

Resources That Help Decrease Social Isolation While Increasing Social Distancing

Virtual Tours

San Diego Zoo: <https://kids.sandiegozoo.org/>

Yellowstone National Park: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Mars: <https://accessmars.withgoogle.com/>

Great Wall of China: <https://www.thechinaguide.com/destination/great-wall-of-china>

Appalachian Trail: <https://www.nps.gov/appa/learn/photosmultimedia/virtualtour.htm>

National Parks Virtual Tours:

https://www.nps.gov/search/?affiliate=nps&query=trail%20virtual%20tours&fbclid=IwAR37uxTyHzMSXH2AkZNdmfHbrciDZ7w_C17IdHv02eZV1k0I3skr9jjzCY

Live Cameras

San Diego Zoo Live Cameras: <https://zoo.sandiegozoo.org/live-cams>

Monterey Bay Aquarium: <https://www.montereybayaquarium.org/animals/live-cams>

Panda Cam: <https://zooatlanta.org/panda-cam/>

Houston Zoo: <https://www.houstonzoo.org/explore/webcams/>

Georgia Aquarium: <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Museums

British Museum, London: <https://britishmuseum.withgoogle.com/>

Guggenheim Museum, NY: <https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv lng=-73.95902634325634&sv lat=40.78285751667664&sv h=30.75703204567916&sv p=0.06928383072430222&sv pid=MfnUmHRyOSzMtY3vtYU05g&sv z=0.9645743015259166>

National Gallery of Art, Washington DC: <https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

Musee d'Orsay, Paris: <https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>

National Museum of Modern and Contemporary Art, Seoul:

<https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en>

Pergamon Museum, Berlin: <https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en>

Rijksmuseum, Amsterdam:

<https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv lng=4.885283712508563&sv lat=52.35984312584405&sv h=311.1699875145569&sv p=-5.924133903625474&sv pid=fOVcUXQW2wpRf33iUmxEfg&sv z=1>

Van Gogh Museum, Amsterdam: <https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

The J. Paul Getty Museum, Los Angeles: <https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>

Uffizi Gallery, Florence: <https://artsandculture.google.com/partner/uffizi-gallery?hl=en>

MSAP, Sao Paulo: <https://artsandculture.google.com/partner/masp?hl=en>

Open Heritage Sites from Around the world: <https://artsandculture.google.com/project/openheritage>

Blarney Castle and Gardens: <https://www.blarneycastle.ie/pages/map-and-virtual-tour>

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Other Entertainment:

Musicals you can watch at home: <https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>

Ballet Nova Center: <https://www.facebook.com/watch/BalletNovaCenterForDance/>

Home Exercise; Only do exercises according to your ability level.

Bodyweight exercises: Pushups, sit-ups, squats, jumping jacks, mountain climbers, burpees.

<https://greatist.com/fitness/50-bodyweight-exercises-you-can-do-anywhere>

<https://outliveforever.com/best-home-workout-beginners-no-equipment/>

Just Dance 3: <https://youtu.be/BhYvFMq7Xaw>

Yoga/Meditation

Free Yoga Programs: <https://www.doyogawithme.com/>

Guided Imagery: <https://www.youtube.com/watch?v=t1rRo6cgME&t=143s>

<https://www.youtube.com/watch?v=qcdbCphVa1g>

<https://www.youtube.com/watch?v=Y7002vEP1FE>

How to Meditate: <https://www.nytimes.com/guides/well/how-to-meditate>

Meditation for Anxiety: <https://www.youtube.com/watch?v=4pLUleLdwY4>

Google play or apple apps:

Headspace

Mindfulness coach

Free Online Courses

<https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/?fbclid=IwAR2jMOU2hExVYRvb0OIAPN63ygv8svDkcjed6-bU5NmOM88BY2k7rUms1hg>

<https://www.coursera.org/courses?query=free>

One month free trial:

https://www.thegreatcoursesplus.com/lp/t1/freemo?source_id=FREEMO&utm_source=Social_Media&utm_medium=Facebook&utm_campaign=1000614&fbclid=IwAR3iebSRuHrjP-eiK4QX0YeiVXUdfxZCMmJR-HAVUXtHNuqRD8NPSC4debA

Reading

New York City Library, free digital books- <https://www.nypl.org/>

Free Audio Books <http://www.openculture.com/freeaudiobooks>

Free Public Domain Books <https://librivox.org/>

Your local library has digital books and audio books to check out

Resources for Kids

Suessville: www.seussville.com

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Fun Brain: www.funbrain.com

Storyline Online: www.storylineonline.net

Fun Science Experiments:

https://www.rigb.org/Experimental?fbclid=IwAR22PjG6yr9uaHWCgVBcMtvHpkqP0DHRI_1ZWq9qvdElmEbs86bCWeLIXQ4

Just Dance 3: <https://youtu.be/BhYvFMq7Xaw>

Below is a link to the VA Recreational Therapy Site that has an extensive list of apps and useful tools for Veterans and staff. Everything from virtual tours of 33 national parks, yoga, printable activities, educational sites to explore, mindfulness apps and online AA meetings. I hope you all find it useful.

<https://dvagov.sharepoint.com/sites/VHARecTherapy/File%20Directory/Forms/AllItems.aspx?id=%2Fsites%2FVHARecTherapy%2FFile%20Directory%2FResources%2FVirtual%20and%20Social%20Distancing%20Approved%20Resources%20Folder&viewid=11c034c4%2D5c8c%2D4a85%2D9b38%2D23e51dd8a26c>