**Support Resources and Activities for Socialization during COVID-19**

## *Warm (virtual) hugs and bedtime stories with Josh Gad*

Josh Gad (aka Olaf) takes to Twitter nightly to read a storybook from his family's library. The actor employs a host of fun and funny voices, making the characters leap off the page and into your home, and providing a perfect bedtime story ritual during these less than perfect times.
Every night at 7:30 ET, Gad goes live; past readings can be viewed again and again by scrolling through his [Twitter feed](https://twitter.com/joshgad?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor).

## *'Monster Boogie' with Laurie Berkner*

Laurie Berkner is the gold standard of the children's music world. During quarantine, the singer, songwriter, and guitar player has committed to being on Facebook Live most weekday mornings at 10 a.m. ET for "[Live Berkner Breaks](https://www.facebook.com/LaurieBerknerBand/photos/rpp.40626363329/10158227599388330/?type=3&theater)."

Bonus: You can download a "We Are The Dinosaurs" chords and lyrics sheet from her Facebook [page](https://www.facebook.com/LaurieBerknerBand/) for you or the young musician in your life.

1. ***Duolingo to learn a new language***

Let the language games begin with the popular, free, and oh so pretty [Duolingo app](https://www.duolingo.com/). Scottish Gaelic, High Valyrian, Klingon, Hindi, Greek, Spanish, French, Korean, and Swahili are among the many language choices Duolingo offers.

1. ***'Morning MeditOcean'***



Let go of stress with a guided meditation courtesy of the [Pacific jellyfish and the good people at the Monterey Bay Aquarium](https://www.youtube.com/watch?v=5J2llsogT5Q&feature=emb_title) on their YouTube channel. Focusing on breathing and the movement of these graceful sea creatures will help people of all ages calm their bodies and minds.

1. ***BLOG***

[**UNICEF’s Voices of Youth**](https://www.voicesofyouth.org/)posting blog posts from young people about COVID-19.  Voices for Youth is encouraging young people to “have their say” on COVID-19 and mental health, “Quarantine Life,” and other subjects. One such participant is Sophia, a young woman from Seattle, who wrote a post called “[Combating social isolation through photography and community](https://www.voicesofyouth.org/blog/covid-19-combating-social-isolation-through-photography-and-community).”
Sophia created a group on[Instagram](https://www.instagram.com/covid19_photos_for_teens/) as well as a [website](https://covid19photosforteens.weebly.com/weekly-pics) that features photos from young people from all over the world. She explained that she created these outlets because she missed seeing her friends. As Sophia explained, “These past few days have felt different. It is a strange feeling knowing that billions of people are experiencing the same thing as you. I began to observe my similarities to people living on the other side of the world. Instantly, I was inspired by the surge of creativity coming from young people in a time of limits and restrictions. After all, we are living through textbook history times.”

### *Links to Online Fun and Learning*

1. [12 Famous Museums You Can Visit From Your Couch](https://www.southernliving.com/syndication/museums-with-virtual-tours)
2. [5 rainy day toddler activities from American Baby.](http://www.parents.com/fun/activities/rainy-day/5-fun-rainy-day-toddler-activities/) It works for snowy days too!
3. [Winter Gardening Activities for Kids](http://pss.uvm.edu/ppp/articles/wintrfun.htm) from the Green Mountain Gardener.
4. [Help your child create an original book from a story/artwork](http://www.tikatok.com/bntikatok2): This service is from [Tikatok.com](http://tikatok.com/) but there are others that do this as well.
5. [Documentaries available from streaming services.](https://albany.kidsoutandabout.com/content/housebound-bakers-dozen-documentary-shows-instant-netflix-and-more) So you'll feel less guilty about screen time. Updated for 2020.
6. Online Craft classes from [Creativebug.com](http://creativebug.com/)
7. Online coding for kids at [Tynker.Com](http://tynker.com/)
8. Tons of online art/craft classes for kids and teens at [DIY.Org](http://diy.org/) (free 14 day trial)
9. [The Kid Should See This: Smart Videos For Curious Minds of All Ages](https://thekidshouldseethis.com/)
10. [National Geographic: Kids Videos](https://kids.nationalgeographic.com/videos/)
11. [The Brain Scoop](https://www.youtube.com/user/thebrainscoop): Videos exploring all kinds of science topics with Emilie Graslie, the Chief Curiosity Correspondent of The Field Museum in Chicago
12. Watch animal live cams at [Explore.Org](https://explore.org/livecams), including the famous [Decorah Eagles](https://explore.org/livecams/bald-eagles/decorah-eagles)
13. Sign up for a [MASTERCLASS](https://www.masterclass.com/) or two with your whole family
14. Find free educational explanations about just about any academic subject at [Khan Academy](https://www.khanacademy.org/)
15. [Pokemon Go app: Monster Collecting at Home](https://www.polygon.com/platform/amp/2020/3/12/21177754/pokemon-go-coronavirus-habitat-increases-incubators-pokestop-gifts)
16. [Nancy Drew mystery games](https://www.herinteractive.com/shop-games/all-games/?utm_source=kidsoutandabout) from HER Interactive: Fun for the whole family, especially age 12 and up (younger kids may need help with the puzzles)
17. Actors read stories on [Storyline Online](https://www.storylineonline.net/)
18. A [list of educational companies offering free memberships](https://docs.google.com/spreadsheets/d/1t3r618pd8MAi6V87dG2D66PtiKoHdHusBpjPKXgm36w/htmlview?sle=true#gid=0) due to school closings put together by the [Amazing Educational Resources Facebook group](https://www.facebook.com/groups/445786889466638/)
19. Virtually tour college campuses on [YouVisit.com](https://www.youvisit.com/)
20. Scholastic has launched online [Learn at Home](https://classroommagazines.scholastic.com/support/learnathome.html) lessons
21. Check out animal cams from a variety of zoos, including the [San Diego Zoo](https://zoo.sandiegozoo.org/live-cams), the [National Zoo](https://nationalzoo.si.edu/webcams), the [Houston Zoo](https://www.houstonzoo.org/explore/webcams/), and [more](https://www.earthcam.com/events/animalcams/)
22. Many [national parks also offer live webcams](https://www.nationalparkstraveler.org/2013/02/windows-nature-ten-best-national-park-webcam-sites-america22836)
23. [Grown and Flown](https://grownandflown.com/soft-skills-for-teens/) suggests 100 soft skills to teach teens
24. [Amazon](https://www.amazon.com/)is offering free streaming of family shows
25. [Google](https://artsandculture.google.com/project)offers fun arts and cultural lessons
26. [We Are Teachers](https://www.weareteachers.com/virtual-author-activities/) has a big list of children's authors reading their books
27. [Ultimate Boredom Buster: 101 Things to Do When Kids Are Bored](https://www.stemtoyexpert.com/things-to-do-when-kids-are-bored/)

## *Museums*

Many museums are closed for the duration, but your children can still get their fill of culture with an online museum tour. Here are some museums that offer virtual tours:

* [Children’s Museum of Indianapolis](https://www.childrensmuseum.org/museumathome)
* [Boston Children’s Museum](https://www.bostonchildrensmuseum.org/museum-virtual-tour)
* [The British Museum](https://artsandculture.google.com/partner/the-british-museum)
* [Smithsonian Natural History Museum](https://naturalhistory.si.edu/visit/virtual-tour)
* [Musée d’Orsay, Paris](https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en)
* [National Gallery of Art: Washington, D.C., Online Exhibits](https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en)
* [National Gallery of Art: Washington, Fashion](https://artsandculture.google.com/exhibit/fashioning-a-nation/ggJCDunxd5wXLw?hl=en)
* [Uffizi Gallery: Florence, Italy](https://artsandculture.google.com/story/cQVh5Rbqa2Q3dg)
* [British Museum: London, History of the World](https://artsandculture.google.com/story/cQVh5Rbqa2Q3dg)
* [The Louvre, Paris](http://www.louvre.fr/en/visites-en-ligne#tabs)
* [National Museum of the United States Air Force](https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/)

## *Zoos and Animal Cams*

Children love to visit the zoo. Many zoos offer virtual tours, and some of them have animal cams. Note that the animals may not always be visible on screen, as volunteers and staff may be on limited work schedules, which means they may not be around to change the camera’s angle.

* [Pittsburgh Zoo Penguin Webcam](https://www.pittsburghzoo.org/penguin-webcam/)
* [Philadelphia Zoo Penguin Point Cam](https://philadelphiazoo.org/penguin-point-cam/)
* [Cincinnati Zoo](http://cincinnatizoo.org/home-safari-resources/)
* [Atlanta Zoo](https://zooatlanta.org/panda-cam/)
* [Pittsburgh Zoo Cheetah Cam](https://www.pittsburghzoo.org/cheetah-webcam/)
* [Houston Zoo](https://www.houstonzoo.org/explore/webcams/)
* [Georgia Aquarium](https://www.georgiaaquarium.org/webcam/ocean-voyager/)
* [The Georgia Aquarium: Atlanta African Penguin Cam](https://www.georgiaaquarium.org/webcam/african-penguin-cam/)
* [Monterey Bay Aquarium](https://www.montereybayaquarium.org/animals/live-cams)
* [Elmwood Park Giraffe Cam](https://www.elmwoodparkzoo.org/animal_cam/giraffe-cam/)
* [The Cincinnati Zoo Home Safari (3 PM Daily)](https://www.facebook.com/cincinnatizoo/)
* [The San Diego Zoo Cams](https://animals.sandiegozoo.org/live-cams)

## *Field Trips*

Kids may be stuck at home, but they can still take a virtual field trip. Here are some popular online destinations offering online tours.

* [The Great Wall of China](https://www.thechinaguide.com/destination/great-wall-of-china)
* [Space Center Houston](https://spacecenter.org/app/)
* [Mars Rover](https://accessmars.withgoogle.com/)
* [FarmFood 360](https://www.farmfood360.ca/)
* [Langley Research Center](https://oh.larc.nasa.gov/oh/)
* [Glenn Research Center](https://www.nasa.gov/glennvirtualtours)
* [Discovery Education](https://www.discoveryeducation.com/community/virtual-field-trips/) offers a variety of field trips from a tour of the Johnson Space Center, to a visit to the Tundra, and more.

## *Cultural Sites*

## Has your child always wanted to see the Oval Office? A palace? What better way to travel the world than from the comfort of your home (with snacks, of course)? Here are some of our favorites:

* [The White House: Washington, D.C.](https://artsandculture.google.com/partner/the-white-house)
* [Palace of Versailles: Versailles, France](https://artsandculture.google.com/partner/palace-of-versailles)
* [Stonehenge, England](https://www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/stonehenge360/#section-1)
* [Machu Pichu, Peru](http://www.peru-machu-picchu.com/map.php)
* [The Acropolis, Athens, Greece](http://acropolis-virtualtour.gr/)

## *Concerts and Ballets*

Music soothes the savage breast, including that of your restive child during the extended coronacation. Check out [The Royal Opera House’s (London) youtube channel](https://www.youtube.com/user/royaloperahouse) where your child can watch an opera or a ballet and see the colorful costumes of [The Caterpillar from Alice’s Adventures in Wonderland](https://www.youtube.com/watch?v=gOiK2G88sbw), or [The Dance of the Knights from Prokofiev’s Romeo and Juliet](https://www.youtube.com/watch?v=SyDo3h1Tu7c).

## *Dance and Exercise*

One of the key issues to being cooped up inside, especially for kids, is the need to burn off some of the energy that kids seem to have in abundance. We know that exercise is important for both physical and mental health. Our suggestion: check out the wide range of content offered at [Go Noodle Good Energy at Home](https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/) for working off some of that extra corona-cation energy.