

# Play. Learn. Explore.

Amazing things to do online to fill your day!

## Zoos and Parks

- 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\\_C17IdHv02eZV1k0I3skr9jjJzCY](https://www.nps.gov/search/?affiliate=nps&query=trail%20virtual%20tours&fbclid=IwAR37uxTyHzMSXH2AkZNdmfHbrciDZ7w_C17IdHv02eZV1k0I3skr9jjJzCY)

## 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.georgiiaquarium.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=MfnUmHRyO-SzMtY3vtYU05g&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=MfnUmHRyO-SzMtY3vtYU05g&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/iwH5aYGoPwSf-7g?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/iwH5aYGoPwSf-7g?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>

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## Museums *continued*

- 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=Y70O2vEP1FE>
- How to Meditate <https://www.nytimes.com/guides/well/how-to-meditate>
- Meditation for Anxiety <https://www.youtube.com/watch?v=4pLUleLdwY4>

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## Google Play or Apple apps

•Headspace •Mindfulness Coach •Free Online Courses

•<https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/?fbclid=IwAR2j-MOU2hExVYRvb0OIApN63ygv8svDkcjed6-bU5NmOM88BY2k7rUms1hg>  
•<https://www.coursera.org/courses?query=free>

•One month free trial [https://www.thegreatcoursesplus.com/lp/t1/freemo?source\\_id=FREEEMO&utm\\_source=Social\\_Media&utm\\_medium=Facebook&utm\\_campaign=1000614&fbclid=IwAR3iebSRuHr-jP-eiK4QX0YeiVXUdfxZCMmJR-HAVUXtHNuqRD8NPSC4debA](https://www.thegreatcoursesplus.com/lp/t1/freemo?source_id=FREEEMO&utm_source=Social_Media&utm_medium=Facebook&utm_campaign=1000614&fbclid=IwAR3iebSRuHr-jP-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=IwAR22PjG6yr9uaHWCgVBcMt-vHpKqP0DHRI\\_1ZWq9qvdElmEbs86bCWeLIXQ4](https://www.rigb.org/ExpeRimental?fbclid=IwAR22PjG6yr9uaHWCgVBcMt-vHpKqP0DHRI_1ZWq9qvdElmEbs86bCWeLIXQ4)
- Just Dance 3 <https://youtu.be/BhYvFMq7Xaw>