Virtual National Park Tours

<https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home?fbclid=IwAR1pl4vf7SegYdxST0M4WjnEyF3iMdNAYgxTmZUJ2s3rLh0kTwYp5AjFREo>

Take a virtual tour of 33 different national through Google Earth. Click on the national park you are interested in visiting and you will be redirected to the google earth page. You must use Google CHROME as your browser.

18 Ways to Leave Home Without Actually Leaving the Couch

<https://www.msn.com/en-us/lifestyle/lifestyle-buzz/18-ways-to-leave-home-without-actually-leaving-the-couch/ss-BB11gPou#image=1>

When you click on the picture slideshow arrow on the left of the photo, you will be able to learn about the museums and theme parks that are offering free tours and admissions through google earth or livestreaming.

A List of Live Virtual Concerts to Watch During the Coronavirus Shutdown

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

NPR Music is compiling a list of livestreaming concerts to watch. Some will be daily feeds and other will be single events. Click on the link for the platform or website that is hosting the concert. You may need an account with that platform to view the concert. The list will be changing over time, so check it often for updates.

Calma: A Meditative Playlist for A Challenging Time

<https://www.npr.org/2020/03/11/814479792/calma-a-meditative-playlist-for-a-challenging-time>

ALT-Latino has put together a list of calming Latino music to manage stress during this time. All videos are on YouTube and can be accessed there.

Isle of Calm: Stream 6 Hours of Soothing Music

<https://www.npr.org/2020/03/13/815457669/isle-of-calm-stream-6-hours-of-soothing-music>

NPR Music has created a 6-hour playlist on Spotify and Apple Music for managing stress during this time.

To access the playlist on Spotify, you will need an account. A basic account is free and requires only an email account.

To access the playlist on Apple music, you will need an iTunes account. A basic account in free and requires only an email account and use of the iTunes program.

NPR’s Austin 100

<https://www.npr.org/2020/03/17/806081141/the-austin-100>

Each year NPR Music puts together a playlist of the top 100 songs from the South by Southwest Festival. Even though the festival was cancelled, they still put together a list for 2020. You can explore specific artists or past year’s lists. You can also list to the entire playlist from Spotify or Apple Music.

To access the playlist on Spotify, you will need an account. A basic account is free and requires only an email account.

To access the playlist on Apple music, you will need an iTunes account. A basic account in free and requires only an email account and use of the iTunes program.

BroadwayHD

<https://www.broadwayhd.com/>

This website offers a free 7-day trial but does require a subscription. However, it does allow you stream broadway shows and plays from your home. The website seems to work better on Google Chrome as a browser.

Palouse Mindfulness

<https://palousemindfulness.com/>

This is the main website for Mindfulness Based Stress Reduction. You can access mindfulness recordings and scripts by looking down the right side of the main page to the “Practices” section. Clicking on a specific practice will take you to the practice page where you can stream the audio and download the script.