**Good Ship Fortune**

**A Collection of Free Online**

**Arts, Learning & Wellness Resources**

***Please reach out to Jamie Maleszka (jmaleszka@fortunesociety.org)***

***if you have suggestions to add***

**Art**

More than 2,500 museums around the world have made their collections accessible online through [**Google Arts and Culture**](https://artsandculture.google.com/partner?hl=en)

**Below is a breakdown of Virtual Arts and Cultural Tours**

**Galleries:**

View [**Aperture**](https://aperture.org/)**’s** special online exhibits on women photographers

Visit the online viewing rooms of [**David Zwirner**](https://www.davidzwirner.com/viewing-room)**,** with works by the likes of Jeff Koons, Marlene Dumas and Chris Ofili.

See [**Gagosian**](https://gagosian.com/)’s installation views of works by Donald Judd, Richard Prince and Roe Ethridge.

View much of the [**Alice Austen House**](https://aliceausten.org/collection) collection online, including photographs and texts describing Austen’s life and work.

**Museums/Historical Societies**

The [**American Folk Art Museum**](http://collection.folkartmuseum.org/collections?mc_cid=d7a32fa7f8&mc_eid=4012bdfadc) makes its collection of books, paintings, textiles and other works available on its website.

While the [**Brooklyn Historical Society**](https://www.brooklynhistory.org/exhibitions-projects/online-exhibitions/) is closed, you can still visit its collection digitally, with online exhibits on the history of Brooklyn’s waterfront and the borough’s anti-slavery movement.

The **Brooklyn Museum** will be sharing [**Art for the Socially Distanced**](https://brooklynmuseum.tumblr.com/tagged/artforthesociallydistanced), spotlighting a piece from the collection on their tumblr each day.

The **Coney Island History Project** includes a compilation of nearly [**100 oral histories**](https://www.coneyislandhistory.org/oral-history-archive)and a [**digital archive**](https://www.coneyislandhistory.org/collection)of photos, which reveal the seaside park’s rich history.

Get a glimpse of[**El Museo del Barrio’s permanent collection**](http://https//www.elmuseo.org/permanent-collection) or explore a variety of content on the museum’s [**YouTube channel**](https://www.youtube.com/channel/UCQL-1zGaV3WR_-NlxCdPwJw).

Virtual tours, an art history library and video lectures make it easy to connect online with the [**Frick Collection**](https://www.frick.org/).

Check out a 360-degree view of the [**Solomon R. Guggenheim Museum**](https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv_lng=-73.95902634325634&sv_lat=40.78285751667664&sv_h=322.3936462402344&sv_p=-0.9779434204101562&sv_pid=MfnUmHRyOSzMtY3vtYU05g&sv_z=0.9645743015259166)or read art books from its [**digital archive**](https://archive.org/details/guggenheimmuseum).

The [**Jewish Museum**](https://stories.thejewishmuseum.org/explore-the-jewish-museum-from-home-e23dedb1cacf?utm_source=salesforcemc&utm_medium=email&utm_campaign=Institutional_JM%20at%20Home_Feinstein&utm_content&gi=a76e1119940e)offers mobile tours of their collection, featuring the voices of Kehinde Wiley, Isaac Mizrahi and others.

Take advantage of immersive [**360-degree videos**](https://www.metmuseum.org/art/online-features/met-360-project) of **The Metropolitan Museum of Art**’s most beloved locations, including The Met Cloisters, The Met Breuer and the Fifth Avenue museum’s Temple of Dendur and arms and armor galleries.

Browse exhibits and listen to audio guides on the [**Morgan Library**](https://www.themorgan.org/online-exhibitions) website, including [***I’m Nobody! Who are you? The Life and Poetry of Emily Dickinson***](https://www.themorgan.org/exhibitions/online/emily-dickinson)***.***

Engage with the [**Museum of the City of New York**](https://www.mcny.org/) through their online collection, and check out a lecture about their *Germ City* exhibit on their [**YouTube channel**](https://www.youtube.com/watch?v=ofl8ICtujDY&list=PLgiWIwewdeHlSaCWZCFdE5gAh_EbDu-V8&utm_source=Museum+of+the+City+of+New+York&utm_campaign=94f848ef7b-MuseumFromHome_Email1&utm_medium=email&utm_term=0_4336ff1f8c-94f848ef7b-153812869&mc_cid=94f848ef7b&mc_eid=f030a57bd8).

**The Museum of Modern Art (MoMA)** operates a lively and informative [**YouTube channel**](https://www.youtube.com/channel/UC9CswYtb5rL31CHwyVoyJvQ) with all sorts of videos about art and artists, including a piece on its Dorothea Lange photography show and interviews with famous directors in the channel’s film section.

Look at photos of the **Neue Galerie**’s exhibit on [**Viennese photographer Madame d’Ora**](https://www.neuegalerie.org/madame-dora?mc_cid=e39f0305e9&mc_eid=0704bc968a)and see views of the installation with a video from the exhibit’s curator.

Artist Curtis Talwst Santiago walks us through "[**Can't I Alter," his site-specific, immersive installation at The Drawing Center**](https://vimeo.com/400757694?ref=em-share) that explores the theme of ancestry and the struggle to access lost and tangled histories.

At the [**New York Botanical Garden**](https://www.nybg.org/)online, visitors can explore recent installations, browse horticulture lecture videos and stay up to date with its latest news.

Browse multiple [**New-York Historical Society exhibitions**](https://www.nyhistory.org/exhibitions/online-exhibitions)online.

Take some time to meditate with a two-hour session in the **Rubin Museum**’s [**virtual Shrine Room**](https://www.youtube.com/watch?v=Ib5LkBSsC7c&feature=youtu.be&mc_cid=fb55cee26f&mc_eid=b88cf32687).

The [**Society of Illustrators**](https://www.societyillustrators.org/) features exhibits and more on its website.

Explore the Staten Island Museum’s [***Women of the Nation Arise!***](http://www.statenislandmuseum.org/exhibitions/current-exhibitions/women-of-the-nation-arise1) exhibit, which includes [**archival issues**](https://archive.org/details/thewomanvoter) of *TheSuffragist* and *TheWomen Voter* magazines.

Check out video highlights on the **Whitney Museum of American Art** [**Watch and Listen**](https://whitney.org/watchandlisten) page, which includes content from their critically acclaimed *Vida Americana* exhibit.

Fun at-homes games, activities, experiments and projects for all ages from the [**New York Hall of Science**](https://nysci.org/home/nysci-home-resources/?utm_source=NYSCI&utm_campaign=fe38ea92fc-EMAIL_CAMPAIGN_Resources_nonmembers_032620&utm_medium=email&utm_term=0_dd40524f93-fe38ea92fc-96808557&mc_cid=fe38ea92fc&mc_eid=db70285e8f)**.**

Take an 18-minute walkthrough of the [**New York Aquarium**](https://youtu.be/plDZH7jG6og).

**Additional Art Activities:**

Explore [**the history and impact American graffiti**](https://www.youtube.com/playlist?list=PL_QcLOtFJOUgorLQj3fAHCdoa9rkGvGGv)on global culture with videos at **Mass Appeal**

If you’re in search of inspiration and/or guidance, [**Keri Smith**](https://austinkleon.us1.list-manage.com/track/click?u=25a34f10515c4e9393e3da856&id=81ed1eb297&e=d55e451e35) has created daily creative assignments called [**Exploration of the Day**](https://austinkleon.us1.list-manage.com/track/click?u=25a34f10515c4e9393e3da856&id=32870e4332&e=d55e451e35)

Learn [**how to make a zine**](https://austinkleon.com/2020/03/04/how-to-make-a-zine-from-a-single-sheet-of-paper/)from a single piece of paper with **Austin Kleon**

Spend time with **Phaidon’s** 15-minute [**art history lessons**](https://www.phaidon.com/agenda/art/)

[**Watch Interviews with artists and creatives**](https://www.youtube.com/channel/UCg5494A8baDwbIhYazEAgIw?utm_source=Brooklyn+Rail+List+One:+Mailing+List&utm_campaign=555fc365f8-EMAIL_CAMPAIGN_2020_03_16_01_54_COPY_01&utm) courtesy of **The Brooklyn Rail**

**Artivism**

Watch a short film from community partner **Theater of the Oppressed NYC.** [**"Action: Making Change On and Off Stage”**](https://www.tonyc.nyc/videos_press?utm_campaign=cancelling_spring_performances&utm_medium=email&utm_source=tonyc) features the Housing Works Forum Theatre Troupe, a collaboration between Housing Works and TONYC.

**Brain Games**

Sign-up for free to get 3 quick games a day from [**Luminosity**](https://www.lumosity.com/sign_up)

**Cooking**

Check out the [**Cooking Channel**](https://www.cookingchanneltv.com/videos)for live events, cooking demo videos and digital originals.

Try out new recipes and foodie videos at [**Tasty**](https://tasty.co/), the world’s largest online food network

Find your favorite episode of [**Hot Ones**](https://www.complex.com/video/hot-ones-show), thanks to **Complex**. For every question that they field from host Sean Evans, guests must join him in eating a progressively spicy chicken wing.

Watch pizza aficionado Scott Wiener and Lucali's Mark Iacono stunt pizzas to decide if it is or is not pizza in [**Really Dough,**](https://www.thrillist.com/series/really-dough) an original video series by **Thrillist**

[**Food Skills**](https://www.complex.com/video/food-skills-show) highlights the awe-inspiring culinary skills behind some of our favorite dishes—from the amazing art of hand-pulled noodles, to the high-flying tricks of the teppanyaki grill.

Watch **Anthony Bourdain and W. Kamau Bell** on a free episode of [**Parts Unknown**](https://youtu.be/eIzcuceBzcw)

Watch some of the [**world’s best chefs in action**](https://www.phaidon.com/food/food-videos/)at **Phaidon**

**Dance**

[**Mark Morris Dance Group**](https://markmorrisdancegroup.org/dance-center/online-classes/?utm_source=BAMthisweek&utm_medium=email&utm_campaign=OnlineClasses&sourceNumber=108609) has launched a series of live classes and classes on-demand

[**Dancing Alone Together**](https://www.instagram.com/dancing.alone.together/) is a central resource for finding dance-based classes, prompts, and performances online

**Alvin Ailey** has launched [**Ailey All Access**](https://www.alvinailey.org/performances-tickets/ailey-all-access)—an online streaming series featuring performances of full length works from the repertory and other specially created content

Watch this video of **New York City Ballet** gorgeously present Christopher Wheeldon’s [**This Bitter Earth**](https://youtu.be/UCH4LeK8iY4)

**Dance Party**

Boogie Down Productions’ own **DJ-Nice** got the whole world in the club. [**#ClubQuarantine**](https://www.instagram.com/dnice/?hl=en)now every Saturday starting at 4 pm on his IG live.

**Documentary**

Watch [**Ken Burns’ The Roosevelts: An Intimate History**](https://www.pbs.org/show/roosevelts/?utm_source=whattowatchnews&utm_medium=email&utm_term=mainpromo1&utm_content=20200327&utm_campaign=roosevelts_2020) chronicles the lives of Theodore, Franklin and Eleanor Roosevelt, three members of the most prominent and influential family in American politics.

Browse [**265 free documentaries**](http://www.openculture.com/free-documentaries-online) on **Open Culture**

**Fashion**

Watch [**Sneaker Shopping**](https://www.complex.com/video/sneaker-shopping-show) on **Complex**, and tag along with your favorite artists and athletes to the best sneaker stores around the globe

**Fitness**

*Consult a physician before engaging in any strenuous activity*

**Tai Chi for Beginners - 5 sessions**

[Tai Chi Fundamentals](https://www.youtube.com/watch?v=oCnCSOWgIUU)

[Balance and Flow](https://www.youtube.com/watch?v=_AR-RMBS9d8)

[Opening & Expanding Your Frame](https://www.youtube.com/watch?v=nVfD906XCLY)

[Place of Power](https://www.youtube.com/watch?v=cVS-URvgcwk)

[Awareness](https://www.youtube.com/watch?v=0sW2tLME3uM)

[**Gentle Chair Yoga**](https://www.youtube.com/watch?v=1DYH5ud3zHo)

[**12-Minute Bachata Beginner Basic Steps Tutorial**](https://youtu.be/xhrdh-uFkog)

***More Intense Workouts***

[**15-Minute Beginner’s At-Home Cardio Workout**](https://www.youtube.com/watch?v=VHyGqsPOUHs)

[**15-Minute Bounce Back Cardio Dance Workout**](https://www.youtube.com/watch?v=Rj2IubFfEqY)

[**30-minute Calorie Burning Cardio Dance to Get Your Heart Rate Up**](https://youtu.be/IxSZ69CPjsY)

[**30-Minute At-Home Boxing Workout**](https://www.youtube.com/watch?v=jCTEVKRTuS8)

[**35-Minute Pure Joy Yoga, Cardio & Meditation Session**](https://youtu.be/QvgnE5aGGJ4)

**Reebok** has some suggestions for [**at-home workouts**](https://www.reebok.com/us/blog/474434-stay-fit-while-youre-working-from-homeno-equipment-required?cm_mmc=RbkEmail_SNL-_-Other-_-20200328_CCAtHomeWorkouts_March_1-_-Marketing-_-A1-_-dv:eCom-_-cn:Static_Newsletter-_-pc:none&cm_mmc1=US&cm_mmc2=reebok-US-eCom-Email-SNL-None-None-US-Static_Newsletter-Other-2003&cm_mmca3=kh5nlh1t2ab8xqlb&cm_mmca4=411081).

**Urban Daddy** created a list of [**1,000+ Free Fitness Classes**](https://www.urbandaddy.com/articles/43296/1000-free-fitness-classes-you-can-stream-at-home?utm_medium=email&utm_source=editorial_ntl&utm_campaign=feature_standard_43296_20200324) you can stream at home

**The Yoga Room in Astoria** is offering free virtual yoga classes. [**Their schedule is available here**](https://www.the-yoga-room.com/online-schedule/)

Check out [**Jessamyn Stanley YouTube Channel**](https://www.youtube.com/channel/UCxJaVA4Tu6oQaHOppbt8qvA)**.** She is a yoga teacher, body positivity advocate, and writer that uses high energy vinyasa flow as a way to move past mental and emotional barriers. Her classes provide a body positive approach to yoga which celebrates students’ bodies and encourages them to ask “How do I feel?” rather than “How do I look?” when practicing yoga

**Journaling**

Try **Amber Rae**’s free 30-day guided journaling journey. [**You can sign-up by email here**](https://www.journalyourfeelings.com/), and she will send you daily reflection prompts for journaling exercises

**Laughs**

Listen to [**podcasts and watch videos on the All Things Comedy**](https://allthingscomedy.com/) digital platform

**Learning/Education**

Explore [**Open Culture**](http://www.openculture.com/freeonlinecourses)**,** a site dedicated to free online courses. Learn a new language, take a course from a top university.

**Grow with Google Learning Center** is offering **f**[**ree virtual workshops to help grow your digital skills**](https://events.withgoogle.com/growonair/?utm_source=email&utm_medium=email&utm_campaign=nylc&utm_content=virtualworkshops&utm_term=hero), no matter where you’re located. Through online workshops and virtual one-on-one coaching sessions, you can learn skills that can help you stay connected and productive while working or managing a business remotely.

Online learning platform [**Coursera**](https://www.coursera.org/) has free classes available in a myriad of topics - including [**courses available in Spanish**](https://www.coursera.org/promo/cursos-gratis-covid-19?ranMID=40328&ranEAID=Cu8bOePBZBg&ranSiteID=Cu8bOePBZBg-V4sWHi2WgUSpkuHYjADz6A&siteID=Cu8bOePBZBg-V4sWHi2WgUSpkuHYjADz6A&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=Cu8bOePBZBg). **Open Culture** wrote [**a blogpost highlighting some of the classes being offered as well as instructions on how to redeem a course for free**](http://www.openculture.com/2020/04/coursera-makes-courses-certificates-free-during-coronavirus-quarantine.html).

For the month of April, **PluralSight** is giving free [**access to 7,000+ expert-led video courses designed to build in-demand tech skills**](https://www.pluralsight.com/offer/2020/free-april-month?aid=7014Q0000022aXIQAY&oid=&promo=&utm_campaign=B2C-Global-OrganicSocial-FreeApril-Facebook&utm_content=&utm_medium=digital_paid_social_facebook&utm_source=prospecting&utm_term=)

**The 92nd Street Y** is offering [**92Y@Home**](https://www.92y.org/92yathome?utm_campaign=branded2&utm_content=adA&kxconfid=uz0c28o2j), a growing list of livestreams and talks that are available. Many are free.

Watch **TED Talks**. View influential videos from expert speakers on education, business, science, tech and creativity. Each session is 18 minutes. Browse the [**library**](https://www.ted.com/talks) or make discoveries by [**topic**](https://www.ted.com/topics) You can also sign-up for [**TED Recommends**](https://www.ted.com/recommends?exploreCTASource=main-nav.item), talks selected for you, delivered to your inbox daily.

**Literature/Poetry/Reading/Writing/Books**

[**Download the SimplyE app**](https://www.nypl.org/books-music-movies/ebookcentral/simplye) from the **New York Public Library** and browse 300,000+ e-books and audiobooks

NYPL has also started a [**Virtual Book Club**](https://www.nypl.org/blog/2020/04/03/join-nypl-and-wnycs-virtual-book-club) This week’s book, *Deacon King Kong* by James Mcbride, is available and free via the e-reader app mentioned above, [**SimplyE**](https://www.nypl.org/books-music-movies/ebookcentral/simplye).

On Thursday, April 30 at 7 PM, join the book’s author for a live stream conversation and audience Q&A. Find more information about joining in at [**The Greene Space's website**.](https://www.thegreenespace.org/event/get-lit-with-all-of-it-james-mcbride)

Check out the [**Brooklyn Public Library**](https://www.bklynlibrary.org/event-series/Virtual-Programming)**,** which is offering free virtual activities every day, like book clubs, games, and craft circles for all ages

**PEN America’s Prison and Justice Writing Program** has created [**Temperature Check: COVID-19 Behind Bars**](https://pen.org/temperature-check-1/)**,** a new rapid response series, featuring original creative reportage by incarcerated writers, accompanied by podcast interviews with criminal justice reform experts on the pandemic’s impact in United States’ prisons. Sign-up to [**here**](https://pen.org/temperature-check-1/#signup) to receive the series straight in your inbox.

**Barrelhouse** is launching two new programs designed to help writers and the literary community remain connected in the age of social distancing: the Read-In and the Write-In are [**free, online, community-focused programs that will provide a virtual space for readers and writers**](https://www.barrelhousemag.com/news-and-updates/2020/3/14/barrelhouse-launches-the-spring-2020-read-in-and-write-in) to continue to gather and practice writing and reading

Checkout **Greenlight Bookstore** for free [**author presentations, discussions, and book groups**](https://www.greenlightbookstore.com/event) presented via Zoom

In a renewed effort to share with a contemporary audience some of the great literary moments that **The 92nd Street Y’s Poetry Center** has presented across the decades, they are featuring [**archival recordings of some of the best writers of our time**](https://www.92y.org/archives/featured-series/poetry-center-online?campaign_id=44&emc=edit_ur_20200409&instance_id=17492&nl=new-york-today&regi_id=56258823&segment_id=24423&te=1&user_id=dd73ec546773ac752881fbefea319ae7)

Explore the awesomeness of [**LitHub**](https://lithub.com/)**.** Checkout their [**Virtual Book Channe**](https://vimeo.com/virtualbookchannel)**l**

Listen to the [**PEN Pod**](https://anchor.fm/penamerica?utm_source=Communications&utm_campaign=b208fd4887-EMAIL_CAMPAIGN_2018_03_14_COPY_01&utm_medium=email&utm_term=0_c67d07604c-b208fd4887-248897733&mc_cid=b208fd4887&mc_eid=563fbcfcb6), a limited-run podcast from **PEN America** meant to provide regular updates and conversations about literature and free expression

Spend some time at [**House Party,**](https://www.poetryproject.org/publications/house-party) a new digital performance and publication series out of **The Poetry Project** with readings, songs, dances, writings and prompts from the past, present, and future.

Our friends at [**The NY Writers Coalition**](https://nywriterscoalition.org/2020/03/18/join-a-virtual-workshop/) are offering **free virtual creative writing workshops**. Writers of all levels are welcome. Registration and Zoom are required

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| **Nuyorican Poets Cafe** offers [**online open mics**](https://nl.nytimes.com/f/a/Ae8RE0VBTblaLMXQsCR0WQ~~/AAAAAQA~/RgRgcXYtP0TBaHR0cHM6Ly93d3cubnV5b3JpY2FuLm9yZy9vbmxpbmUtb3Blbi1taWM_Y2FtcGFpZ25faWQ9NDQmZW1jPWVkaXRfdXJfMjAyMDA0MDkmaW5zdGFuY2VfaWQ9MTc0OTImbmw9bmV3LXlvcmstdG9kYXkmcmVnaV9pZD01NjI1ODgyMyZzZWdtZW50X2lkPTI0NDIzJnRlPTEmdXNlcl9pZD1kZDczZWM1NDY3NzNhYzc1Mjg4MWZiZWZlYTMxOWFlN1cDbnl0QgoAIi3xjl5-H9AJUhJqdXN0amFtMUB5YWhvby5jb21YBAAAAAA~) via Zoom on Monday nights |

Give creating your own [**poetry comix**](https://youtu.be/O6sjNqwsv5A) a try with this intro video from **Caits Meissner**

Read [**poems of hope and resilience**](https://www.poetryfoundation.org/collections/142028/poems-of-hope-and-resilience?utm_source=Poetry+Foundation&utm_campaign=ec40d07c07-POFO-MAR-27&utm_medium=email&utm_term=0_ff7136981c-ec40d07c07-242958321&mc_cid=ec40d07c07&mc_eid=d1afbc4325) at the **Poetry Foundation**

Read the full script for [**If Beale Street Could Talk**](https://www.scriptslug.com/assets/uploads/scripts/if-beale-street-could-talk-2018.pdf)

Scroll through [**Brain Pickings**](https://www.brainpickings.org/?mc_cid=797b6cf7e5&mc_eid=33fb313c3d), a collection of interesting and inspiring articles across art, science, philosophy, creativity, children's books, and other strands of our search for truth, beauty, and meaning

**Meditation**

Read [**Meditation for Beginners: 20 Practical Tips for Understanding the Mind**](https://zenhabits.net/meditation-guide/)

Mentioned in the above article: Choose from a bevy of [**guided meditation**](https://www.tarabrach.com/guided-meditations/)with **Tara Brach.** She has also curated specific [**pandemic care meditation resources**](https://www.tarabrach.com/pandemic/)

[**Smiling Mind**](https://www.smilingmind.com.au/)is a free meditation app developed by psychologists and educators that offers a wide variety of programs for all ages. Download it [**here**](https://apps.apple.com/us/app/smiling-mind/id560442518) or [**here**](https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en_AU).

The [**Insight Timer app**](https://insighttimer.com/) is a multifaceted gateway to **more than 30,000 guided meditation sessions that tap into every emotion rattling your nerves.** It also offers relaxing music tracks, a section for kids, and therapeutic pep talks from the likes of Indian yogi Sadhguru and psychotherapist Anthony DeMello.

**Liberate** is a [**meditation app dedicated to empowering the Black, Indigenous, and People of Color community on their journey to find inner peace**](https://liberatemeditation.com/). Sign up for free to access guided meditations from Teachers of Color to guide you on your path. An account with your email is required to listen to their guided meditations and talks

**Headspace** has teamed up with NY state to provide [**free meditation and mindfulness resources**](https://www.headspace.com/ny)

A [**Morning Guided Meditation**](https://www.youtube.com/watch?v=nSBGjaDpdY8) on YouTube that runs for 22 minutes

**The Garrison Institute** is offering a weekday noontime meditation, reading and discussion via Zoom. *Please join 10 minutes early (11:50 am) for a quick technical orientation*. All levels of meditators are welcome. Registration is required. [**Please click here to register for the noontime meditation group.**](https://zoom.us/meeting/register/tJcsc-mqqDssJc-fCRtUmGeewA_E0Jwt1w)

Recenter your mind and spirit with [**meditation and an hour long video of improvised music**](https://youtu.be/6vIG9FqNSGQ) in celebration of the Lunar New Year, thanks to **The Greene Space**

**Mental Health/Wellness**

[**NYC Well**](https://nycwell.cityofnewyork.us/en/) is your connection to free, confidential mental health support. Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365.

[**ThriveNYC**](https://thrivenyc.cityofnewyork.us/mental_health_support_while_home) offers mental health support for New Yorkers that they can be accessed from home

[NY State COVID-19 Emotional Support Helpline](https://omh.ny.gov/omhweb/covid-19-resources.html) provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling. The helpline is available 8 am to 10 pm 7 days a week at 1-844-863-9314

**Movies/TV Series**

Starting Friday, April 3, you'll be able to **stream nearly 500 hours of movies and shows from HBO for a limited time for FREE**. Programming includes The Sopranos, The Wire, Veep and Pokemon Detective Pikachu. Content will be available to stream without an [HBO](https://www.cnet.com/tags/hbo/) subscription by downloading the HBO Now or HBO Go apps, or by going to [**hbonow.com**](http://hbonow.com)or [**hbogo.com**](http://hbogo.com).

Enjoy a [**short film from Tribeca Film Festival**](https://www.tribecafilm.com/)

Watch [**IMDB TV**](https://www.imdb.com/tv/) to stream hit **TV** shows & movies for free

**Music**

If you are interested in making music, [**Endlesss**](https://endlesss.fm/)is a free-to-use collaborative music studio app with built in drums, synths, fx and much more. Make beats, improvise music and jam live with musicians, beat-makers and DJs all over the world.

Join **The Apollo Theater’s Digital Stage** to celebrate the many facets of what the world famous theater has to offer. Sign-up to their [**A-List**](https://www.apollotheater.org/offers/)for updates each week including performances and events, invaluable education programs, and [**resources**](https://www.apollotheater.org/apollocares/) to support the community

**NPR Music** is compiling [**a list of live audio and video streams from around the world**](https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown?utm_medium=social&utm_source=twitter.com&utm_campaign=npr&utm_term=nprnews), categorized by date and genre with line out to streaming platforms such as Facebook, Instagram and YouTube. Please note most are free. The list will be updated everyday.

Watch every episode of [**Rhythm Roulette**](https://www.youtube.com/playlist?list=PL_QcLOtFJOUgNxURr8B4lNtf_3e9fWZzl) on **Mass Appeal**’s Youtube Channel. In the series, producers are challenged to make a beat by sampling three random records, chosen from a local record store while blindfolded

Once a week, **Radiohead** will release a new concert from their vault. It will be available for viewing via their [**YouTube channel**](https://www.youtube.com/radiohead)

[**Jennifer Hudson**](http://links.globalcitizen.org/ls/click?upn=R78kd5xgfEmSiCp4RKgPayfuOCJBg-2FGIYnEAKTaTjDrAwUFBBhj-2Bcq1VutwM34Wn3sVTKpgbEUTCZzKITWiEnv2I6MGHxsMiqf-2FLuM3pgt-2FFF690D-2BvizML76IgI2C07luGCnJctrXHHuF79t3G-2FleEtwBr-2BlWLmSuENKztMbCNTvEpDTeBeBllu0o6YoYY3Kj1zGChCm733kGx-2Bxis0AEBM5qKe3usQdvjKkcvPsTj-2FCI5z5ytpmeI65Hx-2F-2Fu8zHUpJbmI0xtWx1BBmec2eqD1R4YKczos3zf0DRqqGhqCooS7-2FoQ9H9oKmDvU8CN5dsOzlCDfHYCZ3mrRcIYT0-2B4x3EsSfeUdeffswkA4-2BBWfb-2FfhC1YKQdROSf1G2gxAAbVWLXhy8hz0jDMI2Q-2FpmV2Ep6n5wB0PqhMCTIOf7ZcbvvQj9PiFPL1AyOZWsGuunjuv9itzd2stMoVsAE94aNLle6xXhQptocfBsl1X1iLq-2BgZmVfhpzGKKTdLB0sldgvCl8u1uKNzsY2RrMglku45xhYVsqKB01tj-2Fjk-2FySNSTcJb61hfTiviW0H-2BZ-2Bc0elxB23OVPG2NGmDQGVxXuRkife6moWLOJsCkY2LZ5BsxRye3DsgDAP5kslOdj6hegsNcHyQiC62LgLx8SgOHIO2SKum5-2Fc8jc-2BfaFYq5jxkwLMonAdcX1t2LC2XH0LKZVIvmlEbh9xSrs9sBPxWVmQm-2Fv7icuC-2FRXGXrAiCZueilI-3D8YI8_tfzkmlWdOcYv0M861XLWo-2B1pGavWQSSFgk6zcTaCTjq6PBRoSmoLMZvWOy-2BS3j5SCt3-2FkcmUUaUCB93hw3WA8LU0vsLEJlfPykAIUXu89VXYc84kMwj5GOY7P21Oo0zY13WBsg33AZAw3YtMtYofnovNR3KlezPjyoj-2FYv8OnTcXO31US1-2FeXlsCuRHf79OroYPFRSHdmMGD2unspoDcrPH5BNWLRJ4U5ckhn-2FYEgBztFdIBK2I-2FJ0tuBuMaz271zoepMxF3O4SXWuA0psoPgpWOJvvQ3YzAq8OeSOhnxHImzBOHn0jL0P6A-2BxKEgukpCLf-2BPDii9KhKijkEuhR8OeqO0OGLN-2FVyMPp7GBtMIEgh6HSXWQubcRwGV-2F8QRLrd) got glammed up to stay home and sing an incredible set in support of Global Citizen.

[**John Legend**](http://links.globalcitizen.org/ls/click?upn=R78kd5xgfEmSiCp4RKgPayfuOCJBg-2FGIYnEAKTaTjDrAwUFBBhj-2Bcq1VutwM34Wn3sVTKpgbEUTCZzKITWiEnv2I6MGHxsMiqf-2FLuM3pgt-2FFF690D-2BvizML76IgI2C07luGCnJctrXHHuF79t3G-2FleEtwBr-2BlWLmSuENKztMbCNTvEpDTeBeBllu0o6YoYY3Kj1zGChCm733kGx-2Bxis0AIGtU09QTx1Id804-2BjuH4J1p9RiX3WtBi6QnwamUc3EsnR8-2Beu-2FFtKrpsbnPNyMuInXFvkl9zRTbuXv8mQzHSV-2B4EV9QbVYN2gNTFAqgJI-2FzUZUNLNtiCyIRxgbbBlXbizphuHdLkz2-2BzSaEemV06sKpvxFBqXW49D3q6ZDZU83Y-2FkZ56Gucoe54zUSxFvc7QOiaFgDca0YC-2FyYKXluzwy-2FpbUdGatTUVj8Ecbw74Q5sIfsaV-2B9hMh7-2FFjmlDWLjsV8AI5vNhtQCZoTbmknn4xgCjqBpMdjIGr53jDZHv7zSt3h9uovSfA26fztU7luBMhLF8KobUDGhZbOXaioSHka3bZSS3AGbU0rKOCqPjZPclijQZrsocuC-2Fe5RDkToxQRtEXaVwYH6dI529xAehUDmlwf0umeD2t36nHKlkjAmW5xcoOYOkrTXl7axQljz6BGAp1z0hC-2BCO6JTWptOQRtoTCvyOAfw7LRGKevqnkqlPXn8L9bKSw7RpIlU-2BbXtNkSCHciuqMVz3bs7dkUHCEbY-3DZ8ws_tfzkmlWdOcYv0M861XLWo-2B1pGavWQSSFgk6zcTaCTjq6PBRoSmoLMZvWOy-2BS3j5SCt3-2FkcmUUaUCB93hw3WA8LU0vsLEJlfPykAIUXu89VXYc84kMwj5GOY7P21Oo0zY13WBsg33AZAw3YtMtYofnovNR3KlezPjyoj-2FYv8OnTcXO31US1-2FeXlsCuRHf79OroYPFRSHdmMGD2unspoDcrPH5BNWLRJ4U5ckhn-2FYEgBxG1NW3FBKGDMy5bjBCasrKdkY2JhKx5c0CvOZQBh3hnp3lX2ek6XocAl9R4rC4fXP-2BrhL3OptkmJQk52i51LojYdLqzYbk2-2BxnO6NcAJTBUSWNICgMaeLOyKmvCV8um13LjmDtg-2FjTnsYXexq43ZV1) put on a show for the world with his piano at home.

In the eye of a Hawaii thunderstorm, [**Jack Johnson**](https://youtu.be/SJHHLU_-lz8) sang to thousands of people recently on Instagram about what home means to him

[**Ziggy Marley**](https://youtu.be/DeKvD-zywII) brings good vibes during this half-hour concert from home

Watch music performances from [**BRIC**](https://www.bricartsmedia.org/blog/stream-brics-performances?utm_source=BRIC+Master+Email+List&utm_campaign=17a24ca715-BRIC_HAPPENINGS_5_9_2019_COPY_COPY_01&utm_medium=email&utm_term=0_9587a10210-17a24ca715-269164593&mc_cid=17a24ca715&mc_eid=f1646d4be5)in Brooklyn including Les Nubians and sounds from JazzFest 2019, and check out their [**calendar of virtual performances and livestreams**](https://www.bricartsmedia.org/blog/stay-home-bric-virtual-programming-schedule?utm_source=BRIC+Master+Email+List&utm_campaign=92c8054b5e-BRIC_HAPPENINGS_5_9_2019_COPY_COPY_01&utm_medium=email&utm_term=0_9587a10210-92c8054b5e-269164593&mc_cid=92c8054b5e&mc_eid=f1646d4be5)**.**

Enjoy the sounds of [**Wynton Marsalis**](https://www.youtube.com/user/wyntonmarsalis)

**Joe’s Pub** will offer a weekly series of live streamed performances. Every Thursday, Friday, and Saturday night at 8PM EST. [**Go to their website**](https://publictheater.org/)for more info and a schedule

**Paste Magazine** has a list of [**archived concerts**](https://www.pastemagazine.com/music/muddy-waters/muddy-waters-intro-walking-in-the-park/?utm_source=PMLMAH&utm_medium=email&utm_campaign=200327) including Prince and Muddy Waters

**Opera**

Each day, **The Metropolitan Opera** is streaming [**an encore presentation of the company’s Live in HD series on their website**](https://www.metopera.org/user-information/nightly-met-opera-streams/), with each performance available for a period of 23 hours, from 7:30 p.m. EDT until 6:30 p.m. the following day.

**Theater/Performance**

Watch **The Public Theater’**s production of [**Much Ado About Nothing**](https://www.thirteen.org/programs/great-performances/much-ado-about-nothing-rahlxp/)

Watch members of the Fortune community perform and share joy with arts partner **PUBLIC WORKS** during the [**2016**](https://youtu.be/uwZMOmvFZtk) and the [**2018**](https://youtu.be/JoOXOFwIJvM) performances of *Twelfth Night* at the Delacorte Theater in Central Park

**The Social Distancing Festival** is an incredible site that celebrates art from all over the world, showcasing amazing talent, and coming together as a community at a time when we need it more than ever. It [**includes videos and a full calendar of livestreams of theater, opera, musicals, the visual arts, music and dance**](https://www.socialdistancingfestival.com/)

Join **HERE Performance Space** weekly on Wednesday evenings for [**HERE@HOME**](https://here.org/programs/online-programming/) to watch full-length productions, and on Friday afternoons for #stillHERE Livestreams

**The Rattlestick Theatre** is offering [**timely community conversations via Zoom**](https://www.rattlestick.org/)

**City Center** is here to entertain you with the [**Encores! Archives Project**](https://www.nycitycenter.org/About/our-programs/encores/encores-archives-project/?utm_source=wordfly&utm_medium=email&utm_campaign=FY20Encores&utm_term=EncoresArchivesEmail1&utm_content=version_A)—your song-a-day video series on social media, curated by Encores! Artistic Director Jack Viertel.

**Lincoln Center at Home**, is a new initiative to help maintain our vital connection to the arts and a source for joy. A full calendar of activities is available [**here.**](http://lincolncenter.org/calendar?Lincoln%20Center%20at%20Home)

**Travel**

You can use Google to access **virtual tours of** [**national parks in the U.S.**](https://artsandculture.withgoogle.com/en-us/national-parks-service)

You can now enjoy **NYC parks** virtually with [**Parks@Home**](https://www.nycgovparks.org/highlights/parks-at-home). Join in for live park tours, meditation, fitness, art classes, fun activities for kids, and more

**Thanks to Thrillist:** Try out [**virtual travel experiences you can take from home**](https://www.thrillist.com/travel/nation/virtual-trips-travel-tours) including hiking The Great Wall of China and watching the cherry blossoms bloom in Washington, D.C. and binge the [**best YouTube Travel Channels**](https://www.thrillist.com/travel/nation/best-youtube-travel-shows-channels)

To scratch your wanderlust itch, **Thrillist** has also gathered some of [**the most relaxing, satisfying, bizarre, and/or energizing livestreams**](https://www.thrillist.com/travel/nation/best-live-streams-internet-webcams-virtual-streaming) to help you explore the world around in a highly specific, endlessly hypnotic way. Come for the bears. Stay to send bubbles to folks in Florida.

**Thrillist** also curated suggestions for [**stargazing throughout the month of April**](https://www.thrillist.com/news/nation/stargazing-events-astronomy-guide-night-sky-map-april-2020)

**NASA** has launched a site where you can enter a date and [**see an image the Hubble telescope took on your birthday**](https://www.nasa.gov/content/goddard/what-did-hubble-see-on-your-birthday).

**Photography**

[**Explore photography, visual storytelling and other tips and techniques**](https://www.nikonusa.com/en/Learn-And-Explore/index.page?ET_CID=3253292&ET_RID=326848186&SC_ID=0032400000mHslTAAS) with **Nikon**’s Learn & Explore, plus stream all of their [**online classes for free for the month of April.**](https://www.nikonevents.com/us/live/nikon-school-online/?&utm_source=MKT&utm_medium=email&utm_campaign=FreeNSO-4-1-2020&utm_content=btn&utm_term=startnow&ET_CID=3269339&ET_RID=326848186&SC_ID=0032400000mHslTAAS)

**Podcasts**

Listen to over [**20 different podcasts**](https://www.radiotopia.fm/podcasts), including Ear Hustle at **Radiotopia**

**Vulture** has suggestions for some [**escapist podcasts**](https://www.vulture.com/2020/03/great-escapist-podcasts.html?utm_source=Sailthru&utm_medium=email&utm_campaign=Vulture%20-%20March%2030,%202020&utm_term=Subscription%20List%20-%20Vulture%20(1%20Year))

**Additional Suggestions**

Write a letter. Call, Zoom or FaceTime family, friends or someone in your community of care. Take a few deep breaths. Do some gentle stretches. Write a poem. [Read a poem](https://www.poetryfoundation.org/poems/browse?gclid=EAIaIQobChMI5vy5nrG76AIVFYeGCh046AHvEAAYASABEgIVnfD_BwE#page=1&sort_by=recently_added). Put on some music and dance in your socks. Notice your body. Go for a walk. Doodle. Draw. Write in a journal. Don’t watch the news. Make a snack. Eat a snack. Offer gratitude. You are loved.