



Free opportunities to care for your physical, emotional, and spiritual health

YMCA 360: Free Online Access to YMCA videos <https://ymca360.org/>

Down Dog App Free until July 1st for students/educators <https://www.downdogapp.com/>

90 days trial Peloton <https://www.onepeloton.com/app>

Yoga with Adriene <https://www.youtube.com/user/yogawithadriene>

Cosmic Kids! Yoga and Mindfulness for kids <https://www.youtube.com/user/CosmicKidsYoga>

BeWell Yoga Zoom classes <https://www.facebook.com/BeWellMorristown/>

Orange Theory <https://www.orangetheory.com/en-au/member-communication-regarding-coronavirus/>

Fitness Blender <https://www.youtube.com/user/FitnessBlender?pbjreload=10>

Nike Training Club app <https://www.nike.com/ntc-app>

Calm app <https://www.calm.com/>

Headspace Meditation <https://www.headspace.com/>

Broadway Shows from Home: <https://www.broadwayhd.com/>

The Unlikely Homeschool: Virtual Field Trips:

https://www.theunlikelyhomeschool.com/2020/03/virtual-field-trips.html?fbclid=IwAR25kJ8WGXO7pzdrttGiwbfZSfh6iXAGNS8M-8CoqqdpCI_h9s3bF68LXP4

Good Grief - Tips for Reducing Social Isolation:

<https://good-grief.org/wordpress/wp-content/uploads/2020/03/Tips-for-Reducing-Isolation.pdf>

Art Resources

MetKids: The Metropolitan Museum of Art has a dedicated kids section on its website, complete with videos, an interactive map, and a “time machine” that brings the viewer to different art pieces in the museum.

The Art Assignment: Weekly PBS videos, hosted by curator Sarah Urist Green, that explore art and history.

The Louvre: <https://www.louvre.fr/en/visites-en-ligne#tabs>

The Guggenheim; <https://www.guggenheim.org/collection-online>

Google Arts and Culture Visit museums and exhibits from all over the world-
<https://artsandculture.google.com/?hl=en>

Zoo + Outdoor Webcams and Tours

Jenkinson’s Aquarium Penguin Cam: Check out how the penguins are doing at Jenkinson’s Aquarium in Point Pleasant by viewing the livestream on their website.

Duke Farms Eagle Cam: Take a look at the bald eagles at Duke Farms in Hillsborough.

Cape May Zoo: Zoo employees will conduct a virtual tour every weekday, starting at 11:30. Each tour features a short clip of a different animal and an education lesson about it.

Cincinnati Zoo & Botanical Garden: The zoo employees will highlight different animals at 3 p.m. each day on their Facebook page.

San Diego Zoo: Check out one of the zoo’s various live webcams, from koalas to tigers.

National Aquarium- <https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>

Museums and Historical Sites:

Smithsonian National Museum of Natural History: <https://naturalhistory2.si.edu/vt3/NMNH/>

National Women's History Museum- <https://www.womenshistory.org/womens-history/online-exhibits>

National Museum of the United States Air Force-<https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>

Buckingham Palace- <https://www.royal.uk/virtual-tours-buckingham-palace>

Monticello- <https://www.monticello.org/visit/tickets-tours/guided-virtual-tours/>

Mark Twain House- <https://marktwainhouse.org/about/the-house/virtual-tour/>

Lyndhurst Mansion Tarrytown, NY- <http://lyndhurst.org/about/virtual-tours/>

Printables

[All Kids Network](#): Thousands of printables for kids, from color by number sheets and hidden pictures to mazes and coloring pages.

[Coloring Nature](#): Hundreds of nature printables, including animals, habitats, gardens, wildflowers, and more.

[Education.com](#): Free printables for kids, including crosswords, dot to dots, and more.

Library Resources

Bernards Township Library: Books/Movies/Magazines <https://www.bernardslibrary.org/downloadables>

Audible.com Free book streaming while schools are closed <https://stories.audible.com/start-listen>

[Montclair Public Library](#): The library is livestreaming its virtual storytime on certain Wednesdays at 11 a.m. Check their Facebook page for more information.

[Englewood Public Library](#): The library is hosting a children's music event (ages birth to 5 years old) every day at 10:30 a.m. on Facebook Live.

[Jersey City Public Library](#): The library has a video story hour on weekdays at different times, so check their Facebook page for upcoming times.

[Rahway Public Library](#): The library is hosting toddler time and pajama storytime at 10:30 a.m. and 6 p.m. on certain days on Facebook Live, respectively. Check their Facebook page for more information.

More Options

[NASA](#): NASA has hundreds of photos and videos of planets, space, and more, available to view for free.

[The Deep Sea](#): Scroll to the very bottom of the ocean with the help of this interactive visual about the deep sea.

[PBS Kids](#): Games for kids from popular TV shows, including Curious George, Sesame Street, and more.

[ScratchJr](#): Kids can create their own interactive stories and games.

[GoNoodle](#): Free movement and mindfulness videos created for kids.

[America's Test Kitchen](#): Recipes and activities are available for kids for free.

School House Rocks complete series- <https://www.youtube.com/channel/UC0KiZzoWB0Wdq3xiTQzmFlw>

Kennedy Space Center- Watch a launch- March 26th and 30th next scheduled launches-

<https://www.kennedyspacecenter.com/launches-and-events/events-calendar?pageindex=1&categories=Rocket%20Launches>