

The Department of Arts in Health has some ideas for you:

We know the arts can have positive effects on our health and well-being every day and especially during difficult times. Whether you are feeling happy, sad, anxious or grateful, follow the flow chart to discover ways you can participate in the arts and express yourself while at home.



Here are some ways to engage in the arts online:

Virtual Tours:

- **Google Street Art Tours** <https://streetart.withgoogle.com/en/audio-tours>
- **Louvre Museum Paris** <https://www.louvre.fr/en/visites-en-ligne>
- **Cleveland Museum of Art *Search the Collection***
<https://www.clevelandart.org/art/collection/search>
- **Smithsonian Museum of Natural History**
<https://naturalhistory.si.edu/visit/virtual-tour/current-exhibits>

Live Streaming:

- **San Diego Zoo live animal cams** <https://kids.sandiegozoo.org/videos>
- **Cincinnati Zoo “Home Safari” (every day at 3:00 p.m.)**
<https://www.facebook.com/cincinnatiartzoo/>
- **Vancouver Symphony Livestream (every day at 5:00 p.m.)**
<https://www.vancouverSymphony.ca/vso-livestream/>

Other online activities:

For Children:

- **The New Victory Theater *Arts Break*** <https://newvictory.org/new-victory-arts-break-percussion-week/>
- **Trusty Sidekick Theater Company videos**
<https://www.trustysidekick.org/>
- **Lunch Doodles with artist Mo Willems (new videos posted every day at 1:00 p.m.)** <https://www.kennedy-center.org/education/mo-willems/>

For Adults:

- **15 Broadway Plays and Musicals You Can Watch on Stage From Home** <https://playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>
- **Rock & Roll Hall of Fame *Online Learning***
<https://www.rockhall.com/education>

***You can also look up your favorite artists on Facebook, Instagram or other social media platforms to see if they're posting online concerts**