

"The Science of Wellbeing." Yale is offering free enrollment in this online course. The course is one of the most popular courses that students have ever enrolled in at Yale. Available to students or parents, or you can take it together! (There is no assigned reading for the course, FYI.) Sign up [here](#).

[Zooniverse](#) is an online science hub that gives people of all ages and backgrounds the chance to participate in real research with over 50 active online citizen science projects. You can volunteer to sort data, beta test for projects, or become a project manager. See their "Get Involved" tab for details. Any other ideas that you would either like to suggest for someone else to offer, or something that you would want to offer?

Community Service Opportunity:

There are several Bay Area hospitals with supply shortages. See details [here](#) on how to donate supplies (N95 masks, disposable gloves, unopened hand sanitizer, etc.) to support medical workers.

Museum Tours

We cannot get out much right now, but check out this incredible online tour of the great museums of the world.

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Headwaters Science Institute online education weekly schedule:

<https://headwatersscienceinstitute.org/online-learning/>

In case some students want to volunteer over the break, there are a few shifts available at the **Alameda County Food Bank**.

<https://www.eventbrite.com/e/weekday-volunteering-at-accfb-please-register-each-volunteer-individually-tickets-99221962561>

Recipes based off of ingredients that you have:

<https://www.supercook.com/?fbclid=IwAR30lKZiuib0488Oc8yv-76KihvG-CUmjff5muFC0MCn8glqx6Yd0q7K-A0#/recipes>

Virtual tours of national parks:

<https://www.insider.com/national-parks-america-virtual-tours-3d-visit-2020-3#channel-a-tropical-mood-by-exploring-dry-tortugas-national-park-located-on-islands-off-the-coast-of-florida-12>

Free coloring books from 113 museums:

[http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html?](http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html)

[fbclid=IwAR0QS8cWCXcGNo7BJD2FrmDPwWXYFj_5JckiukaiHoewXHe0AkfAjeTVHpo](http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html?fbclid=IwAR0QS8cWCXcGNo7BJD2FrmDPwWXYFj_5JckiukaiHoewXHe0AkfAjeTVHpo)

Education companies offering free subscriptions during school closings:

[https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?](https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/)

[fbclid=IwAR1iKVfFrluzSxJeZvVQc3GKedn1LvVpl2MtaCbigiM5zWHZIXchkkcLKkE](https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR1iKVfFrluzSxJeZvVQc3GKedn1LvVpl2MtaCbigiM5zWHZIXchkkcLKkE)

Released for free because of Coronavirus:

[https://slate.com/culture/2020/03/coronavirus-free-scholastic-met-opera-pbs-ken-burns-baseball-frozen-skywalker-disney-discwoman-dropkick-murphys.html?](https://slate.com/culture/2020/03/coronavirus-free-scholastic-met-opera-pbs-ken-burns-baseball-frozen-skywalker-disney-discwoman-dropkick-murphys.html)

[via=rss_socialflow_facebook&fbclid=IwAR0fqfiwcqg2nCKmuJlRwojGE2hzGrIbYlVGLVK3SM- Ps_xyVdO2RJVvs](https://slate.com/culture/2020/03/coronavirus-free-scholastic-met-opera-pbs-ken-burns-baseball-frozen-skywalker-disney-discwoman-dropkick-murphys.html?via=rss_socialflow_facebook&fbclid=IwAR0fqfiwcqg2nCKmuJlRwojGE2hzGrIbYlVGLVK3SM- Ps_xyVdO2RJVvs)

15 Broadway plays and musicals you can watch from home:

[https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR3Vbm2F-](https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR3Vbm2F-yWr8wvUf9IhzRHylEA9XGbcKlDa0WifxYRFPsP62KRNmRs0S5g)

[yWr8wvUf9IhzRHylEA9XGbcKlDa0WifxYRFPsP62KRNmRs0S5g](https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home?fbclid=IwAR3Vbm2F-yWr8wvUf9IhzRHylEA9XGbcKlDa0WifxYRFPsP62KRNmRs0S5g)

Free online courses, audiobooks, ebooks, etc...

[http://www.openculture.com/2020/03/use-your-time-in-isolation-to-learn-everything-youve-always-wanted-to.html?](http://www.openculture.com/2020/03/use-your-time-in-isolation-to-learn-everything-youve-always-wanted-to.html)

[fbclid=IwAR100yol2ymxleAsx0PTXr-zWmOmWFhM-q9UVV1hCR8iM95mKB0wfDKIMrg](http://www.openculture.com/2020/03/use-your-time-in-isolation-to-learn-everything-youve-always-wanted-to.html?fbclid=IwAR100yol2ymxleAsx0PTXr-zWmOmWFhM-q9UVV1hCR8iM95mKB0wfDKIMrg)

Free catalog of indigenous films online:

[https://www.cbc.ca/arts/there-s-a-massive-free-catalogue-of-indigenous-films-online-and-we-have-6-picks-to-get-you-started-1.4623884?](https://www.cbc.ca/arts/there-s-a-massive-free-catalogue-of-indigenous-films-online-and-we-have-6-picks-to-get-you-started-1.4623884?fbclid=IwAR3YZFi80-HW7YuaRxC1oPK3vvkNvK0K_4WqJ6SxXMNo6JBwv8oSSQfV6wU)

[fbclid=IwAR3YZFi80-HW7YuaRxC1oPK3vvkNvK0K_4WqJ6SxXMNo6JBwv8oSSQfV6wU](https://www.cbc.ca/arts/there-s-a-massive-free-catalogue-of-indigenous-films-online-and-we-have-6-picks-to-get-you-started-1.4623884?fbclid=IwAR3YZFi80-HW7YuaRxC1oPK3vvkNvK0K_4WqJ6SxXMNo6JBwv8oSSQfV6wU)

Wildlife and nature webcams:

https://therevelator.org/covid-19-wildlife-livecams/?fbclid=IwAR0YoOu-Sf2M0TJQW260EScX2yrEe5t-GCFPrkDYtmI9_FE74UnCF0I0Ie8

Visit museums from home:

<https://www.goodnewsnetwork.org/tour-2500-world-famous-museums-from-comfort-your-own-sofa/?fbclid=IwAR2OUw6nCvPl-tbepuvyPqJdbdFsEo-OOzdQxI9IX2IMGxAXJ44CDQAIqMY>

Download books from New York Public Library

<https://www.timeout.com/newyork/news/you-can-now-download-over-300-000-books-from-the-nypl-for-free-031820>

Live Streams from Monterey Bay Aquarium

<https://laughingsquid.com/live-video-streams-from-monterey-bay-aquarium/?fbclid=IwAR1Z5UVkLHnFSPhf4Z5gTFc6b4bKGT3ZZe9UPlnR33-QHAUfJ31kMy3KrOI>

Bay Area Streamed Events:

<https://datebook.sfchronicle.com/entertainment/bay-area-coronavirus-shutdown-what-events-are-being-live-streamed-during-shelter-in-place-order?fbclid=IwAR1dYvEJo38uYD77-1481jDibG-o4UozZkm7mlkWHLCVcfBWfWJN00hjEs>

Other virtual tours:

<https://www.refinery29.com/en-us/2020/03/9576127/free-virtual-tours-online>

450 Ivy League Courses for free:

<https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/>

Metropolitan Opera streaming:

https://operawire.com/metropolitan-opera-to-offer-up-nightly-met-opera-streams/?fbclid=IwAR2kZipYI4sKpUjTdRMASrqpE3BjY1dCZDqaQHnZTfSi0MyXMjQp0i_dBzM

NASA Media Library

<https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/>

“Dancing Alone Together” dance classes, prompts, and performances online

<https://www.dancingalonetogether.org/>

7 ways to watch Netflix with far away friends:

<https://www.makeuseof.com/tag/watch-netflix-with-friends-far-away/>

Board Games online

<https://en.boardgamearena.com/>

Virtual performances:

<https://www.kqed.org/arts/13876941/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

Calm - meditations and mindfulness practice

[https://www.calm.com/blog/take-a-deep-breath?utm_campaign=difficult times nonsubs 031720&utm_medium=email&utm_source=lifecycle](https://www.calm.com/blog/take-a-deep-breath?utm_campaign=difficult%20times%20nonsubs%20031720&utm_medium=email&utm_source=lifecycle)

Grounding/meditation resources:

<https://www.radiantwholenesshealing.com/emotional-hygiene/>