

## **Tours, Art and Zoos:**

Tour the Smithsonian: <https://naturalhistory.si.edu/visit/virtual-tour/current-exhibits>

Yellowstone National Park: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Great Wall of China: <https://www.thechinaguide.com/destination/great-wall-of-china>

Houston Zoo: <https://www.houstonzoo.org/explore/webcams/>

Atlanta Zoo Panda Cam: <https://zooatlanta.org/panda-cam/>

The Hidden World of Natural Parks:

<https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome>

Smithsonian Zoo Animal Web Cams: <https://nationalzoo.si.edu/webcams>

San Diego Zoo Live Cameras: <https://zoo.sandiegozoo.org/live-cams>

Monterey Bay Aquarium: <https://www.montereybayaquarium.org/animals/live-cams>

Georgia Aquarium: <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Space Center Houston: *free app provides an interactive mobile tour* <https://spacecenter.org/app/>

World Wonder Tour: <http://360degreeaccess.com/world-wonder-google-virtual-tour/>

British Museum, London: <https://britishmuseum.withgoogle.com/>

National Gallery of Art, Washington DC:

<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

National Museum of Modern and Contemporary Art, Seoul:

<https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en>

Van Gogh Museum, Amsterdam:

<https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

The J. Paul Getty Museum, Los Angeles:

<https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>

Open Heritage Sites from Around the world:

<https://artsandculture.google.com/project/openheritage>

Blarney Castle and Gardens: <https://www.blarneycastle.ie/pages/map-and-virtual-tour>

Watch Musicals from home:

<https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>

## **JOURNALING, CREATIVE WRITING, POETRY:**

1. Creative writing- [500 prompts for writing](#)
2. Write a letter or email to someone – *or even to your future self*
3. Start a Journal or a blog– *whether it is a bullet journal, an art journal, or just an old-fashioned diary to jot down your thoughts.*
4. Write a short story or start writing a novel
5. Write letters or create cards for people in local nursing homes
6. Update your resume
7. Download [Duolingo](#), or a similar app, and teach yourself a foreign language.

## **READING:**

1. New York City Library, free digital books- <https://www.nypl.org/>
2. Free ebooks & audiobooks: <https://www.overdrive.com/apps/libby>
3. Check out your local library webpage for ebooks!

## **YOGA AND MINDFULNESS:**

1. **How to meditate:** <https://www.nytimes.com/guides/well/how-to-meditate>
2. <https://yogawithadriene.com/free-yoga-videos/>
3. Guided Imagery: [https://www.youtube.com/watch?v=t1rRo6cgM\\_E&t=143s](https://www.youtube.com/watch?v=t1rRo6cgM_E&t=143s)
4. Headspace App
5. Calm App

## **KIDS/FAMILIES:**

1. Fun Brain: [www.funbrain.com](http://www.funbrain.com)
2. <https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>
3. Suessville: [www.seussville.com](http://www.seussville.com)
4. Storyline Online: [www.storylineonline.net](http://www.storylineonline.net)

**These resources are a compilation of various sources and websites shared with me from colleagues & friends!**

## Virtual Tours

San Diego Zoo: <https://kids.sandiegozoo.org/>

Yellowstone National Park: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Mars: <https://accessmars.withgoogle.com/>

Great Wall of China: <https://www.thechinaguide.com/destination/great-wall-of-china>

Appalachian Trail: <https://www.nps.gov/appa/learn/photosmultimedia/virtualtour.htm>

National Parks Virtual Tours:

[https://www.nps.gov/search/?affiliate=nps&query=trail%20virtual%20tours&fbclid=IwAR37uxTyHzMSXH2AkZNdMfHbrciDZ7w\\_C17ldHv02eZV1k0I3skr9jjZCY](https://www.nps.gov/search/?affiliate=nps&query=trail%20virtual%20tours&fbclid=IwAR37uxTyHzMSXH2AkZNdMfHbrciDZ7w_C17ldHv02eZV1k0I3skr9jjZCY)

## Live Cameras

San Diego Zoo Live Cameras: <https://zoo.sandiegozoo.org/live-cams>

Monterey Bay Aquarium: <https://www.montereybayaquarium.org/animals/live-cams>

Panda Cam: <https://zooatlanta.org/panda-cam/>

Houston Zoo: <https://www.houstonzoo.org/explore/webcams/>

Georgia Aquarium: <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

## Museums

British Museum, London: <https://britishmuseum.withgoogle.com/>

Guggenheim Museum, NY:

[https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv\\_lng=-73.95902634325634&sv\\_lat=40.78285751667664&sv\\_h=30.75703204567916&sv\\_p=0.06928383072430222&sv\\_pid=MfnUmHRyOSzMtY3vtYU05g&sv\\_z=0.9645743015259166](https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv_lng=-73.95902634325634&sv_lat=40.78285751667664&sv_h=30.75703204567916&sv_p=0.06928383072430222&sv_pid=MfnUmHRyOSzMtY3vtYU05g&sv_z=0.9645743015259166)

National Gallery of Art, Washington DC:

<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

Musee d'Orsay, Paris: <https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>

[National Museum of Modern and Contemporary Art, Seoul:](#)

<https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en>

[Pergamon Museum, Berlin:](#) <https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en>

[Rijksmuseum, Amsterdam:](#)

[https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv\\_lng=4.885283712508563&sv\\_lat=52.35984312584405&sv\\_h=311.1699875145569&sv\\_p=-5.924133903625474&sv\\_pid=fOVcUXQW2wpRf33iUmxEfg&sv\\_z=1](https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv_lng=4.885283712508563&sv_lat=52.35984312584405&sv_h=311.1699875145569&sv_p=-5.924133903625474&sv_pid=fOVcUXQW2wpRf33iUmxEfg&sv_z=1)

[Van Gogh Museum, Amsterdam:](#) <https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

[The J. Paul Getty Museum, Los Angeles:](#)

<https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>

[Uffizi Gallery, Florence:](#) <https://artsandculture.google.com/partner/uffizi-gallery?hl=en>

[MSAP, Sao Paulo:](#) <https://artsandculture.google.com/partner/masp?hl=en>

[Open Heritage Sites from Around the world:](#) <https://artsandculture.google.com/project/openheritage>

[Blarney Castle and Gardens:](#) <https://www.blarneycastle.ie/pages/map-and-virtual-tour>

## Other Entertainment:

[Musicals you can watch at home:](#)

<https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>

[Ballet Nova Center:](#) <https://www.facebook.com/watch/BalletNovaCenterForDance/>

## Home Exercise; Only do exercises according to your ability level.

[Bodyweight exercises: Pushups, sit-ups, squats, jumping jacks, mountain climbers, burpees.](#)

<https://greatist.com/fitness/50-bodyweight-exercises-you-can-do-anywhere>

<https://outliveforever.com/best-home-workout-beginners-no-equipment/>

[Just Dance 3:](#) <https://youtu.be/BhYvFMq7Xaw>

## Yoga/Meditation

Free Yoga Programs: <https://www.doyogawithme.com/>

Guided Imagery: [https://www.youtube.com/watch?v=t1rRo6cgM\\_E&t=143s](https://www.youtube.com/watch?v=t1rRo6cgM_E&t=143s)

<https://www.youtube.com/watch?v=qcdbCphVa1g>

<https://www.youtube.com/watch?v=Y7002vEP1FE>

How to Meditate: <https://www.nytimes.com/guides/well/how-to-meditate>

Meditation for Anxiety: <https://www.youtube.com/watch?v=4pLUleLdwY4>

## Free Online Courses

<https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/?fbclid=IwAR2jMOU2hExVYRvb00IApN63ygv8svDkcjed6-bU5NmOM88BY2k7rUms1hg>

<https://www.coursera.org/courses?query=free>

[One month free trial:](#)

[https://www.thegreatcoursesplus.com/lp/t1/freemo?source\\_id=FREEMO&utm\\_source=Social\\_Media&utm\\_medium=Facebook&utm\\_campaign=1000614&fbclid=IwAR3iebSRuHrjP-eiK4QX0YeiVXUdfxZCMmJR-HAVUXtHNuqRD8NPSC4debA](https://www.thegreatcoursesplus.com/lp/t1/freemo?source_id=FREEMO&utm_source=Social_Media&utm_medium=Facebook&utm_campaign=1000614&fbclid=IwAR3iebSRuHrjP-eiK4QX0YeiVXUdfxZCMmJR-HAVUXtHNuqRD8NPSC4debA)

## Reading

New York City Library, free digital books- <https://www.nypl.org/>

Free Audio Books <http://www.openculture.com/freeaudiobooks>

Free Public Domain Books <https://librivox.org/>

[Your local library has digital books and audio books to check out](#)

## Resources for Kids

Suessville: [www.seussville.com](http://www.seussville.com)

Fun Brain: [www.funbrain.com](http://www.funbrain.com)

Storyline Online: [www.storylineonline.net](http://www.storylineonline.net)

Fun Science Experiments:

[https://www.rigb.org/ExpeRimental?fbclid=IwAR22PjG6yr9uaHWCgVBcMtvHpkqPODHRI\\_1ZWq9qvEI\\_mEbs86bCWeLIXQ4](https://www.rigb.org/ExpeRimental?fbclid=IwAR22PjG6yr9uaHWCgVBcMtvHpkqPODHRI_1ZWq9qvEI_mEbs86bCWeLIXQ4)

Just Dance 3: <https://youtu.be/BhYvFMq7Xaw>