

At Wasatch Mental Health, we understand these are trying times, and parents might be strapped for ideas on how to entertain their children during these home-school days. We are currently compiling a list of online activities and resources for families to turn to in order to stamp out the boredom, and give people access to places that they cannot physically go to at the moment.

### Zoos and Aquariums

Cincinnati Zoo does a Facebook Live broadcast every day at 1 pm MST.

[https://www.facebook.com/cincinnati\\_zoo/](https://www.facebook.com/cincinnati_zoo/)

Tracy Aviary has virtual resources and posts Facebook videos every day at 3pm.

<https://www.facebook.com/tracyaviary/>      <https://tracyaviary.org/virtual-aviary-resources>

The Aquarium of the Pacific has webcam access to exhibits, and other virtual interaction opportunities:

<http://www.aquariumofpacific.org/exhibits/webcams>

Monterey Bay Aquarium has an 11 minute guided meditation session with jellyfish.

<https://www.facebook.com/watch/?v=495169991155930>

### Museums

The Smithsonian offers virtual tours to the Museum of Natural History:

<https://naturalhistory.si.edu/visit/virtual-tour#:~:text=>

Google Arts and Culture has over 2500 museums featuring content that can be viewed.

<https://artsandculture.google.com/project/streetviews>

### Educational Resources

Scholastic Learn at Home: <https://classroommagazines.scholastic.com/support/learnathome.html>

Children's education: <https://mysteryscience.com/school-closure-planning>

Audible Stories has hundreds of audiobooks for ages 0-18 completely free.

<https://stories.audible.com/start-listen>

The International Space Station (ISS) has recorded books read by people in space

<https://storytimefromspace.com/library/>

Ranger Rick has games and outdoor activities available for free: <https://rangerrick.org/>

Cosmic Kids Yoga, introductions to yoga for children:

[https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo\\_Gsi\\_qbQ](https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ)

NASA has fun activities: <https://www.jpl.nasa.gov/edu/learn/>

NASA's Kennedy Space Center Visitor Complex shares daily [Facebook Live videos](#) that pair with hands-on activities ([instructions are available as free downloads](#)).

## Art

The Kennedy Center features art video tutorials from Mo Willems every day: <https://www.kennedy-center.org/education/mo-willems/>

P'Zazz Art Studio posts Facebook art tutorials daily:

[https://www.facebook.com/PzazzArtStudio/?\\_tn=%2Cd%2CP-R&eid=ARAxIk3G0Pd7qZaHSo1IU9EpCCxkBNlr9qQi9CpRUN7aiMRcfpMf2yKLCaotSbMWgqs5At4i5Jj38m](https://www.facebook.com/PzazzArtStudio/?_tn=%2Cd%2CP-R&eid=ARAxIk3G0Pd7qZaHSo1IU9EpCCxkBNlr9qQi9CpRUN7aiMRcfpMf2yKLCaotSbMWgqs5At4i5Jj38m)