
Online Resources During COVID-19

Mental Health and Happiness

MindValley

<https://podcast.mindvalley.com/>

Impact Theory

<https://impacttheory.com/>

The Happiness Lab

<https://podcasts.apple.com/us/podcast/the-happiness-lab-with-dr-laurie-santos/id1474245040?i=1000468548405>

Happier w/ Gretchen Rubin

<https://gretchenrubin.com/podcast-episode/bonus-coping-during-covid-19/>

Exercise and Fitness

Live Fitness Classes

<https://www.facebook.com/fitnessjunkypcb/>

Crossfit

<https://www.livefreecrossfit.com/wod/>

Boxing

<http://www.sneakpunch.com/learn-boxing-online-box/>

Cardio, Pilates, Conditioning, Kickboxing, and much more!

https://www.huffpost.com/entry/free-online-workout_b_7722024

High Intensity, Toning, Yoga, and CelebrityTrainer courses

<https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/>

Dance

Ballet Online Classes (YouTube Channel)

https://www.youtube.com/playlist?list=PLplrX5sXaXc_k6zKND8qL44UuaTuPsubW

Hip-pop, Swing dance, Freestyle and much more

<https://www.skillshare.com/browse/dance>

Salsa, Bachata, Cha Cha, & Kazimbo

<https://www.webdancetv.com/channel/FREE-videos/3>

Over 13 forms of dancing from all over the WORLD!

<https://www.dancingalonetogether.org/classes>

Music

Live Streams & Concerts (Date, Performer, & Virtual Platform)

<https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

Live Performances from the Living Rooms of your Favorite Artists around the world!

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

Quarantine Karaoke

<https://www.facebook.com/groups/524184781620208/>

Podcasts

DISCLAIMER: MAY CONTAIN ADULT CONTENT

A Beginners Guide to Podcasts

<https://www.theguardian.com/media/2017/oct/07/how-to-listen-to-podcasts-everything-you-need-to-know>

Spotify

<https://open.spotify.com/genre/podcasts-page>

Apple- Podcast App

<https://www.apple.com/itunes/podcasts/discover/>

iHeart Radio

<https://www.iheart.com/podcast/>

Stitcher

<https://www.stitcher.com/stitcher-list/all-podcasts-top-shows>

NPR

<https://www.npr.org/podcasts/>

Cooking

Indian food

<https://www.tastemade.com/classes/in-the-kitchen-introduction-to-indian-cooking>

Thai food

<https://shop.mybluprint.com/cooking/classes/authentic-thai-cooking/35449>

Italian food

<https://www.youtube.com/watch?v=o6gEsSWDCmk&list=PLQDRXobmLAtlpemWkkao5kKrvRugo5V74>

French food

<https://www.youtube.com/channel/UC0IG3Ihe4LGV851IODRIS5g>

Online Culinary Classes

<https://www.sun-sentinel.com/features/food/fl-ne-corona-online-cooking-classes-20200319-jekp5jfhwbj3jfp6yoxqfara-story.html>

Learn how to cook from famous chefs like Gordon Ramsay!

<https://www.popsugar.com/food/free-online-cooking-classes-47344274>

DIY

Beginner DIY Projects

https://www.youtube.com/watch?v=2G5f_LpdLh0

DIY For the Home

<https://www.thespruce.com/diy-projects-4127943>

DIY for You and Your Family

<https://www.youtube.com/watch?v=DdIs03ufvjk>

Games

Games with Family and Friends

<https://parade.com/1012420/nicolepajer/best-online-games/>

Virtual Game Night

<https://www.marieclaire.com/home/a31904212/virtual-game-night/>

Puzzles, memory, word games, and more

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

Virtual Field Trips of National Parks and More

Kenai Fjords National Park(Alaska, US)

<https://artsandculture.withgoogle.com/en-us/national-parks-service/kenai-fjords/exit-glacier-tour>

Bryce Canyon National Park (Utah, US)

<https://artsandculture.withgoogle.com/en-us/national-parks-service/bryce-canyon/sunset-point-tour>

Dry Tortugas National Park (Florida, US)

<https://artsandculture.withgoogle.com/en-us/national-parks-service/dry-tortugas/near-little-africa-tour>

Carlsbad Caverns National Park (New Mexico, US)

<https://artsandculture.withgoogle.com/en-us/national-parks-service/carlsbad-caverns/natural-entrance-tour>

Yellowstone National Park (Idaho, Montana, & Wyoming)

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Upper Delaware Scenic and Recreational River(New York & Pennsylvania)

<https://www.nps.gov/upde/learn/river-access-points.htm>

Virtual Tours

<https://www.discoveryeducation.com/community/virtual-field-trips/>

Explore Coral life in Palau, Orangutans in the Boreno Jungle, Colombias Waters

https://www.nature.org/en-us/about-us/who-we-are/how-we-work/youth-engagement/nature-lab/virtual-field-trips/?utm_source=Social&utm_medium=FB&utm_campaign=WAT_MDR&utm_content=TNC_1711_Article

Anne Frank's House, Ellis Island, Mars, and The White House

<https://freedomhomeschooling.com/virtual-field-trips/>

Educational, Performing Arts, & Outer Space

<https://mommyuniversitynj.com/2020/03/16/educational-virtual-tours-travel-the-world-from-inside-your-home/>

Garden Tours

https://www.housebeautiful.com/lifestyle/gardening/g31746949/gardens-you-can-virtually-tour/?utm_campaign=socialflowFBHBU&utm_source=facebook&utm_medium=social-media

[tour/?utm_campaign=socialflowFBHBU&utm_source=facebook&utm_medium=social-media](https://www.housebeautiful.com/lifestyle/gardening/g31746949/gardens-you-can-virtually-tour/?utm_campaign=socialflowFBHBU&utm_source=facebook&utm_medium=social-media)

Cherry Blossoms

<https://nationalmall.org/>

Zoos & Museums

Fresno Chaffee Zoo- Home Activities & Lessons; Educational Videos

<https://www.fresnochaffeezoo.org/bringing-the-zoo-to-you/>

Aquarium Of the Pacific, Long Beach (Online Academy)

<http://www.aquariumofpacific.org/>

Virtual Aquarium Tours

<https://www.midgetmomma.com/virtual-aquarium-tours/>

Animals from all Over the World!

<https://explore.org/livecams/african-wildlife/tembe-elephant-park>

Pergamon Museum (Berlin, Germany)

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

Rijksmuseum (Amsterdam, Netherlands)

https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv_lng=4.885283712508563&sv_lat=52.35984312584405&sv_h=291.1699875145569&sv_p=-5.924133903625474&sv_pid=fOVcUXQW2wpRf33iUmxEfg&sv_z=1.0000000000000002

Uffizi Gallery (Florence, Italy)

<https://artsandculture.google.com/partner/uffizi-gallery?hl=en>

MASP (Sao Paulo, Brazil)

<https://artsandculture.google.com/partner/masp?hl=en>

National Museum of Anthropology (Mexico City, Mexico)

<https://artsandculture.google.com/asset/the-national-museum-of-anthropology-mexico-city-ziko-van-dijk-wikimedia-commons/bAGSHRdlzSRcdQ?hl=en>

National Gallery of Art (Washington D.C., US)

<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

California State Capitol Museum

<https://capitolmuseum.ca.gov/the-museum/virtual-tours>

Reading

Fresno County Public Library- ebooks and downloads

<http://www.fresnolibrary.org/ebooks.html>

Book Club w/ Simon Sinek

<https://www.youtube.com/user/SimonSinek>

Over 500,000 E-books

<https://manybooks.net/>

Over 800 Audio Books

http://www.openculture.com/free_ebooks

Fun and Educational Activities for Children

Learning Activities

K-5 Learning Resources

<https://www.weareteachers.com/free-online-learning-resources/>

K-12: Video Lessons, Apps, Books, Websites & More

http://www.openculture.com/free_k-12_educational_resources

Excercise

Playwork Fitness Videos

https://www.facebook.com/pg/MakeRecessCount/videos/?ref=page_internal

Kidz Bop, Cardio, Pump It Up, and More

<https://www.romper.com/p/10-online-exercise-yoga-kid-classes-to-make-up-for-pe-22627985>

Dance

Childrens Virtual Ballet Class (Ages 2-6)

<https://dancewithoutlimits.co/>

Variety of children dance lessons

<https://danceparent101.com/best-free-online-dance-classes-and-tutorials-for-school-aged-kids/>

Lets Get Creative

Arts & Crafts

<https://www.merakilane.com/crafting-on-a-budget-26-super-fun-dollar-store-crafts-for-kids/>

What Should We Create Today?

<https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis>

Let's Have Some Fun!

<https://entertainkidsonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures/>

Color by Number

Pokemon

<https://www.simpleeverydaymom.com/pokemon-color-by-number/>

Butterflies

<https://www.teacherspayteachers.com/Product/Color-by-Number-Butterfly-616300>

Addition- Kindergarten, 1st, 2nd, & 3rd grade

<https://www.teacherspayteachers.com/Product/Spring-Color-by-Number-Addition-Spanish-English-FREEBIE-->

Addition and Subtraction- 1st & 2nd grade

<https://www.teacherspayteachers.com/Product/Math-Fact-Color-by-Number-Freebie-additionsubtraction-1149124>

Additional Educational Resources

From Los Angeles

<https://culturela.org/programs-and-initiatives/arts-resources-during-covid-19/>

From Los Altos

<https://www.losaltosca.gov/citymanager/page/fun-activities-keep-you-busy-during-covid-19-shelter-place>