

BEAT BOREDOM WHILE SOCIAL DISTANCING

Click links below in **BLUE** to be re-directed to their website

VIRTUAL SHOWS

[CNN article listing concerts, and much more](#)
[National Public Radio link for concerts](#)
[More free concerts during social distancing](#)
[Social distancing festival](#)
[Neil Young](#)
[Ashley Maclsaac](#)
[Seattle Symphony Free Video Broadcasts](#)
[Berliner Philharmoniker](#)
[Canadian plays and productions](#)



ADULT EXERCISES

[Free exercise apps](#)
[Start running with these tips](#)
[Training without a gym](#)



ANIMAL LIVE CAMERAS

[San Diego Zoo](#)
[Monterey Bay Aquarium](#)
[Zoo Atlanta Panda Cam](#)
[Houston Zoo](#)
[Georgia Aquarium](#)



ACTIVITIES

[Ricardo COVID Culinary Project](#)

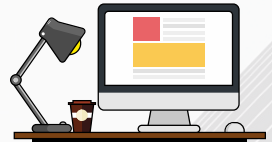
GET YOUR KIDS MOVING

[Fitness games for kids](#)
[87 Indoor activities to burn energy](#)
[Kid yoga, cardio and more](#)

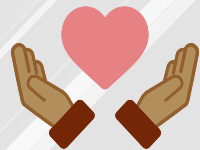


VIRTUAL FIELD TRIPS

[List of museums offering virtual tours](#)
[List of zoo's offering virtual tours](#)
[Boston Children's Museum](#)
[Yellowstone National Park](#)
[Explore Mars](#)
[Virtual farm tour](#)
[Manufacturing and robotics tour](#)
[Great wall of China](#)
[Various cultural Tours](#)



MENTAL HEALTH CORNER



[Schoolastic article - how to talk to your children about the coronavirus](#)
[Helpful website with tips to deal with ADD and ADHD](#)
[Podcast Happiness Lab episode on isolation during Covid-19](#)



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