# Developed by University of Nevada, Las Vegas Counseling and Psychological Services (CAPS)

# While CAPS would like to ensure this information is as accurate as possible, we cannot always guarantee the accuracy or completeness of this information. The resources listed are provided as a courtesy and do not serve as an endorsement or recommendation from CAPS.

# Get informed

* Manage Anxiety & Stress (Covid-19) -

[https://www.cdc.gov/coronavirus/2019- ncov/prepare/managing-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-%20ncov/prepare/managing-stress-anxiety.html)

* COVID-19 Facts - [https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf](http://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf)
* Coping with Stress during infectious disease outbreak - [https://store.samhsa.gov/system/files/sma14-4885.pdf](https://store.samhsa.gov/system/files/sma14-4885.pdf%20)

<https://store.samhsa.gov/system/files/sma14-4894.pdf>

# C:\Users\willmond\AppData\Local\Microsoft\Windows\INetCache\Content.Word\1194984513646717809chat_icon_01.svg.med.pngConnect with Others

* Facetime
* Skype
* Marco Polo
* Send a card/letter
* Schedule time for a conversation
* Interview friends and family - <https://storycorps.org/participate/great-questions/>
* Send thank you notes to all the people who were a positive influence on your life

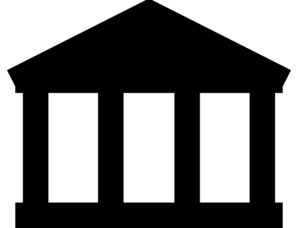
# C:\Users\willmond\AppData\Local\Microsoft\Windows\INetCache\Content.Word\twospirityoga-md.pngConnect with Yourself

* TAO - https://thepath.taoconnect.org/
* Create a Vision Board - [https://w](http://www.youtube.com/watch?v=iamZEW0x3dM)ww.y[outube](http://www.youtube.com/watch?v=iamZEW0x3dM).com[/watch?v=iamZEW0x3dM](http://www.youtube.com/watch?v=iamZEW0x3dM)
* Journaling
* Self-care
* Meditation
* Yoga (Youtube, DVD, etc)
* Exercise (Youtube, DVD, etc)

# Go Virtual

## Virtual Museum Tours

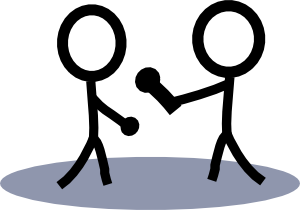
Virtual museum tour - https://artsandculture.google.com/ (Includes)

* Guggenheim Museum, New York
* National Gallery of Art, Washington
* Musée d’Orsay, Paris
* National Museum of Modern and Contemporary Art, Seoul
* Pergamon Museum, Berlin
* Rijksmuseum, Amsterdam
* Van Gogh Museum, Amsterdam
* The J. Paul Getty Museum, Los Angeles
* Uffizi Gallery, Florence
* MASP, São Paulo
* National Museum of Anthropology, Mexico City

**Virtual Concerts**

* Met Opera - [https://w](http://www.metopera.org/)ww.me[tope](http://www.metopera.org/)ra.[org/](http://www.metopera.org/)
* Fleur Barron, mezzo-soprano and Myra Huang, piano - [https://w](http://www.92y.org/archives/fleur-barron-)ww.92y.[org/archi](http://www.92y.org/archives/fleur-barron-)v[es/fleur-barron-](http://www.92y.org/archives/fleur-barron-) mezzo-soprano-myra-huang-piano.aspx
* "Together, At Home" music series – (John Legend, Coldplay, and other artists) -

[https://w](http://www.globalcitizen.org/en/content/together-at-home-chris-martin-coronavirus-concert/)ww.gl[obal](http://www.globalcitizen.org/en/content/together-at-home-chris-martin-coronavirus-concert/)ci[tizen.org/en/content/togethe](http://www.globalcitizen.org/en/content/together-at-home-chris-martin-coronavirus-concert/)r[-at-home-chris-martin-coronavirus-concert/](http://www.globalcitizen.org/en/content/together-at-home-chris-martin-coronavirus-concert/)

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**Virtual Dance Parties**

* Ben Platt Twitter Dance Party - https://twitter.com/hashtag/QuaranTunes?src=hash
* Lady Gaga Instagram Dance Party-[https://w](http://www.today.com/popculture/lady-gaga-s-former-backup-)ww.today[.com/popculture/lady-gaga-s-former-backup-](http://www.today.com/popculture/lady-gaga-s-former-backup-) dancer-hosting-virtual-dance-parties-t176009

**Here Are All the Live Streams & Virtual Concerts to Watch during Coronavirus Crisis -** [https://w](http://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-)ww.bill[board.com/articl](http://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-)e[s/columns/pop/9335531/coronavirus-quarantine-music-events-online-](http://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-) streams

**Workouts**

* Fitness Marshall - [https://w](http://www.youtube.com/user/TheFitnessMarshall)ww.y[outube](http://www.youtube.com/user/TheFitnessMarshall).com[/user/TheFitnessMarshall](http://www.youtube.com/user/TheFitnessMarshall)
* Popsugar Fitness - [https://w](http://www.youtube.com/user/popsugartvfit)ww.y[outube](http://www.youtube.com/user/popsugartvfit).com[/user/popsugartvfit](http://www.youtube.com/user/popsugartvfit)

**Other Things You Can Do**

[https://w](http://www.presence.io/blog/53-virtual-activity-ideas-to-keep-college-students-engaged-during-covid-19/)ww.prese[nce.io/blog/53-virtual-activity-ideas-to-keep-college-students-engaged-during-covid-19/](http://www.presence.io/blog/53-virtual-activity-ideas-to-keep-college-students-engaged-during-covid-19/) https://docs.google.com/document/d/1u4I7hsSZfx1C-8YMvSlHs3ISbT7Avera7Zm7BZu4COU/preview

# Learn a New Skill

* Knitting for Beginners | Hobby Lobby® - [https://www.youtube.com/watch?v=hM5M2Fu0RtY](http://www.youtube.com/watch?v=hM5M2Fu0RtY)
* Jo Nakashima - Origami Tutorials – [https://www.youtube.com/user/jonakashima](http://www.youtube.com/user/jonakashima)
* 7 Tips for Learning a New Language - [https://www.youtube.com/watch?v=CNbklPRdT4Y](http://www.youtube.com/watch?v=CNbklPRdT4Y)
* Gordon Ramsay Demonstrates Basic Cooking Skills - [https://www.youtube.com/watch?v=FTociictyyE](http://www.youtube.com/watch?v=FTociictyyE)
* How to do Jacobs Ladder, Step by Step, with string – [https://w](http://www.youtube.com/watch?v=oXV1rX-)ww.y[outube](http://www.youtube.com/watch?v=oXV1rX-).com[/watch?v=oXV1rX-](http://www.youtube.com/watch?v=oXV1rX-) PvR0
* How to Solve a Rubik's Cube | WIRED – [https://w](http://www.youtube.com/watch?v=R-R0KrXvWbc)ww.y[outube](http://www.youtube.com/watch?v=R-R0KrXvWbc).com[/watch?v=R-R0KrXvWbc](http://www.youtube.com/watch?v=R-R0KrXvWbc)
* Daily drawing classes on Instagram Live - [https://w](http://www.instagram.com/wendymac/?hl=en)ww.i[nstag](http://www.instagram.com/wendymac/?hl=en)ram.[com/wendymac/?hl=en](http://www.instagram.com/wendymac/?hl=en)

# Grow Your Mind, Expand Your Soul

**Ted Talks**

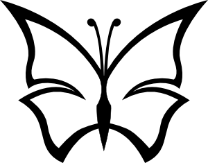
**There's No Shame in Talking about Mental Health**

[https://www.ted.com/talks/sangu\_delle\_there\_s\_no\_shame\_in\_taking\_care\_of\_your\_mental\_health](http://www.ted.com/talks/sangu_delle_there_s_no_shame_in_taking_care_of_your_mental_health)

## How mindfulness meditation redefines pain, happiness, and satisfaction

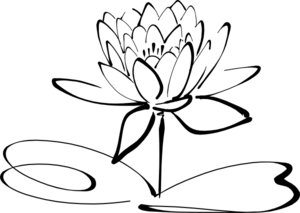
[https://www.youtube.com/watch?v=JVwLjC5etEQ&t=542s](http://www.youtube.com/watch?v=JVwLjC5etEQ&t=542s)

## The Happiness Advantage: Linking Positive Brains to Performance

****[https://www.youtube.com/watch?v=GX](http://www.youtube.com/watch?v=GXykBVq1M&t=33s)y [kBVq1M&t=33s](http://www.youtube.com/watch?v=GXykBVq1M&t=33s)

## The space between Self-Esteem and self-compassion: Kristin Neff

[https://www.youtube.com/watch?v=IvtZBUSplr4&t=50s](http://www.youtube.com/watch?v=IvtZBUSplr4&t=50s)

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## Dare to rewire your brain for Self-Compassion

[https://www.youtube.com/watch?v=eiEMVA8AIJw](http://www.youtube.com/watch?v=eiEMVA8AIJw)

## The Power of vulnerability

[https://www.youtube.com/watch?v=iCvmsMzlF7o](http://www.youtube.com/watch?v=iCvmsMzlF7o)

## Taking care of your mental health in the face of uncertainty

https://afsp.org/taking-care-of-your-mental-health-in-the-face-of- uncertainty/?fbclid=IwAR2BvMpPhzHn0U\_U6wB3fSbJ35Lw1tovIeWWRIxXL3q98c83Dg0F0A\_LwD8

## 10 Ways to Have a Better Conversation

[https://www.ted.com/talks/celeste\_headlee\_10\_ways\_to\_have\_a\_better\_conversation](http://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation)

## What I learned from 100 days of rejection

[https://www.ted.com/talks/jia\_jiang\_what\_i\_learned\_from\_100\_days\_of\_rejection](http://www.ted.com/talks/jia_jiang_what_i_learned_from_100_days_of_rejection)

## We Should All Be Feminists

[https://www.ted.com/talks/chimamanda\_ngozi\_adichie\_we\_should\_all\_be\_feminists](http://www.ted.com/talks/chimamanda_ngozi_adichie_we_should_all_be_feminists)

## Why I'm done trying to be "man enough"

https://[www.ted.com/talks/justin\_baldoni\_why\_i\_m\_done\_trying\_to\_be\_man\_enough](http://www.ted.com/talks/justin_baldoni_why_i_m_done_trying_to_be_man_enough)

## Teach girls bravery, not perfection

[https://www.ted.com/talks/reshma\_saujani\_teach\_girls\_bravery\_not\_perfection](http://www.ted.com/talks/reshma_saujani_teach_girls_bravery_not_perfection)

## Inside the mind of a master procrastinator

[https://www.ted.com/talks/tim\_urban\_inside\_the\_mind\_of\_a\_master\_procrastinator](http://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator)

## My stroke of insight

[https://www.ted.com/talks/jill\_bolte\_taylor\_my\_stroke\_of\_insight](http://www.ted.com/talks/jill_bolte_taylor_my_stroke_of_insight)

## ADHD sucks, but not really

[https://www.youtube.com/watch?v=fWCocjh5aK](http://www.youtube.com/watch?v=fWCocjh5aK0)0

**Podcasts**

Hidden Brain - [https://www.npr.org/podcasts/510308/hidden](http://www.npr.org/podcasts/510308/hidden-brain)-brain

Ted Radio Hour – [https://www.npr.org/podcasts/510298/ted](http://www.npr.org/podcasts/510298/ted-radio-hour)-radio-[hour](http://www.npr.org/podcasts/510298/ted-radio-hour) Fresh Air - [https://www.npr.org/podcasts/381444908/fresh](http://www.npr.org/podcasts/381444908/fresh-air)-air

**Netflix Documentaries**

* Brené Brown: The Call to Courage
* Planet Earth
* Happy
* Hawking

**Books**

**Book Title:** Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents

**Author:** Lindsay C. Gibson

**Abstract**: In this breakthrough book, clinical psychologist Lindsay Gibson exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how these parents create a sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood.

By freeing yourself from your parents’ emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you’ll learn how to create positive, new relationships so you can build a better life.

**Book Title:** Recovering from Emotionally Immature Parents: Practical Tools to Establish Boundaries and Reclaim Your Emotional Autonomy

**Author:** Lindsay C. Gibson

**Abstract**: If you’re ready to stop putting your own needs last, clear the clutter of self-doubt, and move beyond the fear of judgment and punishment that’s been instilled in you by emotionally immature parents, this book will help you find the freedom to finally live your life your way.

**Book Title:** The Body Keeps the Score

**Author:** Bessel van der Kolk M.D.

**Abstract**: The Body Keeps the Score uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers’ capacities for pleasure, engagement, self- control, and trust. Based on Dr. van der Kolk’s own research and that of other leading specialists, The Body Keeps the Score exposes the tremendous power of our relationships both to hurt and to heal— and offers new hope for reclaiming lives.

**Book Title**: Emotional Intelligence

**Author**: Daniel Goleman

**Abstract:** Through vivid examples, Goleman delineates the five crucial skills of emotional intelligence, and shows how they determine our success in relationships, work, and even our physical well-being. What emerges is an entirely new way to talk about being smart.

**Book Title:** The Gift of Fear: And Other Survival Signals the Protect Us from Violence

**Author:** Gavin de Becker

**Abstract:** True fear is a gift. Unwarranted fear is a curse. Learn how to tell the difference.

**Book Title:** The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to be and Embrace Who You Are

**Author:** Brene Brown

**Abstract:** This important book is about the lifelong journey from 'What will people think?' to 'I am enough.’ Brown's unique ability to blend original research with honest storytelling makes reading this book feel like having a long, uplifting conversation with a very wise friend who offers compassion, wisdom, and great advice.

**Book Title:** Happier

**Author:** Tal Ben-Shahar

**Abstract:** Based in positive psychology, this book teaches readers how to live a more fulfilling life.

**Book Title:** The Happiness Trap: How to Stop Struggling and Start Living

**Author:** Russ Harris

**Abstract:** This book will help readers with acceptance and how to live a more personally meaningful life.

**Book Title:** How to Stubbornly Refuse to Make Yourself Miserable About Anything-Yes, Anything!

**Author:** Albert Ellis

**Abstract:** This book teaches the basic philosophy of Rational Emotive Behavior Therapy- that people make themselves upset by holding on to irrational beliefs, and that the way to change your feelings is to identify and refute these beliefs. It describes changes in speech, thought, and behavior you can make in order to feel less distressed and can be applied to lots of different troubling feelings.

**Book Title**: Man's Search for Meaning

**Author**: Victor Frankl

**Abstract**: Internationally renowned psychiatrist, Viktor E. Frankl, endured years of unspeakable horror in Nazi death camps. During, and partly because of, his suffering, Dr. Frankl developed a revolutionary approach to psychotherapy known as logotherapy. At the core of his theory is the belief that man's primary motivational force is his search for meaning.

**Book Title:** Quiet: The Power of Introverts in a World That Can’t Stop Talking

**Author:** Susan Cain

**Abstract:** This book demonstrates how introverted people are misunderstood and undervalued in modern culture. This book shows how dramatically we undervalue introverts, and how much we lose in doing so.

**Book Title:** Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead

**Author:** Brene Brown

**Abstract:** When we deny our stories, they define us. This book teaches us that when we own our stories, we get to write the ending.

**Book Title:** True Refuge

**Author:** Tara Brach

**Abstract:** This book will teach you how to cope with distress during difficult times in life. It emphasizes mindfulness/acceptance and self-compassion as coping strategies, as well as provides practical strategies to help cope with distress.

**MINDFULNESS/MEDITATION**

**Book Title:** Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking.

**Author:** S.J. Scott, Barrie Davenport

**Abstract:** The goal of this book is simple: To teach you habits, actions, and mindsets to clean up the mental clutter that's holding you back from living a meaningful life. The solution is to practice specific mindfulness techniques that create more “space” in your mind to enjoy inner peace and happiness.

**Book Title:** Get Out of Your Mind and Into Your Life

**Author:** Steven Hayes & Spencer Smith

**Abstract:** This book serves as an introduction to Acceptance and Commitment Therapy (ACT). It teaches readers how to make sense of and accept their painful experiences or suffering.

**Book Title:** Mindset Makeover: Making Assertive and Mindful Choices

**Author:** Steven Schuster

**Abstract:** This book will help you discover how your mindset is working against you. Aided by scientifically proven research and practices, Mindset Makeover will help improve your critical thinking skills and develop better judgment in battling self-sabotaging thoughts. Learn how to face and solve your problems in a constructive way.

**Book Title:** Wherever You Go There You Are

**Author:** Jon Kabat-Zinn

**Abstract:** This book serves as an introduction to Mindfulness. It will teach you various mindfulness practices and skills and how to apply these concepts into everyday life.

**COPING SKILLS/TOOLS**

**Book Title:** The Adult ADHD Tool Kit: Using CBT to Facilitate Coping Inside and Out

**Author:** Russell Ramsay & Anthony Rostain

**Abstract**: This book serves as a coping guide for adults living with ADHD. It does not just present useful coping strategies but also provides specific tactics designed to help readers implement these skills in their daily lives and brings them to life in a user-friendly format. The authors discuss many different settings in which ADHD may cause difficulties, including work, school, matters of physical health and well-being, and the issue of excessive use of technology.

**Book Title:** The Anxiety and Phobia Workbook

**Author:** Edmund J. Bourne

**Abstract:** The Anxiety and Phobia Workbook can help you make a full and lasting recovery from generalized anxiety disorder, social anxiety, specific phobias, panic attacks, obsessive-compulsive disorder, and other anxiety-related issues. Packed with the most effective skills for assessing and treating anxiety, this workbook can be used to help you develop a full arsenal of skills for quieting worried thoughts and putting yourself back in control.

**Book Title:** The I AM Journal: Gratitude and Positive Affirmations Help Your Manifestation

**Author:** Soul2soullll

**Abstract:** To be someone different and achieve something different, you have to create new thought patterns, new attitudes, and new expectations with repetitive positive thoughts. Be persistent for at least 21-30 days in which a new habit created.

**Book Title:** Who Moved My Cheese?: An A-Mazing Way to Deal with Change in Your Work and in Your Life

**Author:** Spencer Johnson

**Abstract:** This profound book from bestselling author, Spencer Johnson, will show you how to anticipate change, adapt to change quickly, enjoy change and be ready to change quickly again and again. Discover the secret for yourself and learn how to deal with change, so that you suffer from less stress and enjoy more success in your work and in life.

**RELATIONSHIPS**

**Book Title:** Getting Past Your Breakup

**Author:** Susan J. Elliott

**Abstract**: Want to learn how to turn a devastating loss into the best thing that ever happened to you? This book is the most effective plan for getting permanently past a breakup, getting your confidence back, and opening yourself to true love.

**Book Title:** He’s Scared, She’s Scared

**Author:** Steven Carter & Julia Sokol

**Abstract**: Commitment phobia is one of the most discussed romantic dilemmas of our time. It impacts all parts of a relationship. This book is for people who want to become aware of and overcome their fear of commitment.

**EATING/BODY IMAGE**

**Book Title:** Health at Every Size

**Author:** Linda Bacon

**Abstract**: This is *not* a diet book. Instead, this book will convince you of the best way to win the war against fat and give up the fight against dieting.

**Book Title:** Life Without Ed

**Author:** Jenni Schaefer & Thom Rutledge

**Abstract**: This book provides new hope for the disorders that plague millions of women and young girls. It is inspiring, compassionate, and filled with practical exercises to help you break up with your own person E.D. (Eating Disorder).

**Book Title:** Overcoming Overeating

**Author:** Jane R. Hirschmann & Carol H. Munter

**Abstract**: This book provides a proven, step-by-step plan that doesn't control your eating habits--but cures them, once and for all. It will show you how to give up dieting forever and discover that you actually eat much less without the pressure of restraining yourself from foods you enjoy and sociocultural expectations.

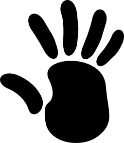
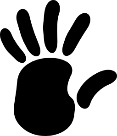
**Book Title:** When Women Stop Hating Their Bodies: Freeing Yourself from Food and Weight Obsession

**Author:** Jane R. Hirschmann & Carol H. Munter

**Abstract**: This book explores the reasons why women cling to diets, despite overwhelming evidence that *diets don’t work.* The authors teach us how to think about our problems (instead of *eat* them) and how “bad body thoughts” are clues to our emotional lives.

**Audiobooks**

* **Men, Women, and Worthiness** – Brené Brown
* **My Year of Yes** – Shondra Rhimes

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# Resources for Parents

**Talking to kids about COVID-19**

* National Association of School Psychologists: Talking to Children about COVID-19 - [https://w](http://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-)ww.[nasponl](http://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-)ine.[org/resource](http://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-)s[-and-publications/resources-and-podcasts/school-climate-safety-](http://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-) and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource
* NPR: Just For Kids – A Comic Exploring The New Coronavirus - [https://w](http://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-)ww.npr.[org/sections/goatsandsoda/2](http://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-)0[20/02/28/809580453/just-for-kids-a-comic-exploring-](http://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-) the-new-coronavirus
* Child Mind Institute: Talking to Kids about the Coronavirus - https://childmind.org/article/talking- to-kids-about-the-coronavirus/
* Creating a new normal for kids during the uncertainties of COVID-19 -

[https://w](http://www.uth.edu/news/story.htm?id=e5c159f0-11af-4091-9f1d-342b5a64583a)ww.uth.e[du/news/story.htm?id=e5c159f0-11af-4091-9f1d-342b5a64583a](http://www.uth.edu/news/story.htm?id=e5c159f0-11af-4091-9f1d-342b5a64583a)

**Learning Resources:**

* CIRCLE Activity Collection: Family - https://cliengage.org/public/tools/materials/cac-family/
* NESCA: Making the Most of COVID-19 School Closures
* Scholastic Learn at Home - https://classroommagazines.scholastic.com/support/learnathome.html
* Khan Academy: [https://w](http://www.khanacademy.org/)ww.k[hanacade](http://www.khanacademy.org/)my.[org](http://www.khanacademy.org/)/
* Mystery Science: https://mysteryscience.com/
* Prodigy Math Learning Platform: [https://w](http://www.prodigygame.com/)ww.prodi[gygame.com/](http://www.prodigygame.com/)
* CK-12 Online Learning Resources: [https://w](http://www.ck12.org/student/)ww.ck12.[org/student/](http://www.ck12.org/student/)
* Virtual Field Trips - [https://w](http://www.discoveryeducation.com/community/virtual-field-trips/)ww.di[scov](http://www.discoveryeducation.com/community/virtual-field-trips/)ery[education.com/community/virtual-field-trips/](http://www.discoveryeducation.com/community/virtual-field-trips/)
* National Geographic Education: [https://w](http://www.nationalgeographic.org/education/)ww.nati[onal](http://www.nationalgeographic.org/education/)g[eographic.org/education/](http://www.nationalgeographic.org/education/)
* Education.com - [https://w](http://www.education.com/)ww.e[ducati](http://www.education.com/)on.[com](http://www.education.com/)/
* The National WWII Museum - New Orleans - [https://w](http://www.ww2classroom.org/)ww.ww2cl[assroom.org/](http://www.ww2classroom.org/)
* PBS: Nova - [https://w](http://www.pbs.org/wgbh/nova/)ww.pbs.[org/w](http://www.pbs.org/wgbh/nova/)g[bh/nova/](http://www.pbs.org/wgbh/nova/)
* Google Earth - [https://w](http://www.google.com/earth/)ww.googl[e.com/earth/](http://www.google.com/earth/)
* Google Lit Trips - [https://w](http://www.googlelittrips.org/)ww.googl[elittrips.org/](http://www.googlelittrips.org/)
* Project Noah - [https://w](http://www.projectnoah.org/)ww.proje[ctnoah.org/](http://www.projectnoah.org/)
* Lunch Doodles with Mo Willems! -

[https://w](http://www.youtube.com/playlist?list=PL14hRqd0PELGbKihHuTqx_pbvCLqGbOkF)ww.y[outube](http://www.youtube.com/playlist?list=PL14hRqd0PELGbKihHuTqx_pbvCLqGbOkF).com[/playlist?list=PL14hRqd0PELGbKihHuTqx\_pbvCLqGbOkF](http://www.youtube.com/playlist?list=PL14hRqd0PELGbKihHuTqx_pbvCLqGbOkF)

* Little Passports - [https://w](http://www.littlepassports.com/blog/craft-diy/free-activities-fun-learning-home/)ww.littl[epassports.com/blog/craft-diy/free-activities-fun-learning-home/](http://www.littlepassports.com/blog/craft-diy/free-activities-fun-learning-home/)

**Virtual Field Trip**

* Cincinnati Zoo Home Safari (Facebook) - https://m.facebook.com/cincinnatizoo
* San Diego Zoo - https://zoo.sandiegozoo.org/live-cams
* National Parks Service - [https://w](http://www.youtube.com/user/NationalParkService/featured)ww.y[outube](http://www.youtube.com/user/NationalParkService/featured).com[/user/NationalParkService/featured](http://www.youtube.com/user/NationalParkService/featured)
* Group HIIT - Circuit for Kids - [https://w](http://www.youtube.com/watch?v=xj7TQ6xTjnU)ww.y[outube](http://www.youtube.com/watch?v=xj7TQ6xTjnU).com[/watch?v=xj7TQ6xTjnU](http://www.youtube.com/watch?v=xj7TQ6xTjnU)
* Ford's Theatre - [https://w](http://www.fords.org/visit/virtual-tour/)ww.fords[.org/visit/virtual-tour/](http://www.fords.org/visit/virtual-tour/)
* Exploratorium : [https://w](http://www.exploratorium.edu/)ww.expl[oratorium](http://www.exploratorium.edu/).[edu/](http://www.exploratorium.edu/)
* MoMA - [https://w](http://www.moma.org/)ww.moma.[org/](http://www.moma.org/)
* Newseum - [https://w](http://www.newseum.org/exhibits/online/)ww.newse[um.org/exhibits/online/](http://www.newseum.org/exhibits/online/)
* United States Holocaust Memorial Museum - [https://w](http://www.ushmm.org/information/exhibitions/online-)ww.ushmm[.org/information/exhibitions/online-](http://www.ushmm.org/information/exhibitions/online-) exhibitions
* The Louvre Museum - [https://w](http://www.louvre.fr/en/visites-en-ligne)ww.louv[re](http://www.louvre.fr/en/visites-en-ligne).[fr/en/visites-en-ligne](http://www.louvre.fr/en/visites-en-ligne)
* The Van Gogh Museum - <https://vangoghmuseum.nl/en/explore-the-collection>
* The Smithsonian - [https://w](http://www.si.edu/openaccess)ww.si.e[du/openaccess](http://www.si.edu/openaccess)
* British Museum, London - https://britishmuseum.withgoogle.com/
* National Museum of African History and Culture - https://nmaahc.si.edu/explore/collection/search?edan\_q=%2A%3A%2A&edan\_local=1&edan\_fq%5B0%5D=p.edanmdm.descriptivenonrepeating.online\_media.media.usage.access%3A%22CC0%22