

# Virtual Events and Resources

*Disclaimer: This list is for information purposes only, and is a compilation of resources found on the internet. Links were available and active at time list was created.*

## Health & Wellness

Free Disney Zumba Videos	<a href="https://www.youtube.com/watch?v=1Ku0qUAFUZk&amp;list=PLRkbw8q">https://www.youtube.com/watch?v=1Ku0qUAFUZk&amp;list=PLRkbw8q</a> *Register Online at Zoom with the following link(s): - Wednesday, March 25th: <a href="https://zoom.us/meeting/register/v5AqcOGorDkv3UYVbBJeSaBqWu8vxQ4A_Q">https://zoom.us/meeting/register/v5AqcOGorDkv3UYVbBJeSaBqWu8vxQ4A_Q</a>	10 Disney Zumba Videos
Meditation & Meetup for High School and College Students	- Thursday, April 2nd: <a href="https://zoom.us/meeting/register/upQrcOioqj0jtyprUPkHfsoKv-EC1YSm9Q">https://zoom.us/meeting/register/upQrcOioqj0jtyprUPkHfsoKv-EC1YSm9Q</a> - Monday, April 6th: <a href="https://zoom.us/meeting/register/vJ0pd-qgqTso-J68B9y6JBvHDG_-DtU2-w">https://zoom.us/meeting/register/vJ0pd-qgqTso-J68B9y6JBvHDG_-DtU2-w</a>	Zoom meetup, 8:30-9:30pm on specific dates
YMCA 360	<a href="https://ymca360.org/">https://ymca360.org/</a>	Online exercise videos
Anxiety and Depression Association of America	<a href="https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources">https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources</a>	COVID19 anxiety resources and tips
Mental Health Association of Frederick County	<a href="https://fcmha.org/how-we-help/behavioral-health/telehealth">https://fcmha.org/how-we-help/behavioral-health/telehealth</a>	Virtual walk-in services
Centers for Disease Control and Prevention (CDC)	<a href="https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html">https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html</a>	Stress and coping resources during COVID 19 pandemic
Maryland Coalition Against Sexual Assault	<a href="https://mcasa.org/updates-information-on-covid-19">https://mcasa.org/updates-information-on-covid-19</a>	Services for sexual assault survivors in Maryland during the COVID19 crisis
SAMHSA - Substance Abuse and Mental Health Services Administration	<a href="https://www.samhsa.gov/find-help/national-helpline?fbclid=IwAR0FB1GQoZ8Yi-H-FkAIACmL9Y9v_fUoyiBoypmja7M7vGQysnEI4VYIGxM">https://www.samhsa.gov/find-help/national-helpline?fbclid=IwAR0FB1GQoZ8Yi-H-FkAIACmL9Y9v_fUoyiBoypmja7M7vGQysnEI4VYIGxM</a>	For individuals and family members facing mental and/or substance use disorders
Alcoholics Anonymous Virtual NA	<a href="https://www.aa.org/pages/en_US">https://www.aa.org/pages/en_US</a> <a href="https://virtual-na.org/">https://virtual-na.org/</a>	Narcotics Anonymous meetings online and by phone
National Suicide Prevention Hotline	1-800-273-8255 or go online to <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>	The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

American Foundation for Suicide Prevention	<a href="https://afsp.org/campaigns/covid-19/">https://afsp.org/campaigns/covid-19/</a>	Mental health resources during COVID19
National Institute on Drug Abuse	<a href="https://www.drugabuse.gov/related-topics/covid-19-resources?fbclid=IwAR1a_wiL7ipHRCcq46wRs42N9B07ijbQtJgSmbeMydURlrPOlr0vp7C6Dq0">https://www.drugabuse.gov/related-topics/covid-19-resources?fbclid=IwAR1a_wiL7ipHRCcq46wRs42N9B07ijbQtJgSmbeMydURlrPOlr0vp7C6Dq0</a>	The COVID-19 pandemic presents unique challenges for people with substance use disorders and in recovery. The following resources may help
2-1-1 Maryland	call or text 211 on your phone; or go online to <a href="https://211md.org/">https://211md.org/</a>	2-1-1 is a quick and easy way to find information and get referrals for thousands of programs and services across Maryland. Resources include food, housing & shelter, utility assistance, mental health, substance use, healthcare, children and families, aging and disabilities, legal and tax services, veterans, domestic/family violence, and employment

### Virtual Field Trips

NASA	<a href="https://www.nasa.gov/stem-at-home-for-students-k-4.html">https://www.nasa.gov/stem-at-home-for-students-k-4.html</a>	STEM activities for grades K-4
Discovery Education	<a href="https://www.discoveryeducation.com/learn/tundra-connections/">https://www.discoveryeducation.com/learn/tundra-connections/</a>	Free virtual field trips with companion guides and hands-on learning
Take a trip to Mars	<a href="https://accessmars.withgoogle.com/">https://accessmars.withgoogle.com/</a>	Explore the surface of Mars on the Curiosity Rover
Cincinnati Zoo & Botanical Garden	<a href="https://www.facebook.com/cincinnati-zoo/">https://www.facebook.com/cincinnati-zoo/</a>	Every weekday at 3pm EDT, the Cincinnati Zoo will host a Home Safari Facebook Live that features a different animal each day. The Zoo will also post the safaris on their website and YouTube.
Panda Cam Zoo Atlanta	<a href="https://zooatlanta.org/panda-cam/">https://zooatlanta.org/panda-cam/</a>	Zoo Atlanta offers a live stream of the only panda twins in the USA, Ya Lun and Xi Lun
Monterey Bay Aquarium	<a href="https://www.montereybayaquarium.org/animals-and-exhibits/live-web-cams">https://www.montereybayaquarium.org/animals-and-exhibits/live-web-cams</a>	Ten live cams where viewers can watch sharks, check the going-on in the open sea, and birdwatch in the aviary
Georgia Aquarium	<a href="https://www.georgiaaquarium.org/webcam/ocean-voyager/">https://www.georgiaaquarium.org/webcam/ocean-voyager/</a>	
National Aquarium	<a href="http://samuraivirtualtours.com/example/nadc/index.html">http://samuraivirtualtours.com/example/nadc/index.html</a>	Self-guided virtual tour
Seattle Aquarium	<a href="https://www.youtube.com/watch?v=mY8_n13tKM&amp;feature=youtu.be">https://www.youtube.com/watch?v=mY8_n13tKM&amp;feature=youtu.be</a>	30-minute video tour
The San Diego Zoo	<a href="https://zoo.sandiegozoo.org/live-cams">https://zoo.sandiegozoo.org/live-cams</a>	Ten live cams to choose from, including penguins, tigers, koalas, and giraffes.

The San Diego Zoo	<a href="https://zoo.sandiegozoo.org/live-cams">https://zoo.sandiegozoo.org/live-cams</a>	Exclusively for kids, loaded with videos, stories, activities and games
Farm Fresh 360	<a href="https://www.farmfood360.ca/">https://www.farmfood360.ca/</a>	Preschool field trip goes online! Immerse yourself in Candian farm and food tours from raising pigs to making milk and cheese.
American Egg Board	<a href="https://www.aeb.org/eggs-in-schools/classroom/farm-to-table-virtual-field-trips">https://www.aeb.org/eggs-in-schools/classroom/farm-to-table-virtual-field-trips</a>	Virtual egg garm field trips
Stellarium Web	<a href="https://stellarium-web.org/">https://stellarium-web.org/</a>	Explore over 60,000 stars, locate planets, and watch sunrises and solar eclipses. Enter your location and see all the constellations that are visible in the night sky in your corner of the world.
Earth and Space Science Lab, FCPS	<a href="https://education.fcps.org/essl/home">https://education.fcps.org/essl/home</a>	Also offers 15 minute science lesson on Facebook Live on Tuesdays & Thursdays at 11am. Offers 11 virtual field trips that allow you todo everything from exploring a coastal rainforest while in a canoe to unlocking the secrets of coral reefs in the Dominican Republic. Each video is about 45 minutes long
The Nature Conservancy	<a href="https://www.nature.org/en-us/about-us/who-we-are/how-we-work/youth-engagement/nature-lab/">https://www.nature.org/en-us/about-us/who-we-are/how-we-work/youth-engagement/nature-lab/</a>	
Volcanoes	<a href="https://volcanoes.usgs.gov/index.html">https://volcanoes.usgs.gov/index.html</a>	The US Geological Survey monitors volcanoes in the United States. Their interactive map allows you to click on and learn about any volcano in the country.
Yellowstone National Park	<a href="https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm">https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm</a>	Yellowstone is now accessible to virtual travelors. Interactive maps and live-stream of Old Faithful!
Google Earth	<a href="https://earth.google.com/web/@2.45133915,-98.61144059,-5192.98031784a,27413757.13498593d,35y,-0h,0t,0r/data=Ci0SKxlgMzVhNjc1YmQ0NjVjMTFIOTg0Yjg1NTMyNWRRjMDk2MzQiB3ZveV90b2M">https://earth.google.com/web/@2.45133915,-98.61144059,-5192.98031784a,27413757.13498593d,35y,-0h,0t,0r/data=Ci0SKxlgMzVhNjc1YmQ0NjVjMTFIOTg0Yjg1NTMyNWRRjMDk2MzQiB3ZveV90b2M</a>	Virtual tours of national parks of the USA
The Great Lakes	<a href="https://www.greatlakesnow.org/educational-resources/virtual-field-trip/">https://www.greatlakesnow.org/educational-resources/virtual-field-trip/</a>	This virtual field trip has three components: coastal wetlands, algae, lake sturgeon. Each video is a quick 5 mintues
Birthplaces of Music	<a href="http://edtech2.boisestate.edu/joshuasmith8/502/virtualtour/start.html">http://edtech2.boisestate.edu/joshuasmith8/502/virtualtour/start.html</a>	Boise State put together this interactive field trip with text, photos, audio, and video. Four featured music locations: Vienna, Austria; New Orleans, Louisiana; Cleveland, Ohio; and Bristol, Tennessee-Virginia.

Vitural Marien Biology Camp	<a href="http://oceansinitiative.org/coronavirus-community-service-a-virtual-r">http://oceansinitiative.org/coronavirus-community-service-a-virtual-r</a>	Oceans Initiative streams their camp Mondays and Thursday at 11am PST (2pm EST)
Ellis Island	<a href="http://teacher.scholastic.com/activities/immigration/webcast.htm">http://teacher.scholastic.com/activities/immigration/webcast.htm</a>	Virtual field trip to the former immigration inspections station in New York Harbor
360 Cities	<a href="https://www.360cities.net/">https://www.360cities.net/</a>	360 degree images videos provides you with the opportunity to see stunning panoramas across the globe (check out the blank ants walking on the dirt!)
Easter Island	<a href="https://www.pbs.org/wgbh/nova/easter/">https://www.pbs.org/wgbh/nova/easter/</a>	Delve into the mystery of Easter Island with a virtual tour
Son Doong Cave	<a href="https://www.nationalgeographic.com/news-features/son-doong-cave/2/#s=pano60">https://www.nationalgeographic.com/news-features/son-doong-cave/2/#s=pano60</a>	Explore the world's largest cave, located in Vietnam
Discovering Ancient Egypt	<a href="https://discoveringegypt.com/">https://discoveringegypt.com/</a>	Interactive pyramid map, 3D temple reconstructions and other free resources

### Historical Sites & Museums

The Smithsonian Museum	<a href="https://naturalhistory.si.edu/visit/virtual-tour">https://naturalhistory.si.edu/visit/virtual-tour</a>	Offers virtual tours of current and permanent exhibits, as well as some past exhibits
British Museum, London	<a href="https://britishmuseum.withgoogle.com/">https://britishmuseum.withgoogle.com/</a>	
Musee d'Orsay, Paris	<a href="https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en">https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en</a>	
National Museum of Modern & Contemporary Art, Seoul	<a href="https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en">https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea?hl=en</a>	
The J. Paul Getty Museum, Los Angeles	<a href="https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en">https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en</a>	
Van Gogh Museum, New York	<a href="https://artsandculture.google.com/partner/van-gogh-museum?hl=en">https://artsandculture.google.com/partner/van-gogh-museum?hl=en</a>	
MASP, Sao Paulo	<a href="https://artsandculture.google.com/partner/masp?hl=en">https://artsandculture.google.com/partner/masp?hl=en</a>	
National Gallery of Art, Washington DC	<a href="https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en">https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en</a>	
Pergamon Museum, Berlin	<a href="https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en">https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en</a>	
The Louvre	<a href="https://www.louvre.fr/en/visites-en-ligne">https://www.louvre.fr/en/visites-en-ligne</a>	
The Great Wall of China	<a href="https://www.thechinaguide.com/destination/great-wall-of-china">https://www.thechinaguide.com/destination/great-wall-of-china</a>	

Guggenheim Museum, New York	<a href="https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&amp;sv_lng=-73.95902634325634&amp;sv_lat=40.78285751667664&amp;sv_h=302.3936462402344&amp;sv_p=-0.9779434204101562&amp;sv_pid=MfnUmHRyOSzMtY3vtYU05g&amp;sv_z=2.0155363993691093">https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&amp;sv_lng=-73.95902634325634&amp;sv_lat=40.78285751667664&amp;sv_h=302.3936462402344&amp;sv_p=-0.9779434204101562&amp;sv_pid=MfnUmHRyOSzMtY3vtYU05g&amp;sv_z=2.0155363993691093</a>	
The White House	<a href="https://artsandculture.google.com/partner/the-white-house">https://artsandculture.google.com/partner/the-white-house</a>	Virtual tour guided by President and Mrs. Obama
Vatican	<a href="http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html">http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html</a>	
Buckingham Palace	<a href="https://www.royal.uk/virtual-tours-buckingham-palace">https://www.royal.uk/virtual-tours-buckingham-palace</a>	
Pyramids	<a href="https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200">https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200</a>	
Taj Mahal	<a href="https://www.taj-mahal.net/newtaj/">https://www.taj-mahal.net/newtaj/</a>	
Red Square in Russia	<a href="https://www.360cities.net/search?utf8=%E2%9C%93&amp;query=red+square+">https://www.360cities.net/search?utf8=%E2%9C%93&amp;query=red+square+</a>	
National Constitution Center	<a href="https://constitutioncenter.org/">https://constitutioncenter.org/</a>	Virtual tour and interactive Constitution section.
Colonial Williamsburg	<a href="https://www.colonialwilliamsburg.org/webcams/">https://www.colonialwilliamsburg.org/webcams/</a>	Eight different webcams provide a look into like in an early American community
National Museum of Civil War Medicine	<a href="http://www.civilwarmed.org/online-resources/">http://www.civilwarmed.org/online-resources/</a>	Virtual tours, documenaries, short videos and more
<b>Free Online Courses</b>		
Class Central	<a href="https://www.classcentral.com/collection/ivy-league-moocs?fbclid=IwAR1003gkM8jr7HUozoE1p-uFKOAXzpGSBWhVFo4dRJ9GL8hJxBF7kkYW3vM">https://www.classcentral.com/collection/ivy-league-moocs?fbclid=IwAR1003gkM8jr7HUozoE1p-uFKOAXzpGSBWhVFo4dRJ9GL8hJxBF7kkYW3vM</a>	Ivy League online courses
<b>Storytime &amp; Doodling</b>		
Josh Gad	<a href="https://twitter.com/i/broadcasts/1vOxwoPrnYgxB">https://twitter.com/i/broadcasts/1vOxwoPrnYgxB</a>	Every night on Twitter, Josh Gad is doing ten-minute storytime
Lunch Doodles with Mo Willems	<a href="https://www.kennedy-center.org/education/mo-willems/">https://www.kennedy-center.org/education/mo-willems/</a>	Mo Willems, beloved author of Waiting Is Not Easy! and The Pigeon HAS To Go To School! is hosting a Livestream Lunch Doodle. Every day at 1 PM EST, new episodes will be posted on the Mo Willems page on the Kennedy Center's Website. Additionally, Willem is encouraging kids to send him questions at LUNCHDOODLES@kennedy-center.org, and he will attempt to answer those questions in his videos.

Pete The Cat	<a href="https://www.instagram.com/petethecatofficial/">https://www.instagram.com/petethecatofficial/</a>	Creator James Dean presents virtual storytime every day at 12pm on Instagram Live
StorylineOnline	<a href="https://www.youtube.com/user/StorylineOnline/videos">https://www.youtube.com/user/StorylineOnline/videos</a> <a href="https://www.youtube.com/watch?v=42iXxfGiwDg&amp;feature=youtu.be&amp;fbclid=IwAR2-4EiRsl20llwU8Cb3Q0jADa6QTecAED9PT0hjOh9LaWyy2MYGylvhQJ4&amp;app=desktop">https://www.youtube.com/watch?v=42iXxfGiwDg&amp;feature=youtu.be&amp;fbclid=IwAR2-4EiRsl20llwU8Cb3Q0jADa6QTecAED9PT0hjOh9LaWyy2MYGylvhQJ4&amp;app=desktop</a>	Celebrities read aloud to kids
Grover reads The Monster at the End of This Book		

### Television, Movies, Theater, Books & Music

Amazon Kids Shows	<a href="https://nerdist.com/article/amazon-kids-shows-free-streaming/?fbclid=IwAR0rjeGj1L5FvhRH0MldMeciEWZP_oIufj9W3OF03Jl6vO7OB5ySrhvgfe4">https://nerdist.com/article/amazon-kids-shows-free-streaming/?fbclid=IwAR0rjeGj1L5FvhRH0MldMeciEWZP_oIufj9W3OF03Jl6vO7OB5ySrhvgfe4</a>	Amazon make all kids show free to stream
NetFlix Party	<a href="https://www.netflixparty.com/">https://www.netflixparty.com/</a>	Watch Netflix movies with your friends online. Everyone must have a NetFlix account. Only available on Chrome browsers or laptop computers.
Sling TV	<a href="https://watch.sling.com/browse/my-tv">https://watch.sling.com/browse/my-tv</a>	This online service is making some of its content available for free
Free Concerts		Many musicians are streaming free concerts. Look at your favorite band/musician's social media or webpage to see if they are streaming!
Broadway Shows	<a href="https://www.broadwayworld.com/article/PBS-Streams-Shows-From-Live-From-Lincoln-Center-and-Great-Performances-Series-For-Free-20200329">https://www.broadwayworld.com/article/PBS-Streams-Shows-From-Live-From-Lincoln-Center-and-Great-Performances-Series-For-Free-20200329</a>	PBS has unlocked a selection of its shows and concerts from its Live From Lincoln Center and Great Performances series, free throughout the month of April
National Theatre Live	<a href="https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjgw">https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjgw</a>	The National Theatre in London will begin broadcasting a play every Thursday on its YouTube channel starting April 2 at 2pm eastern. The videos will stream a week after they launch.
The Metropolitan Opera	<a href="https://www.metopera.org/">https://www.metopera.org/</a>	New York's Metropolitan Opera House will broadcast events as part of its "Live in HD" series. They start at 7:30pm ET and will be available on the homepage for 20 hours.
Eventbrite	<a href="https://www.eventbrite.com/d/online/free-events/">https://www.eventbrite.com/d/online/free-events/</a>	Listing of free events
Kanopy	<a href="https://www.kanopy.com/">https://www.kanopy.com/</a>	Lets you stream more than 30,000 documentaries, classic and indie films. Use your FCC student login to access
Audible	<a href="https://stories.audible.com/start-listen">https://stories.audible.com/start-listen</a>	Hundreds of titles free for the duration of schools being closed. No log ins, credit cards or passwords needed

Creative Capital	<a href="https://creative-capital.org/2020/03/18/online-arts-events-during-the-covid-19-outbreak/">https://creative-capital.org/2020/03/18/online-arts-events-during-the-covid-19-outbreak/</a>	Listing of online art events during Covid 19 outbreak
<b>Resources</b>		
Google Classroom	<a href="https://drive.google.com/file/d/1uFBoYMjS9vrWSDwq6djRKKIwIReN5vnG/view?fbclid=IwAR2cdBzoxVlweOxoctF6IKAkJ2-yS_I AoGAeFOWK8ep9gT5F5x6y kz3nwb4">https://drive.google.com/file/d/1uFBoYMjS9vrWSDwq6djRKKIwIReN5vnG/view?fbclid=IwAR2cdBzoxVlweOxoctF6IKAkJ2-yS_I AoGAeFOWK8ep9gT5F5x6y kz3nwb4</a>	2020 parents' guide to Google Classroom
Zoom	<a href="https://www.youtube.com/watch?v=d7xXZxRDFUU&amp;feature=youtu.be&amp;fbclid=IwAR0zsfU1h80iMBHjI9Rn3I7tzYT8I5T0QOEw6KnCLyvDlxgEftBxrcMQt0">https://www.youtube.com/watch?v=d7xXZxRDFUU&amp;feature=youtu.be&amp;fbclid=IwAR0zsfU1h80iMBHjI9Rn3I7tzYT8I5T0QOEw6KnCLyvDlxgEftBxrcMQt0</a>	How to setup the ZOOM app for students and parents
Zoom	<a href="https://zoom.us/docs/en-us/covid19.html">https://zoom.us/docs/en-us/covid19.html</a>	Zoom support during COVID 19 pandemic