

Tip Sheet: Virtual Resources and Activities to Try While Social Distancing

Drafted: 03/24/2020; Updated:

Free virtual options – Louisiana:

- The New Orleans Aquarium, swamp tours, Mardi Gras World, National WWII Museum, and others have virtual options at www.neworleans.com

Free virtual options – Amusement Parks & Rides:

- There are YouTube links to virtual Disney rides [<https://www.nolaweekend.com/stuck-on-the-couch-you-can-take-virtual-disney-rides-while-social-distancing/> has links for these].
- If you prefer unofficial YouTube videos to make you feel like you're on the ride – check out the Frozen Ever After ride; It's a Small World; Monsters, Inc. Mike & Sulley to the Rescue!; Pirates of the Caribbean; and Rise of the Resistance [from the Star Wars movies]. [See Frozen <https://www.youtube.com/watch?v=J8OHP9OriMA>] [See Small World <https://www.youtube.com/watch?v=09bowEw0td8&feature=youtu.be>] [See Monsters, Inc. https://www.youtube.com/watch?time_continue=1&v=QtThX4j3BCM&feature=emb_logo] [See Pirates <https://www.youtube.com/watch?v=rgUvhnA3y8c&feature=youtu.be>] [see Star Wars <https://www.youtube.com/watch?v=x0HRyP2UUzY>]
- Legoland Florida Resort: take a virtual tour of the park including the Great Lego Race and Miniland USA. [See <https://www.visitorlando.com/en/things-to-do/virtual-tours/legoland-florida-resort>]
- SeaWorld Orlando: the virtual tour includes a Discovery Cove tour and the option to “ride” Mako [the steel roller coaster]. [See <https://www.visitorlando.com/en/things-to-do/virtual-tours/seaworld-orlando>]
- City of Orlando Virtual Tours: Includes tours of Walt Disney World Resort, Sea World Orland, Universal Orlando Resort, Legoland Florida Resort, and a tour of the city sights [See <https://www.visitorlando.com/en/things-to-do/virtual-tours>]

Free virtual options – Museums:

- View and enjoy Cherry Blossoms trees at #BloomCam at nationalmall.org/bloomcam [See <https://nationalmall.org/bloomcam>]
- Take a virtual 360-degree room-by-room tour of every exhibit in the Smithsonian National Museum of Natural History at naturalhistory.si.edu [See <https://naturalhistory2.si.edu/vt3/NMNH/>]

- Google Arts & Culture offer limited access to art with over 2,500 museums [See <https://artsandculture.google.com>]
- The Louvre in Paris has its own virtual tour resources [See <https://www.louvre.fr/en/visites-en-ligne>]
- The Vatican Museum also has its own virtual tour resources [See <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>]
- Guggenheim’s Collection Online [See <https://www.guggenheim.org/collection-online>]
- Van Gogh Museum [See https://artsandculture.google.com/streetview/van-gogh-museum-groundfloor/2QHwyv_Y6gueAw?hl=en&sv lng=4.8808198&sv lat=52.3585336&sv h=57.10892272155525&sv p=-19.588174305003264&sv pid=T4EwMNbRYOhcEPF8T1I8xw&sv z=1.0000000000000002]
- Getty Museum [See <https://artsandculture.google.com/streetview/the-j-paul-getty-museum/cwFdGYSXlaOg6w?hl=en>]
- Georgia O’Keeffe Museum has 6 virtual exhibits are available online named for the “Mother of American modernism.” [See <https://artsandculture.google.com/partner/georgia-o-keeffe-museum?hl=en> OR for a phone app <https://www.okeeffemuseum.org/app/>]
- NASA: both Virginia’s Langley Research Center and Ohio’s Glenn Research Center offer online tours for free. There are also “augmented reality experiences” via The Space Center Houston’s app. [See <https://oh.larc.nasa.gov/oh/> OR <https://www.nasa.gov/glennvirtualtours> OR <https://spacecenter.org/app/>]
- Metropolitan Museum of Art: there are 26 online exhibits including The Costume Institute Conversation Lab. [See <https://artsandculture.google.com/streetview/metropolitan-museum-of-art/KAFHmsOTE-4Xyw?hl=en&sv lng=-73.9624786&sv lat=40.7803959&sv h=335.0285349959785&sv p=0.9453475127378823&sv pid=KeFx8oXHzeuY8L5rfepHaA&sv z=0.6253222631835352> OR for pre-recorded video <https://www.metmuseum.org/art/online-features/met-360-project>]
- National Museum of the United States Air Force: check out FDR’s presidential airplane in addition to other military weapons & aircraft. [See <https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>]
- Thyssen-Bornemisza Museum, Spain: Madrid's must-see art museum [See <https://artsandculture.google.com/streetview/the-j-paul-getty-museum/cwFdGYSXlaOg6w?hl=en>]

- British Museum, London [See <https://britishmuseum.withgoogle.com/>]
- National Women's History Museum online exhibits [See <https://www.womenshistory.org/womens-history/online-exhibits>]
- Detroit Institute of Arts exhibits [See <https://artsandculture.google.com/partner/detroit-institute-of-arts?hl=en>]
- Rijksmuseum, Amsterdam: The Golden Age of Dutch art [See https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv_lng=4.885283712508563&sv_lat=52.35984312584405&sv_h=311.1699875145569&sv_p=-5.924133903625474&sv_pid=fOVcUXQW2wpRf33iUmxEfg&sv_z=1]

Free virtual options - Zoos & Aquariums:

- The Cincinnati Zoo: at 3 p.m. there is a daily Home Safari on its Facebook Live feed. [See <https://www.facebook.com/cincinnati-zoo/> OR See pre-recorded Home Safaris at <http://cincinnati-zoo.org/home-safari-resources/>]
- The Atlanta Zoo: check out the Panda Cam livestream on its website. [See <https://zoatlanta.org/panda-cam/>]
- Georgia Aquarium: African penguins, Beluga whales, and more are part of the live cam at this aquarium. [See African penguins, <https://www.georgiaaquarium.org/webcam/african-penguin-cam/> ; Beluga whales, <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/> ; Sea lions, <https://www.georgiaaquarium.org/webcam/california-sea-lion-cam/> ; Puffins, <https://www.georgiaaquarium.org/webcam/puffin-cam/> ; Sea otters <https://www.georgiaaquarium.org/webcam/southern-sea-otter-webcam/> ; Jelly fish, <https://www.georgiaaquarium.org/webcam/jelly-webcam/> ; Reef fish fest, <https://www.georgiaaquarium.org/webcam/indo-pacific-barrier-reef/> ; Ocean fish fest, <https://www.georgiaaquarium.org/webcam/ocean-voyager/> ; Piranhas, <https://www.georgiaaquarium.org/webcam/piranha-cam/>]
- Houston Zoo: there are many different animals to watch with the zoo's live cam, but the playful elephants are reported to be a treat [See <https://www.houstonzoo.org/explore/webcams/>]
- Monterey Bay Aquarium: view online footage of Monterey Bay's Habitat exhibit and get your shark fix in advance of official Shark Week [See <https://www.montereybayaquarium.org/animals/live-cams>]
- The Shedd Aquarium: Chicago shares footage from their aquarium on Facebook [See <https://www.facebook.com/sheddaquarium/> OR Live cam <https://www.sheddaquarium.org/exhibits/underwater-beauty-exhibit> OR See pre-recorded field trips at <https://www.sheddaquarium.org/educators/virtual-field-trips>]

- San Diego Zoo: noted to have the most live cam options – koalas polar bears, & tigers – oh, my! [See <https://zoo.sandiegozoo.org/live-cams> OR <https://kids.sandiegozoo.org/videos>]
- National Aquarium: offers a floor-by-floor tour through tropical waters to icy tundra in this Baltimore aquarium [See <https://aqua.org/media/virtualtours/baltimore/index.html> OR <https://aqua.org/Experience/live>]

Free virtual options – Exercise:

Instagram:

- @therealdebbieallen is doing basic adult dance classes on Wednesdays at 3 PM CST
- @tilerpeck is offering free live ballet classes M-F 12 PM CST

YouTube offers some free exercise courses and yoga/meditation [Note: you're only limited by your imagination – search for whatever type of exercise interests you]:

- If you love pop music & dancing check out Caleb Marshall aka The Fitness Marshall – he has free live & pre-recorded dance workouts.
- Yoga with Adriene has a variety of over 500 free stretching, seasonal-themed, bedtime, and meditation videos to explore.

Online search/apps:

- There are limitless options for all types of free workout and exercise plans that can be accessed online via search &/or through free apps, so whether you enjoy strength training with or without weights, walking, running, belly dancing, tai chi, etc.
- There are also free apps that focus on meditation – guided, music, with various areas targeted – sleep, stress, confidence, etc. Insight Timer has free content but there are many free apps and YouTube content to support a meditation practice.