

## For Kids/Culture/Exercise

### I. For Kids

#### a. Movement

##### Stretch and Grow of the Rockies “Brain Breaks”

Jillian Sterner is the CEO of **Stretch and Grow of the Rockies**, a kid's health and wellness enrichment company that teaches children age-appropriate fitness and yoga routines. They upload daily “Brain Breaks” on YouTube that include a 10-minute video of yoga poses, breathing techniques, and exercises.

##### Cosmic Kids YouTube

Offers yoga lessons working on balance and strength on YouTube.

#### b. Enrichment

**Audible** has free stories for children: [stories.audible.com](https://www.audible.com/stories)

##### **The New York Public Library is offering free tutoring:**

Get [free online homework help](#) from one-on-one tutors, daily from 2–11 PM. Available in English and Spanish, from early elementary through high school grades, in core subject areas. Video content and other resources are also available 24 hours a day.

##### Brainfuse

Start learning with the Library's partner in one-on-one tutoring, Brainfuse. Log in with your library card number for access. *Please note:* library cards must have a home library selected. If you need to select a home library, [log into your account](#) and click on Settings to set your Preferred Pickup location.

If you sign up for a card through **SimplyE**, you must complete this step once your barcode has been emailed to you.

## For Kids/Culture/Exercise

### II. Entertainment

#### a. Socializing with Friends on-line w/ Netflix Party

Thanks to a Google Chrome extension called **Netflix Party**, groups of friends can get together virtually and watch their favorite Netflix titles on their computers at the same time. The extension also comes with a chat room, so you can share your reactions to the programs as you watch.

In order to participate, all you need is a Google Chrome browser, the extension and a Netflix subscription. Here's how it works:

1. Go to [netflixparty.com](https://netflixparty.com) on a Google Chrome browser and click "Get Netflix Party for free!" This will redirect you to Netflix Party's page on the chrome web store.
2. Click "Add to Chrome" and then click "Add extension" in the pop-up window. Netflix Party will then be added to the top right corner of your Google Chrome browser, next to the address bar. It will have the initials "NP."
3. Make sure your friends have downloaded "NP" onto their Google Chrome browsers as well.
4. Using your Google Chrome browser, go to Netflix.com, and play the show or movie you all want to watch.
5. Then click the "NP" button on your browser. You'll also have the option of making yourself the one in charge of pausing, fast-forwarding and rewinding by checking the "Only I have control" box. If you don't, anybody in your party will be able to use these features.
6. Click "Start the Party" and copy the URL that appears. Send this URL to the people you want to join your party.
7. Once your friends open the link, they should log into Netflix and hit the "NP" button on their Google Chrome browsers
8. You should now be synced up! Enjoy your program. You can also communicate with each other via group chat on the right side of the screen. Choose a festive user icon and screen name and share all your binge-watching feels through messages, screenshots, emojis and GIFs.

Now, go make the most of your [coronavirus quarantine](#).

**For Kids/Culture/Exercise**

**III. Cultural and Educational Resources**

**a. Museums and Art Galleries Virtual Exhibitions**

**Musée d'Orsay: Paris**

Take in [278 masterpieces here](#).

Our suggestions: [Vincent Van Gogh's self portrait](#), and [Éduoard Manet's legendary nude, "Olympia."](#) Don't worry about clicking aimlessly, all the pieces have extensive descriptions and notations.

**National Gallery of Art: Washington, D.C.**

View online exhibits and more than 42,000 works [here](#).

Our suggestion: [A Selection of fashion watercolors](#) from the Index of American Design.

**Uffizi Gallery: Florence, Italy**

Take a [virtual walk through Florence's artistic gem](#) before stopping to admire some of the museum's most famous inhabitants.

Our suggestion: [Sandro Botticelli's "Birth of Venus," of course](#). But also, in the tour, don't forget to drag the screen and look up at the beautiful frescoes on the ceiling, painted by Alessandro Allori.

**Johannesburg Art Gallery: Johannesburg**

Browse more than 500 works from Africa's largest art gallery. Our suggestion: The museum houses plenty of works from Dutch and other European artists, but it also offers an array of works [from South African artists](#).

For a more historical angle, [browse their online exhibit about the role of photography and resistance](#) in the era of Apartheid.

## For Kids/Culture/Exercise

### National Portrait Gallery: Washington, D.C.

The intimate nature of portraiture makes this museum [a particularly great option for a home browse](#).

Our suggestion: Now's the time to take a closer look at the [Obama portraits](#) everyone [raves about!](#)

### British Museum: London

[Explore a stunning visual timeline of the world](#), with an array of annotated objects. Our suggestion: This timeline pairs nicely with "[A History of the World in 100 Objects](#)," a podcast narrated by the Director of the British Museum, Neil MacGregor. (If your ears are craving more, [here are some more culture podcasts to enjoy](#).)

### African American History and Culture: Washington, D.C.

If you've ever wanted to visit an extremely popular museum but couldn't seem to nab tickets, a virtual tour is the next best thing! This one [gives you just a taste of what the museum has to offer](#), and where in the museum each feature is located.

### Smithsonian Museum of Natural History: Washington, D.C.

Dinosaurs! Snakes in jars! Giant diamonds! [This is a good option for kids](#).

Our suggestions: The Ocean Hall, The Hall of Mammals, and the [Hall of Fossils](#). Or, [mix it up with minerals](#).

### Russia's State Hermitage Museum: St. Petersburg, Russia

Got five hours to kill? [Enjoy this extensive video tour of the largest museum in Russia](#), complete with 45 galleries and 588 artistic masterpieces.

### Kusama's Infinity Mirrors

If you missed one of the hottest traveling museum exhibits of the past few years, *ooh* and *ahh* at a brisk [room-by-room rundown of the hypnotic, multi-faceted work](#) of Japanese artist Yayoi Kusama.

## For Kids/Culture/Exercise

### **Banksy Murals Around the World**

[Go on an artistic treasure hunt](#) -- without the hunt part. With something like street art, it's much more interesting to see the work in its full context, than just through a close-up.

### **Van Gogh's Starry Night at the Museum of Modern Art in New York City**

[These close-up looks at famous paintings](#) are so intense, you may think a docent will start yelling at you. Few paintings are suited to such a treatment than the bold, textured lines of The Starry Night.

## **b. Cultural Sites**

### **The White House: Washington, D.C.**

[Hang out in the Oval Office? Don't mind if we do!](#) By the way, the online exhibit sections of Google Arts & Culture's offerings are like having your own personal tour guide.

Our suggestion: [The Virtual Tour of the Eisenhower Executive Office Building](#) will get you acquainted with stunning spaces you've only ever seen on TV.

### **Palace of Versailles: Versailles, France**

Explore one of France's national treasures and [all of the Baroque art, architecture and finery within](#).

Our suggestion: Go outside of the palace interior [for an early birds-eye-view of the grounds](#), to get your bearings.

### **The Prambanan Temple: Yogyakarta, Indonesia**

[There's so much to behold in this iconic, intricate Hindu temple complex](#). Good thing you're in no rush! Step up to the spires with the arrow marks, and drag your cursor to get a good look at the carvings.

### **The Sistine Chapel: Vatican City**

[There are a lot of museum collections to explore on the Vatican's virtual site](#). But first, go straight to [zooming in on all of the detail on the Sistine Chapel](#).

## **For Kids/Culture/Exercise**

### **c. Zoos and Aquariums**

#### **The Cincinnati Zoo**

Every day while school is out, the Cincinnati Zoo ([home of the famous Fiona the hippo](#)), [will be hosting a Home Safari on their Facebook Live Feed](#) at 3 p.m. ET. They'll have up-close animal experiences, plus activities to do at home.

#### **The Shedd Aquarium: Chicago, Illinois**

The Shedd Aquarium has already captured hearts with the antics of its resident penguins, which have been filmed roaming the now-empty halls of the aquarium, looking at all of the other exhibits. But [animal lovers will want to follow their Facebook page](#), too: They're sharing all kinds of behind-the-scenes videos and fun virtual experiences.

#### **The San Diego Zoo**

Want to have something fun going on in the background while you're working? Your favorite zoo probably has live cams so you can check in on all the animals. [The San Diego Zoo is a great start.](#)

#### **The Georgia Aquarium: Atlanta**

[The Georgia Aquarium has live streams, too!](#) And you can pick what animal you want to watch. We're partial to the African Penguins.

### **d. Classical Music**

#### **Vancouver Symphony**

The Vancouver Symphony live streamed [its final performance from their BeethovenFest](#), and it's available for your viewing -- and listening -- pleasure any time.

## For Kids/Culture/Exercise

### Berlin Philharmonic

With a special limited-time code, [you can enjoy a treasury of online performances](#) from one of the best orchestras in the world. Our suggestion: You can't go wrong with anything from the trifecta of national B's: Bach, Beethoven and Brahms. But Gustav Mahler's second symphony, [The Resurrection Symphony](#), seems apt in these trying time.

### e. [Operas, Plays and Ballet](#)

#### Alvin Ailey

While we remain safe at home, you can enjoy Ailey performances, classes, and other special content online for free. [Learn more.](#)

#### [Apollo Theater Digital Stage](#)

In response to heightened concerns relating to the spread of the Coronavirus (COVID-19), and in keeping the health and well-being of our audience, artists, community, visitors and staff our top priority, the Apollo Theater is canceling all Apollo Theater-produced public programs. Ongoing updates will be provided here along with community resources at [apollotheater.org/apollocares](http://apollotheater.org/apollocares). Be well, and stay connected at the [Apollo Digital Stage](#).

#### Royal Opera House: London

When it comes to high culture, don't underestimate YouTube! [The Royal Opera House's channel](#) has a selection of some of the top performances from famous operas and ballets, just a click away.

Our suggestions: [The Caterpillar from Alice's Adventures in Wonderland](#), and [The Dance of the Knights from Prokofiev's Romeo and Juliet](#), if just for the incredible costumes.

#### Vienna State Opera

If you can't be in Vienna, you can at least [treat yourself to full streams of some of the Vienna State Opera's latest performances](#). A reminder, for people who don't like opera: These works are almost always as much a treat for the eyes as much as the ears.

## For Kids/Culture/Exercise

### Metropolitan Opera: New York City

Arts lovers, if appointment viewing is more your thing, [the Met is putting on nightly opera streams](#). But you better not be late! They're only available until 3:30 p.m. ET the next day. And there's something to be said for such ephemerality.

### The Social Distancing Festival

Want more live streamed arts? A theater artist has created [The Social Distancing Festival](#), which gathers live streams and videos of all different types of performances in one place, on one calendar.

### Broadway HD

Broadway HD is offering a free 7-day trial of streaming plays and musicals from the West End of London and Broadway. <https://www.broadwayhd.com/>

### The British National Theatre

Join us every Thursday for much-loved National Theatre Live productions, free to stream on YouTube for seven days. <http://ntlive.nationaltheatre.org.uk/>

### Free You Andrew Lloyd Webber Musicals/Film

<https://www.slashfilm.com/the-shows-must-go-on/>

## IV. Apps for Meditation And Mindfulness

- [Headspace](#) for iOS and Android– offers a **free to download Basics pack**
- [Calm](#) for iOS and Android– **free to download**, offers a 7-day free trial before subscription
- [Insight Timer](#) for iOS and Android– **free**
- [Mindfulness Coach](#) for iOS and Android– **free to download**, developed to help Veterans and Service members
- Serenity: Guided Meditation and Mindfulness for [iOS](#) and [Android](#) – **free to download**, offers in-app purchases
- [The Mindfulness App – Relax, Calm, Focus, and Sleep](#) for Android – **free to download**, offers 1-month free trial before Premium subscription
- [Stop, Breathe & Think – Meditation and Mindfulness](#) for iOS and Android– **free to download**, offers in-app purchases



## For Kids/Culture/Exercise

### CDC Managing Stress

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Check out The New York State's **COVID-19 Emotional Support Helpline**, [\(844\) 863-9314](tel:8448639314), where you can talk to specially trained volunteer professionals. They will be there to listen, support, and offer referrals from 8 a.m. to 10 p.m., seven days a week.

### Wellness Society

Wellness online [Coronavirus Anxiety](#) pdf Workbook, from the **Wellness Society**.

A Resource Library will be maintained and updated of Wellness website and apps that clients can use to occupy their time and utilize Wellness activities options during this time. Contact: **Donna Pine**, Director of Client Wellness Services, [donnap@gmhc.org](mailto:donnap@gmhc.org)

- **Writing Class:** <https://youtu.be/vtIzMaLkCaM>
- **Stress Relief Yoga:** <https://youtu.be/7CTsdbf81W8>
- **20-Minute Pilates for Beginners:** <https://youtu.be/K-PpDkbcNGo>
- **Beginner's Meditation (Part 1):** <https://youtu.be/KQOAVZew5l8>
- **Beginner's Meditation (Part 2):** <https://youtu.be/0eKD-mDa3CA>
- **Bedtime Meditation:** <https://youtu.be/Kvs-22lwjA>

#### a. Exercise

Many facilities are offering free on-line classes. Please see the full resource list of FREE activities below. This can range from at home:

- Yoga
- Zumba
- Core strengthening
- Exercise for folks of all shapes, ages, and sizes

## For Kids/Culture/Exercise

### [STRONG by Zumba YouTube](#)

Combines bodyweight, cardio, muscle conditioning and plyometric training synced to music. Several at-home workout options are available on YouTube with no equipment needed. Options include 7-minute, 20-minute and 30-minute classes.

### [Planet Fitness Live Stream](#)

**Planet Fitness**, one of the country's largest chain gyms, is offering free online classes. The daily workout, which will be 20 minutes and will not require any equipment, will be available on [YouTube](#) and Facebook.

### [CorePowerYoga](#)

This popular yoga studio is offering free access to a selection of their online classes while they are closed to help stop the spread of COVID-19. They will also be hosting live online classes that will be available to members. The series of yoga and meditation classes will be taught by CorePower trainers.

### [LES MILLS](#)

This workout class creator is offering free classes on their streaming platform, **LES MILLS** on Demand until the coronavirus outbreak is over. The site has 95 video classes for Body Combat, Body Pump, Barre, cardio training, mindfulness and more.

### [Fitness Blender](#)

Offers hundreds of free workout videos ranging in difficulty, length, and body focus.

### [Down Dog](#)

**Down Dog** maintains five fitness and yoga apps that offer yoga practices or at-home workouts: Down Dog, Yoga for Beginners, HIIT, Barre and 7 Minute Workout.

Down Dog is making the apps free until May 1. Students and K-12 teachers have free access until July 1.

### **For Kids/Culture/Exercise**

They are also extending free access until July 1 for all **healthcare professionals** so we can help those who are helping us. Please visit [downdogapp.com/healthcare](https://downdogapp.com/healthcare) to register your work healthcare domain.

**YMCA 360: Your Virtual YMCA** is an "on-demand" healthy living network. The YouTube channel offers several 15-minute workout routines.

To enroll in the program, call [1-844-488-8395](tel:1-844-488-8395). Installation fees will be waived for new student households.

#### **b. Free Online Courses/Databases/E-Books**

##### **Coursera**

**Coursera** courses are free to audit but if you want to access graded assignments or earn a Course Certificate, you will need to pay.

Here's an example: <https://www.coursera.org/learn/the-science-of-well-being>

##### **Class Central**

**Class Central** is offering 495 free online classes from Ivy League universities.

##### **NYPL Remote Access: Apply for a Library Card & Gain Remote Access**

We know the Library is a critical resource for New Yorkers of all ages, which is why we have taken steps to expand access to our online offerings while our branches are temporarily closed. New York residents can apply for a **New York Public Library** card through SimplyE to gain access to an array of digital resources, including e-books and audiobooks, as well as databases available from home during our period of closure.

##### **SimplyE**

The New York Public Library's free e-reader app that makes it easier than ever to borrow e-books. It is available on the [App Store](#) or [Google Play](#). Developed by NYPL as an open source initiative, now other libraries can provide a consolidated and clear view of their e-book collections.

## **For Kids/Culture/Exercise**

### **NYPL Lynda.com**

**Lynda.com**, a LinkedIn Company is an online educational site that includes over 5,700 courses (and over 180,000 videos) in popular fields like web design, web development, IT, education/instruction, media production, and business. Experts create and deliver all courses as well as provide supplemental materials like exercise files and relevant work samples. Users will need to create accounts in order to track course progress, create playlists of potential coursework, and keep course notes. You can access for free with your NYPL card and pin number. If you do not know your pin number, you can reset it online. Click on “forgot pin”.

### **Brooklyn Library Lynda**

**Brooklyn Public Library (BPL)** is pleased to offer its cardholders access to lynda.com's library of instructional videos. Normally, using lynda.com requires a paid subscription, but as a BPL library cardholder you can access Lynda.com content from any computer with an Internet connection simply by entering your 14-digit BPL library card barcode and 4-digit PIN.

### **Duolingo**

An app to learn a new language, with free options available.