

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

American Foundation for Suicide Prevention	https://afsp.org/campaigns/covid-19/	Mental health resources during COVID19
National Institute on Drug Abuse	https://www.drugabuse.gov/related-topics/covid-19-resources?fbclid=IwAR1a_wiL7ipHRCcQ46wRs42N9B07ijbQtJgSmbeMydURlrPOlr0vp7C6Dq0	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 https://211md.org/	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	https://www.nasa.gov/stem-at-home-for-students-k-4.html	STEM activities for grades K-4
Discovery Education	https://www.discoveryeducation.com/learn/tundra-connections/	Free virtual field trips with companion guides and hands-on learning
Take a trip to Mars	https://accessmars.withgoogle.com/	Explore the surface of Mars on the Curiosity Rover
Cincinnati Zoo & Botanical Garden	https://www.facebook.com/cincinnati-zoo/	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	https://zooatlanta.org/panda-cam/	Zoo Atlanta offers a live stream of the only panda twins in the USA, Ya Lun and Xi Lun
Monterey Bay Aquarium	https://www.montereybayaquarium.org/animals-and-exhibits/live-web-cams	Ten live cams where viewers can watch sharks, check the going-on in the open sea, and birdwatch in the aviary
Georgia Aquarium	https://www.georgiaaquarium.org/webcam/ocean-voyager/	
National Aquarium	http://samuraivirtualtours.com/example/nadc/index.html	Self-guided virtual tour
Seattle Aquarium	https://www.youtube.com/watch?v=mY8_n13tKM&feature=youtu.be	30-minute video tour
The San Diego Zoo	https://zoo.sandiegozoo.org/live-cams	Ten live cams to choose from, including penguins, tigers, koalas, and giraffes.

The San Diego Zoo	https://zoo.sandiegozoo.org/live-cams	Exclusively for kids, loaded with videos, stories, activities and games
Farm Fresh 360	https://www.farmfood360.ca/	Preschool field trip goes online! Immerse yourself in Candian farm and food tours from raising pigs to making milk and cheese.
American Egg Board	https://www.aeb.org/eggs-in-schools/classroom/farm-to-table-virtual-field-trips	Virtual egg garm field trips
Stellarium Web	https://stellarium-web.org/	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	https://education.fcps.org/essl/home	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	https://www.nature.org/en-us/about-us/who-we-are/how-we-work/youth-engagement/nature-lab/	
Volcanoes	https://volcanoes.usgs.gov/index.html	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	https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm	Yellowstone is now accessible to virtual travelors. Interactive maps and live-stream of Old Faithful!
Google Earth	https://earth.google.com/web/@2.45133915,-98.61144059,-5192.98031784a,27413757.13498593d,35y,-0h,0t,0r/data=Ci0SKxlgMzVhNjc1YmQ0NjVjMTFIOTg0Yjg1NTMyNWRjMDk2MzQiB3ZveV90b2M	Virtual tours of national parks of the USA
The Great Lakes	https://www.greatlakesnow.org/educational-resources/virtual-field-trip/	This virtual field trip has three components: coastal wetlands, algae, lake sturgeon. Each video is a quick 5 mintues
Birthplaces of Music	http://edtech2.boisestate.edu/joshuasmith8/502/virtualtour/start.html	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	http://oceansinitiative.org/coronavirus-community-service-a-virtual-r	Oceans Initiative streams their camp Mondays and Thursday at 11am PST (2pm EST)
Ellis Island	http://teacher.scholastic.com/activities/immigration/webcast.htm	Virtual field trip to the former immigration inspections station in New York Harbor
360 Cities	https://www.360cities.net/	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	https://www.pbs.org/wgbh/nova/easter/	Delve into the mystery of Easter Island with a virtual tour
Son Doong Cave	https://www.nationalgeographic.com/news-features/son-doong-cave/2/#s=pano60	Explore the world's largest cave, located in Vietnam
Discovering Ancient Egypt	https://discoveringegypt.com/	Interactive pyramid map, 3D temple reconstructions and other free resources

Historical Sites & Museums

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

Guggenheim Museum, New York	https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv_lng=-73.95902634325634&sv_lat=40.78285751667664&sv_h=302.3936462402344&sv_p=-0.9779434204101562&sv_pid=MfnUmHRyOSzMtY3vtYU05g&sv_z=2.0155363993691093	
The White House	https://artsandculture.google.com/partner/the-white-house	Virtual tour guided by President and Mrs. Obama
Vatican	http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html	
Buckingham Palace	https://www.royal.uk/virtual-tours-buckingham-palace	
Pyramids	https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200	
Taj Mahal	https://www.taj-mahal.net/newtaj/	
Red Square in Russia	https://www.360cities.net/search?utf8=%E2%9C%93&query=red+square+	
National Constitution Center	https://constitutioncenter.org/	Virtual tour and interactive Constitution section.
Colonial Williamsburg	https://www.colonialwilliamsburg.org/webcams/	Eight different webcams provide a look into like in an early American community
National Museum of Civil War Medicine	http://www.civilwarmed.org/online-resources/	Virtual tours, documenaries, short videos and more
Free Online Courses		
Class Central	https://www.classcentral.com/collection/ivy-league-moocs?fbclid=IwAR1003gkM8jr7HUozoE1p-uFKOAXzpGSBWhVFo4dRJ9GL8hJxBF7kkYW3vM	Ivy League online courses
Storytime & Doodling		
Josh Gad	https://twitter.com/i/broadcasts/1vOxwoPrnYgxB	Every night on Twitter, Josh Gad is doing ten-minute storytime
Lunch Doodles with Mo Willems	https://www.kennedy-center.org/education/mo-willems/	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	https://www.instagram.com/petethecatofficial/	Creator James Dean presents virtual storytime every day at 12pm on Instagram Live
StorylineOnline	https://www.youtube.com/user/StorylineOnline/videos https://www.youtube.com/watch?v=42iXxfGiwDg&feature=youtu.be&fbclid=IwAR2-4EiRsl20llwU8Cb3Q0jADa6QTecAED9PT0hjOh9LaWyy2MYGylvhQJ4&app=desktop	Celebrities read aloud to kids
Grover reads The Monster at the End of This Book		

Television, Movies, Theater, Books & Music

Amazon Kids Shows	https://nerdist.com/article/amazon-kids-shows-free-streaming/?fbclid=IwAR0rjeGj1L5FvhRH0MldMeciEWZP_oLufj9W3OF03Jl6vO7OB5ySrhvgfe4	Amazon make all kids show free to stream
NetFlix Party	https://www.netflixparty.com/	Watch Netflix movies with your friends online. Everyone must have a NetFlix account. Only available on Chrome browsers or laptop computers.
Sling TV	https://watch.sling.com/browse/my-tv	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	https://www.broadwayworld.com/article/PBS-Streams-Shows-From-Live-From-Lincoln-Center-and-Great-Performances-Series-For-Free-20200329	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	https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjgw	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	https://www.metopera.org/	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	https://www.eventbrite.com/d/online/free-events/	Listing of free events
Kanopy	https://www.kanopy.com/	Lets you stream more than 30,000 documentaries, classic and indie films. Use your FCC student login to access
Audible	https://stories.audible.com/start-listen	Hundreds of titles free for the duration of schools being closed. No log ins, credit cards or passwords needed

Creative Capital	https://creative-capital.org/2020/03/18/online-arts-events-during-the-covid-19-outbreak/	Listing of online art events during Covid 19 outbreak
Resources		
Google Classroom	https://drive.google.com/file/d/1uFBoYMjS9vrWSDwq6djRKKIwIReN5vnG/view?fbclid=IwAR2cdBzoxVlweOxoctF6IKAkJ2-yS_IAoGAeFOWK8ep9gT5F5x6ygz3nwb4	2020 parents' guide to Google Classroom
Zoom	https://www.youtube.com/watch?v=d7xXZxRDFUU&feature=youtu.be&fbclid=IwAR0zsfU1h80iMBHjI9Rn3I7tzYT8I5T0QOEw6KnCLyvDlxgEftBxrcMQt0	How to setup the ZOOM app for students and parents
Zoom	https://zoom.us/docs/en-us/covid19.html	Zoom support during COVID 19 pandemic