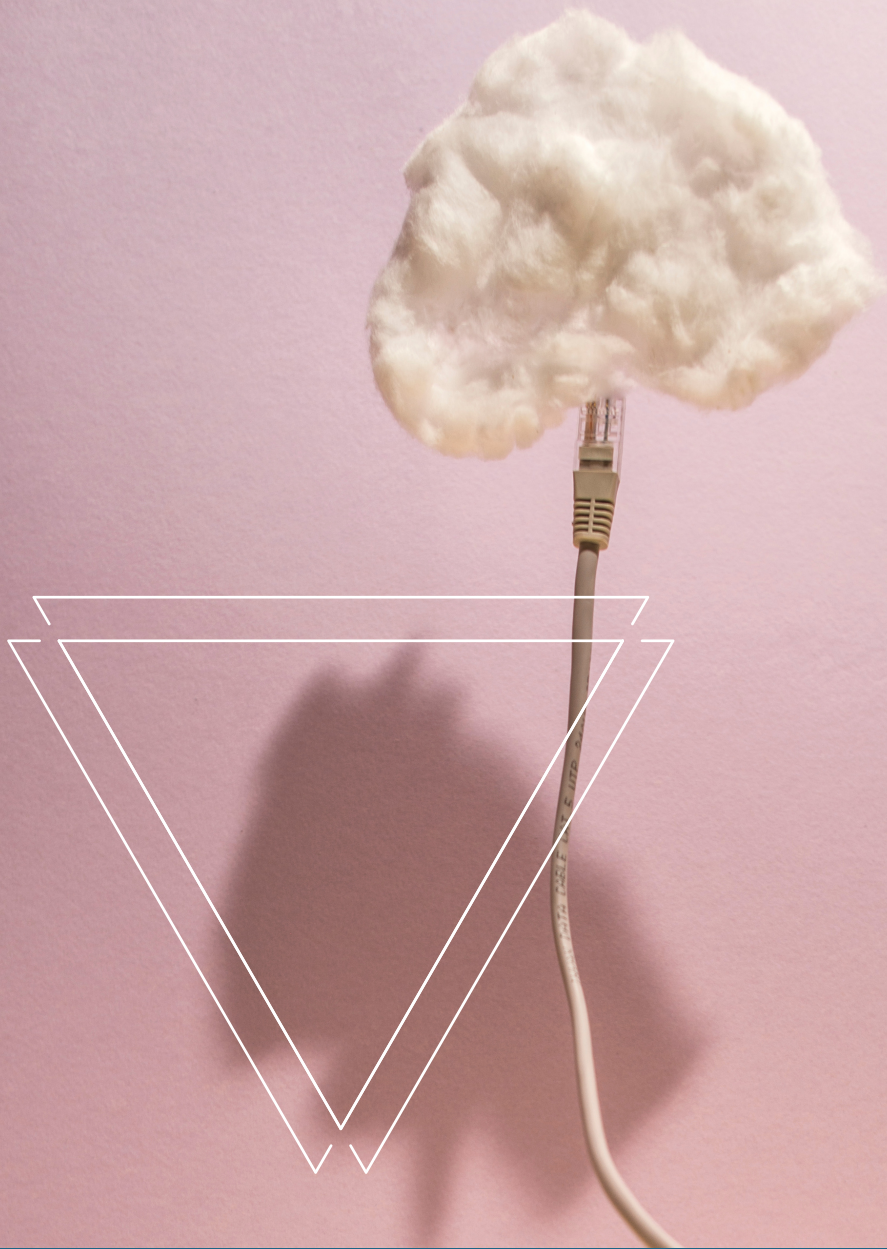
SHARING & STORING

SHARING & MESSAGING APPLICATIONS

APPLICATION	COST	COMPATIBILITY	PHOTO/ VIDEO SHARING	MESSAGING
Facebook Messenger/Messenger Kids	Free	iOS, Android	Both	Yes
WhatsApp	Free	iOS, Android	Both	Yes
Group Texting	Free	iOS, Android	Both* Data charges may apply	Yes
Instagram	Free	iOS, Android	Both	Yes
Twitter	Free	iOS, Android	Both	Yes
Facebook/Facebook Groups	Free	iOS, Android	Both	Yes
YouTube	Free	iOS, Android	Video	No
Discord	Free	iOS, Android	Both	Yes

VIDEO-CONFERENCING APPLICATIONS

APPLICATION	COST	COMPATIBILITY	NUMBER OF PARTICIPANTS	RECORDING
Zoom	Free* Basic plan only	iOS, Android	100	Yes* Free plan is only for 40 minutes
Google Meet	Free* Basic plan only	iOS, Android	100	Yes* Free plan is only for 60 minutes
Microsoft Teams	Free* Basic plan only	iOS, Android	300	Yes
Skype	Free	iOS, Android	50	Yes
FaceTime	Free	iOS	32	No

PHOTO AND FILM EDITING APPLICATIONS

APPLICATION	COST	COMPATIBILITY	PHOTO EDITING	VIDEO EDITING
iMovie	Free	iOS	Yes	Yes
VN Video Editor	Free* Premium version available	iOS, Android	No	Yes
VSCO	Free	iOS, Android	Yes	Yes* Requires membership
BeeCut	Free* Online only	iOS, Android	Yes	Yes
Snapseed	Free	iOS, Android	Yes	Yes* Requires upgrade

MUSIC STREAMING APPLICATIONS

APPLICATION	COST	COMPATIBILITY	STREAM OFFLINE	COLLABORATIVE PLAYLISTS
Spotify	Free* Basic plan only	iOS, Android	Yes* Premium account only	Yes
Apple Music	Free* Basic plan only	iOS, Android	Yes* Premium account only	Yes
SoundCloud	Free	iOS, Android	Yes	Yes

STORAGE APPLICATIONS

APPLICATION	COST	COMPATIBILITY	DOCUMENT SHARING	LIVE EDITING
Microsoft OneDrive	Free* Up to 5G of storage space	iOS, Android	Yes	Yes
Google Drive	Free* Up to 15G of storage space	iOS, Android	Yes	Yes
Dropbox	Free* Up to 2G of storage space	iOS, Android	Yes	Yes