

SUMMER VIRTUAL INSANITY LIST

We wanted to share a collection of resources for indoor virtual activities. There really is a whole world of opportunities out there for you to enjoy.

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/>

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/>



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Museums

British Museum, London:

<https://britishmuseum.withgoogle.com/>

Guggenheim Museum, NY:

<https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/>

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>

Pergamon Museum, Berlin:

<https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en>

Rijksmuseum, Amsterdam:

<https://artsandculture.google.com/streetview/rijksmuseum/>

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>



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Other Entertainment

Musicals you can watch at home:

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

Ballet Nova Center:

<https://www.facebook.com/watch/BalletNovaCenterForDance/>

Met Opera:

<https://www.metopera.org/>

Paris Opera:

<https://www.operadeparis.fr/>

Home Exercise: Only do exercises according to your ability level

Bodyweight exercises: Push ups, sit-ups, squats, jumping jacks, mountain climbers, burpees

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

The best bodyweight workout for beginners—no gym needed:

<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=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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Free Online Courses

Free Online Courses:

<https://www.freecodecamp.org/news/ivy-league-free-online-courses>

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

One-month free trial:

<https://www.thegreatcoursesplus.com/>

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/>

Other Resources

Suessville:

www.seussville.com

Fun Brain:

www.funbrain.com

Storyline Online:

www.storylineonline.net

Fun Science Experiments:

<https://www.rigb.org/ExpeRimental>

Just Dance 3:

<https://youtu.be/BhYvFMq7Xaw>

Scholastic's free learn-from-home site with 20+ days of learning and activities

<https://classroommagazines.scholastic.com/support/learnathome.html>

Enjoy and stay safe online



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