

# Free Online Resources to Access During COVID-19

## Activities

- Printable nature-themed coloring pages for kids and adults
  - <https://www.coloringnature.org/>
- Access to Audible audio books for all ages. Also includes audio books in other languages, including Spanish. Can be streamed from a desktop, laptop, phone, or tablet
  - <https://stories.audible.com/start-listen>
- CHOC Children's Corona Virus: Advice for Parents Blog
  - <https://www.choc.org/coronavirus/>
  - <https://blog.chocchildrens.org/>
- CHOC Children's Psychology Coping Skills Videos
  - [www.choc.org/coping](http://www.choc.org/coping)
- Sewing patterns and tips on sewing
  - <https://www.feltwithlovedesigns.com/category/sewing/sewing-tips/>
- At-home yoga videos from CorePower Yoga
  - <https://www.corepoweryogaondemand.com/keep-up-your-practice>
- HERE Meditation: Free mobile app with interactive activities including breathing, music, and guided exercises to reduce stress and anxiety
  - <https://www.hereglobalrelief.org/>
- At-home workout videos from Gold's Gym. Available through May 31<sup>st</sup>
  - [https://www.goldsgym.com/anywhere/?fbclid=IwAR3MNCgHmDH4EFz\\_NleK6TKdq3lhwtXAepVceSqTqNtVaZjbtul92P3DheY](https://www.goldsgym.com/anywhere/?fbclid=IwAR3MNCgHmDH4EFz_NleK6TKdq3lhwtXAepVceSqTqNtVaZjbtul92P3DheY)
- Online games that include K-12 curriculum
  - <https://www.breakoutedu.com/funathome>



## Educational Opportunities

- Online classes and blog posts from Skillshare. Topics include animation, creative writing, photography, web design, marketing. Aimed at fostering professional development. 2 month free trial with e-mail sign up, and encourages people to use “.edu” or “.k12” e-mail.
  - <https://www.skillshare.com/browse?via=homepage&sort=rating&time=all>
- CourseHero Youtube account that has study guides and videos for different subject matters
  - <https://www.youtube.com/user/CourseHeroVideo/videos>
- Access to Musical Explorers programs and lessons from Carnegie Hall
  - [https://www.carnegiehall.org/Education/Educators/Musical-Explorers/Digital#utm\\_source=WeAreTeachers&utm\\_medium=SpotArt&utm\\_campaign=SpotArticle&utm\\_content=Musical\\_Explorers](https://www.carnegiehall.org/Education/Educators/Musical-Explorers/Digital#utm_source=WeAreTeachers&utm_medium=SpotArt&utm_campaign=SpotArticle&utm_content=Musical_Explorers)
- Chrome Music Lab allows kids to learn music through hands-on website
  - <https://musiclab.chromeexperiments.com/Experiments>
- Videos of performances and educational activities to do at home. New content added daily
  - <https://www.kennedy-center.org/digitalstage/Kennedy-Center-at-home/>
- Computer Science Courses Online from Amazon Future Engineer: Different courses and programs according to grade level
  - <https://www.amazonfutureengineer.com/free-courses>
- Base content is free with Duolingo. Games to learn a new language including Spanish, German, French, Italian, Portuguese, Dutch, and Japanese. Available as a mobile app.
  - <https://www.duolingo.com/>
- Online course to learn English with video lessons and activities
  - <https://www.english52.com/>
- Access to Fabulingua app for smartphones. Interactive app that teaches Spanish
  - <https://www.fabulingua.com/2020-statement>



## Virtual Experiences

- Virtual tours and online exhibits from over 2,500 museums from all over the world, through Google Arts & Culture, including The MET in New York City, The Getty in Los Angeles, and The Palace of Versailles in France.
  - <https://artsandculture.google.com/partner?hl=en&tab=pop>
- Access to live cams at the Monterey Bay Aquarium. Also includes games and activities, and educational curriculum for grades K-12.
  - <https://www.montereybayaquarium.org/for-educators/curriculum-and-resources>
- Social Distancing Festival that showcases art and music online, including exhibits that had to be cancelled or postponed
  - <https://www.socialdistancingfestival.com/>

