

## **EXERCISE**

Local studios and gyms are starting to stream classes online, including [Planet Fitness](#) and [Sunset Meditation](#) (Virtual Reality Experience from Ball State).

There are also free fitness apps like [FitOn](#), [Freeletics](#), [Simply Yoga](#), [Classroom Meditation](#) and [Calm App](#).

Also, [Popsugar Fitness](#) has many videos on YouTube.

## **EDUCATIONAL**

[Amazing Educational Resources](#) is a collection of companies, links and descriptions created and updated by parents to share free services available online.

[Scholastic](#) is offering free online courses while schools are closed. The Scholastic Learn At Home program offers three hours of learning per day with up to four weeks of instruction. The courses span the subjects of English language arts; STEM; science; social studies; and social-emotional learning.

[Minecraft: Education Edition](#) teaches Common Core math for grades 3-5, social-emotional learning and coding.

[Mystery Science](#) has lessons for students in grades K-5 that they can do at home.

## **MUSEUMS**

Museums around the world are closing because of the coronavirus outbreak. But, you can explore hundreds of them virtually thanks to [Google Arts & Culture](#). Some of the options include New York's Museum of Modern Art and Amsterdam's Van Gogh Museum. The Louvre, based in Paris, is [also offering its own virtual tour](#) online for free.

## **LIVE PERFORMANCES**

New York City Metropolitan Opera is streaming handpicked past performances of the Met's Live in HD series each night free from the [organization's website](#). The performances go live at 7:30 p.m. ET and remain active for 20 hours.

## **GETTING OUTSIDE VIRTUALLY**

National parks are also providing virtual tours of America's most popular parks. Virtual visitors can travel through the trails of [Yellowstone National Park](#), as well as the [Yosemite National Park](#).

Google's online Arts & Culture activation also includes a program called "[The Hidden Worlds of the National Parks](#)" in partnership with the National Parks Services. The digital exhibit features five national parks, including [Hawai'i Volcanoes National Park](#), [Carlsbad Caverns National Park](#) in New Mexico, [Bryce Canyon National Park](#) in Utah, [Kenai Fjords National Park](#) in Alaska, and [Dry Tortugas National Park](#) in Florida.

The [San Diego Zoo](#), the [Georgia Aquarium](#) and the [Monterey Bay Aquarium](#) are offering live webcam viewings of pandas, penguins and beluga whales.

[A tour of the Great Wall of China](#) is available for anyone who's ever wanted to visit this wonder of the world.

NASA has partnered with Google to offer [a tour of a 3D replica of the Martian surface](#) recorded by the Curiosity rover.

## **FREE EBOOKS, MAGAZINES AND AUDIOBOOKS**

[Libby](#) (formerly OverDrive) offers a selection of free ebooks and audiobooks.

[Scibd](#) is offering unlimited books, audiobooks, magazines and more for 30 days.

There are many free magazines that you can get through [RBDigital](#) through your local library if they offer it.

## **FREE MENTAL HEALTH**

The U.S. Department of Health & Human Services provides counseling and support to people experiencing emotional distress related to natural or human-caused disasters - or related to infectious disease outbreaks like COVID-19. The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions. Call [1-800-985-5990](#) or text [TalkWithUs to 66746](#) to connect with a trained crisis counselor.

## **FREE TV SHOWS AND MOVIES**

[Hoopla](#) is a web and mobile library. You can borrow movies, TV shows, comics and more for free.