

Personal Distancing Resource Guide

As the COVID-19 situation continues to evolve, below are a number of resources that may be helpful as we all practice good physical distancing. Stay safe, and be well!

SELF-CARE

EXERCISE – MIND (Meditation is to the mind what physical exercise is to the body)

- [Headspace](#) – Online guided meditations, animations, articles and videos teaching the essentials of mindfulness. Currently offering a collection of [free meditations, sleep, and movement exercises](#).
- [Soothing GIF](#) – Sync your breathing to this slowly moving image of a figure expanding into different shapes. According to mental health experts, rhythmic breathing is a good stress-reducing exercise.

EXERCISE – BODY

- [Peloton Digital Membership](#) – Free 90-day trial. Online Cardio, Strength, Yoga, Meditation classes.
- [Orangetheory Fitness](#) – Posting a free daily 30-minute exercise video to their website.
- [CorePower Yoga](#) – Offering free access to a collection of online classes, updated weekly.
- [Yoga Works](#) – Free 14-day trial. Unlimited access to online yoga, meditation, and fitness classes

COMPETITION / CHALLENGES

- IDEA: “See 10, Do 10” challenge – If someone tags you in a video of them doing 10 [push-ups], you drop and video yourself doing 10, making sure to tag friends to pass along the encouragement.

EDUCATIONAL

BRAIN GAMES

- [Lumosity](#) – Over 60 online brain games intended to train core cognitive abilities. Also offers simple guided meditations in a mindfulness app, called [Lumosity Mind](#).

ONLINE COURSES

- [Coursera](#) – Hundreds of free courses give you access to on-demand video lectures, homework exercises, and community discussion forums.
- [The Great Courses Plus](#) – A video-on-demand service featuring unlimited access to educational content on hundreds of subjects taught by the world’s greatest professors. Topics include: Food & Wine, History, Literature & Language, Music & Fine Arts, Professional & Personal Growth, Science, Health & Fitness, Hobby & Leisure, Philosophy, Travel, and programs for young learners.

SOCIALIZING

- [Marco Polo](#) – Stay connected with friends using this app that allows for back-and-forth video chats
- [Google Duo](#) – Video app allowing for one-on-one or group video chats. Available on Android & iOS.
- [Amazon Chime](#) – Online meeting and video conferencing platform with screen sharing capabilities.
- IDEA: Virtual “Meet Ups” – Use your favorite video communication app to coordinate a virtual get together with family or friends—and don’t forget about your professional network, which may enjoy “meeting up” for a virtual happy-hour at the end of a long day working from home.

EDU-TAINMENT

BOOKS

- [Audible](#) – Digital audiobooks, radio and TV programs, and audio versions of magazines and newspapers. Currently offering [free access to a collection of children's books](#), with no sign-in required.

PODCASTS

- If you're new to podcasts, you may enjoy reading, [A Beginner's Guide to Getting into Podcasts](#). Or if you're looking for content that may be appropriate for kids ages 2-6, you may find this article useful, [A Big List of Podcasts for Little Kids](#). Happy listening!

VIRTUAL STOCK MARKET GAMES

In the absence of sports, adults (and kids alike) may enjoy constructing a virtual portfolio of their favorite stocks to compete against others and earn a spot at the top the leaderboard. Note: these games are strictly a simulation and do not use real money.

- [MarketWatch Virtual Stock Exchange](#)
- [Investopedia Stock Market Game](#)
- [Wall Street Survivor](#)

EXPLORE THE GREAT OUTDOORS

NATIONAL PARK VIRTUAL TOURS

- [National Parks Virtual Tours by Google Arts & Culture](#) - Explore five national parks in the U.S. from the comfort and safety of your home. Get your fill of the great outdoors by visiting the following parks: Kenai Fjords National Park, Alaska; Hawai'i Volcanoes National Park, Hawaii; Carlsbad Caverns National Park, New Mexico; Bryce Canyon National Park, Utah; Dry Tortugas National Park, Florida.

OUTDOOR LIVE STREAMS

- [Upper Yosemite Falls](#)
- [Old Faithful, Yellowstone](#)
- [Live Ocean Webcam](#)
- [Bald Eagle Nest](#)

ARTS & CULTURE

MUSEUM VIRTUAL TOURS

[Museum Virtual Tours by Google Arts & Culture](#) - Explore over 2,500 museums and galleries from around the world. Click above or below to view virtual tours and online exhibits of some of the most famous museums around the world, including:

- [Musée d'Orsay, Paris](#)
- [Musée de l'Orangerie, Paris](#)
- [British Museum in London](#)
- [Van Gogh Museum, Amsterdam](#)
- [National Gallery of Art, Washington, D.C.](#)
- [Metropolitan Museum of Art, New York](#)
- [MoMA Museum of Modern Art, New York](#)
- [Isabella Stewart Gardner Museum, Boston](#)
- [Georgia O'Keeffe Museum, Santa Fe, NM](#)
- [The J. Paul Getty Museum, Los Angeles](#)

THEATRE VIRTUAL TOURS

- [Stages From Around The World](#) - Step inside some of the most beautiful theatres, concert halls and opera houses from around the world, including: The Bolshoi Theatre, Moscow; Carnegie Hall, New York City; The Coliseum, Rome; Elbphilharmonie, Hamburg; Palacio de Bellas Artes, Mexico City; Sydney Opera House, Sydney, and the Palais Garnier, Paris, among others.

OPERA VIDEO STREAMS

- [The Metropolitan Opera](#) – Currently streaming a free opera every day. Click here to view an [upcoming schedule of this week's streams](#), with complete archive performances starring at 7:30 p.m. ET.

FAMILY FRIENDLY

ONLINE COURSES & ACTIVITIES

- [Khan Academy](#) –Free educational resources for students, teachers, and parents that includes exercises, quizzes, and tests for student age 4-18. Parents may also access [Khan Academy Kids](#), which is a free educational app focused on building early literacy, language, and math skills for children ages 2 to 7.
- [Scholastic Learn at Home](#) – A free learn-from-home site from the world's largest publisher of children's books. This site provides daily activities for kids ranging from Pre-K to Grades 6-9. For example, click here to check out a [free collection of worksheets and activities](#) for kids.
- [Peep and the Big Wide World](#) – An animated series focused on teaching science and math to preschoolers. Includes online games and apps as well as hands-on science activities. Click here to view a sample of their [Family Science and Math Handouts](#).
- [My Bored Toddler](#) – A collection of activities and crafts to do at home with your toddler. Prepared by an Australian teacher and mom of two. Click here to sign-up for her [Daily Indoor Activity Challenge](#).

VIRTUAL FIELD TRIPS

- [American Museum of Natural History](#) – Maintains a [YouTube channel](#) that features videos of the institution's exhibits and world-class collections, and takes audiences into the field with researchers. AMNH also offers a science website for kids, called [Ology](#), and a collection of [online curriculums](#) for teachers, parents, and students on topics ranging from dinosaurs to river ecology.

DIGITAL LIBRARIES

- [Audible for Kids](#) – In response to the COVID-19 pandemic, Audible has made a large number of children's and classic titles free to access via its website, with no sign-in required—[click here to access](#).
- [Epic!](#) (<12 years) – A subscription-based digital library for kids 12 & under that includes children's audio and read to me books. Offering free access through June 30th, [by teacher invitation](#)—otherwise, standard 30-day free trial.
- [Reading IQ](#) (<12 years) – A subscription-based digital library offering unlimited access to thousands of carefully curated books for readers 12 and under. Free 30-day trial.
- [News-O-Matic](#) (5+) – A daily newspaper and educational resource for readers in grades K-8. Content is vetted by News-O-Matic's on-staff child psychologist. Offering [free access through June 30](#).
- [Ranger Rick](#) – A print and online publication created by the National Wildlife Federation. Currently offering free access to their website until June 30, which includes digital editions of their magazines, and activity ideas in their monthly [Ranger Rick Educator's Guide](#) and [Ranger Rick Parent Reading Guide](#).

EXERCISE

- [Cosmic Kids Yoga](#) – YouTube channel offering free yoga and mindfulness videos for kids aged 3+.

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