

Tip Sheet: Virtual Resources and Activities to Try While Social Distancing

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Free virtual options – Louisiana:

- [New Orleans virtual tours](#)
 - [New Orleans Aquarium](#)
 - [Swamp tours](#)
 - [Mardi Gras World](#)
 - [National WWII Museum](#)
 - [MORE virtual options](#)

Free virtual options – Amusement Parks & Rides:

- There are [YouTube links to virtual Disney rides](#)
- If you prefer unofficial YouTube videos to make you feel like you're on the ride – check out the [Frozen Ever After ride](#); [It's a Small World](#); [Monsters, Inc. Mike & Sulley to the Rescue!](#); [Pirates of the Caribbean](#); and [Rise of the Resistance](#) (from the Star Wars movies).
- [Legoland Florida Resort](#): take a virtual tour of the park and click on the [Great Lego Race and Miniland USA](#).
- [SeaWorld Orlando](#): the virtual tour includes a Discovery Cove tour and click on “ride” [Mako \(the steel roller coaster\)](#).
- [City of Orlando Virtual Tours](#): Includes tours of Walt Disney World Resort, Sea World Orlando, Universal Orlando Resort, Legoland Florida Resort, and a tour of the city sights

Free virtual options – Museums and Attractions:

- Take a virtual tour of the [Smithsonian National Museum of Natural History](#)
- [Google Arts & Culture](#) offer limited access to art with over 2,500 museums
- AirPano offers [360-degree panoramic video](#) and [360-degree panoramic photo](#) experiences. Popular attractions are the;
 - [Caribbean Paradise](#)
 - [Rome's Colosseum](#)
 - [Great Wall of China](#)

- Paris: virtual tours of the [Eiffel Tower](#)
- Michelangelo: masterpieces in the [Sistine Chapel](#)
- [Louvre in Paris](#) has its own virtual tour resources
- [Vatican Museum](#) also has its own virtual tour resources
- [Guggenheim's Collection](#)
- [Van Gogh Museum](#)
- [Getty Museum](#)
- [Georgia O'Keeffe Museum](#) has 6 virtual exhibits are available online named for the "Mother of American modernism." And download the phone app [here](#).
- [Metropolitan Museum of Art](#): there are 26 online exhibits including The Costume Institute Conversation Lab and see [pre-recorded video](#)
- [National Museum of the United States Air Force](#): check out FDR's presidential airplane in addition to other military weapons & aircraft.
- [Thyssen-Bornemisza](#) Museum, Spain: Madrid's must-see art museum
- [British Museum](#), London
- [National Women's History Museum](#) online exhibits
- [Detroit Institute of Arts](#) exhibits
- Rijksmuseum, Amsterdam: The [Golden Age of Dutch](#) art
- [More: museums, attractions, and exhibitions](#) to explore covering science, fashion, royalty and the history of the palace itself, too.

Free virtual options - Zoos & Aquariums:

- [Cincinnati Zoo](#): at 3 p.m. there is a daily Home Safari on its [Facebook Live](#) feed
- [Atlanta Zoo](#): check out the Panda Cam livestream on its website

- Georgia Aquarium: [African penguins](#), [Beluga whales](#), and more are part of the live cam at this aquarium
 - [Sea lions](#)
 - [Puffins](#)
 - [Sea otters](#)
 - [Jelly fish](#)
 - [Reef fish fest](#)
 - [Ocean fish fest](#)
 - [Piranhas](#)
- [Houston Zoo](#): there are many different animals to watch with the zoo's live cam, but the playful elephants are reported to be a treat
- [Monterey Bay Aquarium](#): view live-cam of Monterey Bay's Habitat exhibit and get your shark fix in advance of official Shark Week
- [Chicago Shedd Aquarium field trips](#), [Shedd Aquarium Live cam](#), or [Shedd Aquarium Facebook](#)
- [San Diego Zoo](#): has live cam options for – [koalas polar bears, & tigers](#) – oh, my!
- [National Aquarium](#): floor-by-floor tour
- [Baltimore aquarium](#): floor-by-floor tour through tropical waters to icy tundra

Free virtual options – Exercise:

Instagram:

- @therealdebbeiallen is doing basic adult dance classes on Wednesdays at 3 PM CST
- @tilerpeck is offering free live ballet classes M-F 12 PM CST
- Beginner [cardio](#) work out
- [Dance](#) work out
- [Latin dance](#) workout

Work out, exercise and yoga/meditation:

Search YouTube and apps for what works for you. You're only limited by your imagination – search for whatever type of exercise interests you:

- There are limitless options for all types of free workout and exercise plans that can be accessed online via search &/or through free apps, so whether you enjoy strength training with or without weights, walking, running, belly dancing, tai chi, etc.
- Many types of exercise can be modified based on how familiar you are with that type (e.g., beginner, intermediate, advanced) &/or can be modified based on your own physical needs and considerations (e.g., chair yoga option).
- There are also free apps that focus on meditation – guided, music, with various areas targeted – sleep, stress, confidence, etc. Insight Timer has free content but there are many free apps and YouTube content to support a meditation practice.
- Here are some ideas to get you started;
 - Pop music & dancing work out: check out Caleb Marshall aka [The Fitness Marshall](#) – for free live & pre-recorded dance workouts.
 - [Yoga with Adrienne](#): has a variety of over 500 free stretching, seasonal-themed, bedtime, and meditation videos.
 - Work out: [Silver Sneakers](#) YouTube channel has a variety of exercise routines to do at home

Free virtual options – Space Tours, National Parks & Nature:

- NASA: both [Virginia’s Langley Research Center](#) and [Ohio’s Glenn Research Center](#) offer online tours for free.
 - An “augmented reality experiences” via The [Space Center Houston’s](#) app.
- Mars: a three-dimensional replica of the [surface of Mars](#) recorded by [NASA’s Curiosity Rover](#).
- Hawaii:
 - [Hawaii Tropical Botanical Garden](#) to learn about the plants and flowers that grow on the Big Island of Hawaii.
 - [Hawaiian rainforest](#) and tour the [Hawai’i Volcanoes National Park](#).
- [Cherry Blossoms](#): trees, view and enjoy [Or see #BloomCam at nationalmall.org/bloomcam]
- Botanic Gardens:
 - See a summer tour of the [Chicago Botanic Garden](#)
 - See part of the Royal Botanic Gardens in England at the [Kew Gardens](#)
 - See tour of the [Zilker Botanical Gardens](#) in Austin, Texas is pretty cool to see.
- National Parks hikes:

- National Parks Service virtual tour of [Yellowstone's most popular attractions](#)
- [Bryce Canyon National Park](#) in Utah
- [More national parks](#)
- Northern Lights: while nothing will beat seeing the real thing, this online experience is as close as you can get to seeing the Northern Lights in Lapland. [Take the Northern Lights tour](#)
- Machu Picchu: with the option to jump to the front door, the very heart of the site, the courtyards and even take a peek at the alpacas, you have the ability to see as little or as much of Machu Picchu as you please. [Take the Machu Picchu tour](#)
- Athens: the capital of Greece may be over 2,400 years old, but this ancient site still denotes power and importance. Check out the video of Acropolis and experience Greece's symbol of democracy. [Take the Athens tour](#)
- The Pyramids of Giza: Egypt is considered one of the greatest archaeological sites in the world. And now you can walk through the huge complex without having to get up from your sofa. This virtual tour allows you to walk yourself around and read more about each site as you pass it, stopping to take a closer look. [Take the Pyramids tour](#)

Free virtual options - Music concerts:

- Metropolitan Opera: offers "[Nightly Met Opera Streams](#)," including recordings of popular operas such as Verdi's "La Traviata" and Rossini's "The Barber of Seville." Each night's performance is available for 23 hours, from 7:30 p.m. EDT until 6:30 p.m. the next day. Here's the [schedule of performances](#).
- [iheart radio fox concert](#)
- Broadway World: has launched a series of daily Living Room Concerts — performances direct to you from the living rooms of Broadway performers! [Watch here](#).
- [Virtual concerts and Broadway shows](#)
- SiriusXM [Broadway](#): host Seth Rudetsky and producer James Wesley will produce a daily live streamed concert series, [Stars in the House](#). Shows will air daily at 2 p.m. and 8 p.m. Eastern Time
- [Billboard Live at Home](#): also a diverse slate of musical artists are performing all week long on Billboard's Facebook page. See the week's whole line-up [here](#). [Watch on Facebook](#).

Free virtual learning options – Online classes and learning resources:

- Open & Free classes: at [Carnegie Mellon University](#), [Stanford University's](#), and [Massachusetts Institute of Technology](#) (MIT). Learn about more online course [here](#) or at [Ivy League Colleges That Offer Free Online Classes](#)
- Languages: [Duolingo](#) has free courses in many languages, including Japanese, Arabic, Spanish, French and German. Or challenge yourself to learn Navajo, Swahili or Scottish Gaelic.
- [Skillshare](#): has free online classes on many topics, including photography, sewing and knitting. Many classes are free, although some require a premium membership.
- Preserving: learn to preserve your own food using the many free resources at the [National Center for Home Food Preservation](#).
- Audio books: Audible has [free audio books](#) for adults and kids. Choose from classics such as “Jane Eyre,” “The Call of the Wild” or “Paradise Lost.”
- Public library on-line: free audiobooks and e-books even while the physical location is closed. Many libraries offer free movies for streaming through Hoopla, a digital media service for libraries. Here are 10 things you can get for [free with a library card](#).

Things to do if you have a library card - Online media, magazines, ebooks, audiobooks, movies, TV shows, and music albums FREE for the PUBLIC LIBRARY:

- [Hoopla](#): allows you to borrow movies, music, audiobooks, ebooks, comics and TV shows to enjoy on your computer, tablet, or phone – and even your TV! [IOS download](#) OR [Android download](#) OR see <https://www.hoopladigital.com/>
- [Flipster](#): is a next-generation digital magazine solution that makes it easy for you to read your favorite magazines on your computer or mobile device. [IOS download](#) OR [Android download](#) OR <https://ebSCO.libguides.com/flipster/flipsterapp>
- [Kanopy](#): Movies and videos of thought-provoking documentaries, foreign films, classic cinema, independent films and educational videos — without ads.