

## Here are a few things you can do from home!

### For Kids/Families:

[Monterey Bay Aquarium livestream](#): folks can choose between streams of moon jellyfish, sharks, coral reef organisms, etc.

[Houston Zoo livestream](#): also features a variety of animals and habitats

[Skype a Scientist](#): offers your family the opportunity to sign up for a free Q&A session with a scientist (I don't think you can ask them questions about the virus, though I can see that becoming an issue...)

["Lunch Doodles" with Mo Willems](#): I haven't checked this out yet, but people sure do love Mo Willems.

Scholastic is offering free online courses so your kids can keep learning while schools are closed <https://www.cnn.com/.../scholastic-coronavirus-stu.../index.html>

Want to keep older kids and teens learning while they are out of school? Check out Crash Course on YouTube <https://www.youtube.com/user/crashcourse> Created by YA authors Hank and John Green - also known as the Vlog Brothers - they cover topics like history, technology, drama, and science in their engaging videos.

### The Arts: Tours and Livestreams

[MET Opera](#)

[National U.S. Air Force Museum](#)

[The Louvre](#)

[The British Museum](#)

[Smithsonian National Museum of Natural History](#)

[Guggenheim Museum, New York](#)

[Musée d'Orsay, Paris](#)

## Lifestyle & Self-Improvement:

[Yoga with Adriene](#): Adriene is a yoga instructor who posts an array of awesome and validating yoga videos that are available for free on YouTube. Some sample titles: "Yoga for Insecurity" and "Yoga for the Service Industry."

[Duolingo](#), a free language-learning app that now offers six world languages. A web-based platform is also available.

[Daily Dinner with Michael Simon](#): The [Food Network Kitchen Facebook page](#) will be streaming video of Cleveland chef Michael Simon as he cooks recipes using items that you likely already have in your pantry.

[Binging with Babish](#): Andrew Rea's pop culture-inspired YouTube channel, which teaches viewers how to make "the Krabby Patty from *Spongebob*, Cubano sandwiches from the movie *Chef*, and Tomato du Saltambique from *The West Wing*." Meet even more of the internet's culinary icons in this Shelby Vittek [article](#) in *The Kitchn*.

## Podcasts:

I borrowed this list directly from that NYT [article](#):

- I want to hear some [food podcasts](#).
- I'm looking for something about [health or emotional well-being](#).
- I love movies and want to listen to [other people who also love movies](#).
- I miss [sports so much](#).
- I need to get in touch with [my spiritual side](#).
- Broadway is closed, as is my local theater, and I've worn out my cast album recordings. Are there theater podcasts? ([You better believe it.](#))