

Stuck-At-Home-Resources – Use Control+Click to open links

Bring the Outdoors inside:

[San Diego Zoo](#) This is the site for kids – see the Live Cams site for the zoo below

[Cincinatti Zoo Youtube channel](#)

[Yellowstone National Park](#)

[Mars](#)

[Great Wall of China](#)

[Appalachian Trail](#)

[National Parks Virtual Tours](#)

[National Parks Service Tour](#)

[Virtual Dives](#)

Live Cameras of Zoos and Aquariums

[San Diego Zoo Live Cameras](#)

[Monterey Bay Aquarium](#)

[Atlanta Zoo Panda Cam](#) Scroll down for lots of videos and stories

[Houston Zoo](#)

[Georgia Aquarium Beluga whale webcam](#) Scroll down for webcams for penguins, sea lions, puffins and more.

[New England Aquarium Virtual Visit](#) They have a live presentation on Facebook daily at 11am as well as prior videos posted online.

The ARTS

Museums with online features

[British Museum, London](#)

[Guggenheim Museum, NY](#)

[National Gallery of Art, Washington DC](#)

[Musee d'Orsay, Paris](#)

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

[Pergamon Museum, Berlin](#)

[Rijksmuseum, Amsterdam](#)

[Van Gogh Museum, Amsterdam](#)

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

[Uffizi Gallery, Florence](#)

[MSAP, Sao Paulo](#)

[Open Heritage Sites from Around the world:](#)

[Blarney Castle and Gardens](#)

Other Arts:

[Google Arts & Culture](#) An amazing array of a variety of places, inside & out

[Graffiti Art](#) Street art sites with audio tour and background (part of Google Arts & Culture)

Other Entertainment:

[Broadway Plays & Musicals](#) Playbill lists several plays & musicals that can be found and watched online. Some may be free, some part of other services.

[Metropolitan Opera](#) Nightly free Opera streams

[GOG PC Games](#) 27 Free games

[Free MS DOS games](#) Archive of nearly 7000 games

Drawful 2 free for now from Steam or buy for \$.09 in Nintendo Eshop (NOTE that this is Rated T for Teen! So be forewarned) : https://store.steampowered.com/app/442070/Drawful_2/ Like Pictionary – on phones or tablets

Home Exercise: (Only do exercises according to your ability level)

[50 Bodyweight Exercises you can do anywhere](#)

[Just Dance 3](#) This is a 1 hour routine that's free to guests on youtube

[Ballet Nova Center](#) Different levels of video ballet routines posted on Facebook

[Peloton free 90-day trial](#) for new users

[Planet Fitness Home Work-Ins on Facebook](#)

[Lifetime Fitness](#)

[YMCA](#)

[Gold's Gym App free through May 31st](#) This is the link to sign up for the app

LEARNING FOR ADULTS AND KIDS

Books and AudioBooks

[Atlanta-Fulton Public Library System](#) This is an amazing resource with ebooks, Hoopla (free ebooks, audiobooks, movies, music & tv), Digital magazines, and many other online resources.

Free Audio Books, courses & language lessons: <http://www.openculture.com>
(Watch for the 'Free on Audible' ones as these are free trial ones, not actually free)

[Free Public Domain Books](#) Free audiobooks from Librivox

Primarily for Children & Teens:

[Storyline Online](#) These are really well done by the SAG-AFTRA Foundation.

[Free audible books for kids & teens](#) These play through your browser (no login or registration). Audible is normally a paid service, but these kids books are free, but not downloadable and don't play in the Audible app, only a browser.

[Amazon free videos for kids](#) Kid & Family Videos that are part of Prime are free right now

[Khan Academy](#) Resources for teachers, parents, and kids with videos, schedules, worksheets. They have tons of learning for everyone, including adults.

[Mystery Science](#)

[Suessville](#) Dr Suess site with clips and games

[Fun Brain](#) Videos and games by grade level

[Fun Science Experiments](#) British site with videos about science experiments that can be done at home.

Art & Fun for Kids

[Lunch Doodles with Mo Willems](#) Daily 1pm weekdays with past videos posted as well.

[America's Text Kitchen Kids](#) (free for now)

Mental Health, Meditation & Yoga online Resources

[CDC Resources for Anxiety & Stress during Coronavirus](#)

[Anxiety & Depression Association of America Managing COVID-19 Anxiety Tips](#)

[Active Minds Resources for College Students](#)

[Dr Jud Anxiety Daily Update](#) Judson Brewer is a psychiatrist & neuroscientist posting a daily

anxiety-fighting video.

[Tara Brach](#) Tara Brach is a PhD psychologist and her website has free meditations and talks

[Wired for Happy](#)

[Psych Central Tips for Self-Isolation](#) Look to the right for other relevant blogs/articles

[Yoga with Adriene](#)

[Free Yoga Programs](#)

[Cosmic Yoga for Kids](#)

[Ten Percent Happier Coronavirus Sanity Guide](#) Offering free content during this crisis.

[Mindful 30-day Find Calm and Nourish Resilience](#) Mindful offering free registration and access through June 30, 2020.

[Calm](#) Another meditation app offering free resources during this time

[UCLA Free Guided Meditations](#) Several audio and transcripts of guided meditations in both English and Spanish.

[Headspace](#) A paid app, but free sections for now. Their Headspace Plus is free through the year to healthcare professionals working in public health settings.

[Guided Imagery](#)

[15 Minute Guided Imagery Meditation Exercise | City of Hope](#)

[Guided-Imagery Meditation](#)

[How to Meditate](#) New York Times guide on how to meditate – includes several recorded meditations.

[Meditation for Anxiety](#) Meditation on youtube

Insight Timer: <https://insighttimer.com/> has an app for both Android & iPhone – lots of free meditations. Now offers a ‘Premium’, but plenty of free content and you can bookmark the ones you like.

[Mindfulness coach](#) An app developed by the VA, but for anyone in distress & trying to cope.