

HDS Staff Telework Resources

Remote Learning Resources

Mindfulness for Home Schooling Kids

Mindfulness practices to enhance our own and our student's health and well-being in the classroom / at-home schooling.

https://colostate-my.sharepoint.com/:b:/g/personal/tmetzger_colostate_edu/ESSswZk08vBlgdIvKC0tNPIBzk7h_yoPrXW28g5p4vMGwA?e=OXOc7P

Learning & Education

Khan Academy: khanacademy.zendesk.com TED Talks: www.ted.com

Netflix Documentaries: www.homeschoolacademy.com/blog/44-netflix-documentaries-you-can-add-to-your-homeschool/

Wellness and Self-Care

Poudre River Libraries Family Activities

Poudre Libraries Lunch Doodles with Kennedy Center Artist in Residence, Mo Willems

<https://www.kennedy-center.org/education/mo-willems/>

Penguin Kids Story Time

<https://www.instagram.com/penguinkids/>

Poudre Libraries Virtual Storytime from Space

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

Yoga

Various free website that offer free yoga classes.

<https://www.youtube.com/channel/UCn9erjhvdo-AL8-EWUR6rDg>

Bike Maintenance

Helpful videos on how to fix your bike. <https://www.bikeride.com/guide/>

Meditation

The Waking Up App is a guide to understanding the mind, for the purpose of living a more balanced and fulfilling life. The purpose of meditation isn't merely to reduce stress or to make you feel better in the moment—it's to make fundamental discoveries in the laboratory of your own mind. Use on your computer or download the app on your phone. <https://wakingup.com/>

All it Takes is 10 Mindful Minutes

<https://www.youtube.com/watch?v=qzR62JJCMBQ>

Canvas Credit Union: Stretch Your Paycheck

<https://vimeo.com/413150785/b240b94891>

Canvas Credit Union: Track Your Spending

<https://vimeo.com/canvascu/review/412516549/ec27df9e4c>

Canvas Credit Union: Make Your Budget

<https://vimeo.com/418693322/d93dc58cc4>

How to Budget from Paycheck to Paycheck

<https://www.youtube.com/watch?v=rqPIG3QcrDE&feature=youtu.be>

How to Regain my Motivation Back

<https://www.youtube.com/watch?v=C2YwUH-UEKI>

Good Housekeeping source for online fitness & yoga classes:

www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes

Virtual Races: www.virtualstrides.com, www.virtualrunneruk.com, www.virtualrunevents.com, www.goneforarun.com/current-virtual-races, www.virtualpaceseries.com

Arts and Culture

Art projects for kids and adults

Five Art Projects you can do without any expensive materials or experience.

<https://www.npr.org/2020/04/10/830878128/5-easy-art-projects-to-enjoy-during-social-distancing>

Museums

Denver Art Museum

Videos about the creative process and highlights from specific exhibits.

https://www.youtube.com/channel/UCpOydD8ErTUmFG3_4ObnbA

Beyond Monet: Claude Monet Exhibit including 5 episodes about the exhibit

<https://www.youtube.com/playlist?list=PL8SzFy2RYQmxdB6Uu3K6lqKyQdpjRIAY2>

WA DC Museums: www.washingtonian.com

Louvre – Paris: www.louvre.fr/en/visites-en-ligne

Guggenheim Museum - New York: <https://artsandculture.google.com/partner/solomon-r-guggenheim-museum>

National Gallery of Art - Washington D.C.: <https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc>

Musée d'Orsay – Paris: <https://artsandculture.google.com/partner/musee-dorsay-paris>

National Museum of Modern and Contemporary Art – Seoul:

<https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea>

Pergamon Museum – Berlin: <https://artsandculture.google.com/partner/ Pergamonmuseum-staatliche-museen-zu-berlin>

Rijksmuseum – Amsterdam: <https://artsandculture.google.com/partner/rijksmuseum>

Van Gogh Museum – Amsterdam: <https://artsandculture.google.com/partner/van-gogh-museum>

The J. Paul Getty Museum - Los Angeles: <https://artsandculture.google.com/partner/the-j-paul-getty-museum>

Uffizi Gallery – Florence: <https://artsandculture.google.com/partner/uffizi-gallery>

MASP - São Paulo: <https://artsandculture.google.com/partner/masp>

National Museum of Anthropology - Mexico City:

<https://artsandculture.google.com/partner/museo-nacional-de-antropologia-mexico>

12 Virtual Museum Tours from Travel and Leisure

https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200313&fbclid=IwAR1KGYyh6OL1N-az3opJwVksGFS4rbGI0woIEHnqe73iT4QZsgKHDxVIATc

Photography Fundamentals for Beginners

Learn the exposure triangle (aperture, shutter speed, ISO) and basic composition rules in this easy photography course.

<https://www.udemy.com/course/photography-for-beginners/>

Dance Lessons

Free online dance lessons. <http://www.learntodance.com/online-dance-lessons/>

Kids & Family Activities

San Diego Zoo: kids.sandiegozoo.org

Calming kids crafts: www.pinterest.com/pinterest/stay-safe-stay-inspired

Free books on Audible: <https://stories.audible.com/start-listen>

National Geographic: kids.nationalgeographic.com Club SciKidz: www.clubscikidzmd.com

More Activities

https://care.colostate.edu/media/sites/120/2020/04/OnlineResourcesForChildrenAtHome_T.pdf

21 Creative Stay-at-home Activities for Kids & Family

Make educational projects, fun DIY arts and crafts, simple & free

<https://www.apieceofrainbow.com/creative-stay-at-home-activities-for-kids-family/>

Interactive games, activities, stories, and videos about animals at the San Diego Zoo.

<https://kids.sandiegozoo.org/>

Guitar Lessons

Learn to play guitar free online: <https://www.fender.com/play>

Science & Space

Mars: <https://accessmars.withgoogle.com>

International Space Station: www.nasa.gov/multimedia/nasatv/iss_ustream.html

Northern Lights: www.asc-csa.gc.ca/eng/astronomy/auroramax/default.asp

NASA

Explore NASA at home. Learn more about space and the universe in your home.

<https://youtu.be/doN4t5NKW-k>

<https://www.nasa.gov/specials/nasaathome/index.html>

Critter Cams

San Diego Zoo: <https://zoo.sandiegozoo.org/live-cams>

Monterey Bay Aquarium: www.montereybayaquarium.org/animals/live-cams/monterey-bay-cam/

Pandas - Atlanta Zoo: www.zooatlanta.org/panda-cam

Houston Zoo: www.houstonzoo.org/explore/webcams

Georgia Aquarium: www.georgiaaquarium.org/webcam/beluga-whale-webcam

Kitty cams: www.ipetcompanion.com

African Safari: www.africam.com/wildlife

Aquarium of the Pacific: www.aquariumofpacific.org/exhibits/webcams

Vancouver Aquarium: www.vanaqua.org/visit/live-cams-sea-otter-cam

Critteryard (farm): <http://critteryard.com/>

Animal Planet: www.animalplanet.com/playlists/best-live-cam-moments

Alaska Wildlife: www.adfg.alaska.gov

Nature & Outdoors

Farm tour: www.farmfood360.ca

Yellowstone National Park: www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm

Mud Volcano: www.nps.gov/thingstodo/yell-mud-volcano-trails.htm

Mammoth Hot Springs: <https://www.nps.gov/yell/planyourvisit/explore-mammoth.htm>

Cities around the world: www.earthcam.com

Underwater Virtual Reality: www.sanctuaries.noaa.gov

Historic Walking Tour of Fort Collins – The Landmark Preservation has put together this comprehensive walking tour of Old Town Fort Collins, broken up into 5 short walks
<https://static1.squarespace.com/static/51a3ad7ce4b0cf20ca0a3afc/t/51a8ce0ee4b02f35a70d1f13/1370017294885/Historic+Walking+Tour.pdf>

Geocaching is the recreational activity of hunting for and finding a hidden object by means of GPS coordinates posted on a website.

<https://www.geocaching.com/play>

Music & Theatre

Metropolitan Opera: www.metopera.org

Broadway Theatre: (1 free week) www.broadwayhd.com

Pandora Streaming Music: www.pandora.com

LiveXLive: www.livexlive.com

Royal Ballet: www.classicfm.com/artists/royal-opera-house

Interviews & Performances - Grammy Museum: www.grammymuseum.org

Seattle Symphony: <https://seattlesymphony.org/live>