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SPRING 2020

# 40+ Ways to Stay Safe & Entertained at Home

*Keeping Out of COVID-19's Harmful Way*

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REMINDER: SOME  
OPTIONS OFFERED  
FOR ONLY A LIMITED  
PERIOD OF TIME

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If you're not staying at home just yet, [HERE](#) is a helpful reference guide for preparing to stay home.

## Putting Yourself at Risk Isn't Worth it!

Take advantage of what's available to you online.

As we practice social distancing and staying at home to reduce the greater potential impact of COVID-19, we now find ourselves navigating a very different way of being.

To battle the cabin fever for those already at home or to curb some of the ongoing updates, I've gathered **over 40 online links** and ideas not only to entertain the kids, but also to give you access to places that you may have **always wanted to experience** like museums, oceans, musicals and so much more.

Plus, you'll also find virtual places for **fitness** and exercise, **online courses**, and **activities** so you can explore as much as possible from the safety of your own home.

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I've tried to include as many free options as possible, but some of them aren't. Please know that I get no compensation or benefit in any way from these different links - we just want to give you a hub you can turn to or share with others to benefit from.



## Theatre and Entertainment

1) Enjoy a **museum** or **art exhibit** from the comfort of your own couch. **Google Arts & Culture** has access to a number of different museum exhibits across the globe. Take a peek at [Frida Kahlo's diary](#) or get up close and personal with [Van Gogh](#). See all options [here](#).

2) Are you a **musical theatre** or **Broadway** junkie? Playbill has 15 Broadway plays and musicals you can watch ON STAGE from anywhere right [here](#).

And they some great recommendations for musicals what to watch from home and where to find them in [this article](#).

3) The **Louvre** in France has 3 virtual tours of their exhibits you can view online right from [here](#).

4) With movie theaters being closed for safety, movie goer subscriptions have been suspended and studios are offering what would have been **in-theatre movies** online, **on demand** instead. Learn how you can rent or buy in-theater movies without needing a subscription [here](#).

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## Take Classes and Courses

1) **Harvard University** offers a number of free online courses. Check out the options [here](#).

2) Yale's most popular class **The Science of Well-Being** with 4.9 stars from over 4,110 ratings is available free online right [here](#).

3) Ever wish you could take some cooking classes? Well, you can stretch your culinary skills by signing up for [this free cooking school](#) (until the end of April).

4) If you've ever wanted to learn how to **code**, you can do it free and online with **Ivy League Courses** in [programming here](#).

5) You can **learn a new skill** [here](#) on Skillshare.com for the next 2 months – this is a paid service, but they offer 2 free months.

6) You can get a small taste of the inner working of **Walt Disney's Imagineers** who created a [free online program](#) called **Imagineering in a Box**. It is a series of interactive lessons in theme park design and engineering, for a behind-the-scenes peek into their development process.



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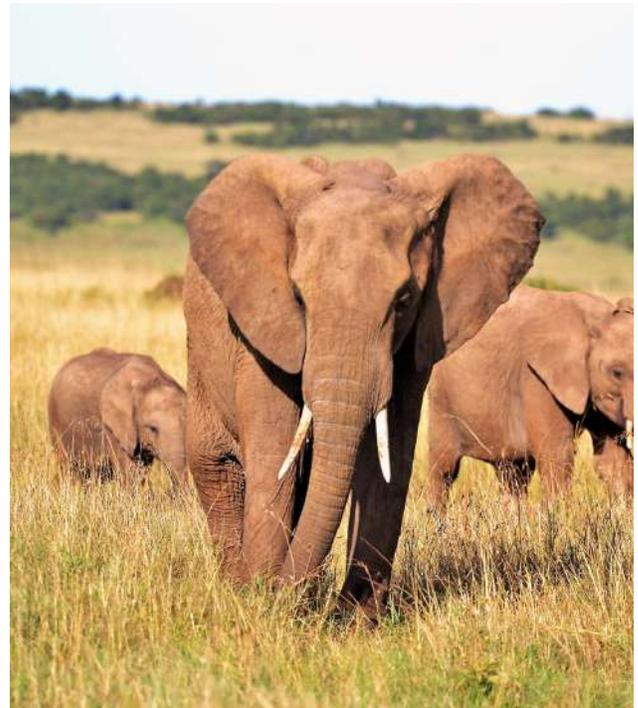
# Thousands of Health and Wellness Options

For many, heading to the gym or catching work out classes was part of a regular routine. Now, we're having to get creative if there's no home gym. Here are ways you can still burn calories at home or work on your mental state of being.

- 1) The YMCA has launched a **free on demand** service where you can take group exercise classes for all ages right in your own home at **no charge for a limited time** [here](#).
- 2) Take up **Yoga With Adriene's YouTube channel** has so many video resources you can watch for free [here](#).
- 3) The Daily Burn is one membership with access to **thousands of different workout videos** so you can mix it up every day right from your own home (extended 60 day [free trial](#)).
- 4) Nike's **Nike Training app** helps turn staying in into your at-home advantage [here](#).



- 5) Barre Body Studio is a **boutique fitness studio** with **online classes** [here](#).
- 6) Practice **pilates anytime** with access to **3,400+ streaming Pilates videos** in your home and on the go (15 day [free trial](#)).
- 7) Daily PE Sessions Monday through Friday for Kids with Joe Wicks (a fitness trainer in the UK) - I'm hoping they will be available on his YouTube channel [here](#) after they are done LIVE via video.



## Escape with Travels & Tours

Maybe some travel plans were cancelled or you're dreaming of your next bucket list destination. Well, now you can take a virtual tour through national parks, zoos and beaches near and far.

- 1) **Google Earth** lets you discover all parts of the planet [here](#).
- 2) Why not check out the peaceful **The Hidden Worlds of the National Parks** [here](#)?
- 3) You can even explore **Mars** [here](#).
- 4) And, you can **enjoy spring flowers** with these **5 gardens** across the globe that you can virtually tour [right here](#).
- 5) Take a peak of the Great Wall of China [here](#).
- 6) Get an insider view of jelly fish and more with **Georgia Aquarium's live web cam** footage [here](#). Or check out **Monterey Bay Aquarium's** [here](#).
- 7) Then, hop on over to San Diego Zoo for some more than 10 live camera adventures with **pandas, koalas, giraffes, elephants** and more [here](#).



## 38 Activities For the Kids

You might be looking for creative ways to entertain the kids or grandkids after school closures and thankfully there are some great online resources that may come in handy.

- 1) Tune in for the daily [Lunch Doodle](#) from 1-1:20 PM EST through March 27. Learners worldwide can draw, doodle and explore new ways of writing by visiting Mo's studio virtually once a day for the next few weeks.
- 2) **Children book author**, Mac Barnett, is also **reading** a different book every day at 3 PM EST via [Instagram Live](#).
- 3) **The Kennedy Space Center** has launched science lessons on [Facebook Live](#).



4) In the STEM (stands for **Science, Technology, Engineering, and Math**) Activity Clearinghouse, you can find vetted **activities** that are appropriate for multiple audiences and difficulty level [here](#).

5) [iKnowIt.com](#) is a comprehensive, **interactive math practice site** for students in Kindergarten to fifth grade and can be used for independent practice, remediation, assessment, and more ([90 day free access](#)).

5) A teacher gathered links for over **30 Virtual Field Trips** including Mars, an animal farm tour, U.S. Space and Rocket Museum in Huntsville, the Boston Children's Museum, and more [here](#).

6) Learn more about marine biology with [this](#) family's **Virtual Marine Biology Camp**.



7) [Vooks](#) has an ever-growing **streaming library** of **kid-safe animated storybooks** on all your favorite devices [here](#).

8) **Authors** are grabbing their favorite books and phone and are **recording themselves reading** with [Operation Story Time](#).