

## ***Links to Practice Self-Care and to Entertain***

### Kids

- [“Goodnight with Dolly,”](#) a **weekly story series by Dolly Parton** for children and families. Dolly will have a weekly video reading selected books. First up is *“The Little Engine That Could;”* check out the book’s corresponding activity [sheets](#)
- Educational Publishing Company **Scholastic** has launched a free, online learning hub to encourage students to keep learning while their regular school schedules are affected by COVID-19. The hub, *Scholastic Learn At Home*, has daily learning activities for students Pre-K through 9<sup>th</sup> grade. No sign-up required for this free [service](#)
- [Amazon has opened up a variety of Prime Video kids programming to all users for free.](#) Usually reserved for Amazon Prime customers, but now available to everyone at no cost. Choose from PBS shows to movies. All that’s needed is an Amazon account, which can be obtained for free by signing up on the main site.
- Free Crayola coloring pages-Crayola is offering [free-to-download \(and print\) coloring pages](#), organized by season

### Theater

- **Met Opera**-While they’re closed, the Met will stream free [encore presentations](#) of its *Live in HD* series
- **Playbill**-[15 plays and musicals](#) including *Rent*, *Cats*, etc that can be viewed on differing platforms
- **Broadway World**, a theater news website, has launched "[Living Room Concerts](#)" where Broadway stars sing daily

### Exercise

- **Core Power Yoga**, a yoga studio chain, is currently offering free online classes through its [Core Power Yoga On Demand platform](#). Classes are pre-recorded and range from 30 minutes to 1 hour long
- National gym chain **Planet Fitness** is offering [free workouts on Facebook Live daily at 7pm ET](#). ‘Work-Ins’ will be available after on their Facebook page and [YouTube channel](#)

### Zoos/Aquariums/Museums

- **Georgia Aquarium:** Visit the penguins, jellyfish, sea lions, etc in [real time](#)
- **Cincinnati Zoo** hosting [Facebook live videos](#) with different animals every day at 3pm on its Facebook page. View live at 3pm or watch later
- **Monterey Bay Aquarium** in California has [10 live cams](#) to choose from. View cams specifically for sea otters, jellyfish, penguins, and more
- [Google's Arts & Culture collection](#)-Virtually tour hundreds of well-known museums around the world including the Guggenheim, the National Gallery of Art in Washington, DC, the National Gallery in London, the Acropolis Museum in Athens and more. In many, you can use Google’s street view feature to ‘walk’ the museum.