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Serving Phoenix and Tucson ♪ Recruitment, Relocation and Retention

Things to do from Home! (May 11, 2020)

Above & Beyond Relocation Services is hoping that this list of *Things to do From Home* will help fill the gaps in your day during the next few weeks. Please check back often, as we will continue to add more links that we find.

Here's to keeping physically and mentally active!

Local

- <https://www.tucsontopia.com/coronavirus-tucson/> TucsonTopia all things COVID-19 related in Tucson
- www.tohonochochul.org just a few of what Tohono Chul is offering – curbside plant pickup, birding education, live streaming of hummingbirds and virtual exhibits
- <https://fourthavenue.org/fourth-avenue-guide-for-takeout-pickup-and-delivery-food-and-beer-options/> Tucson Fourth Avenue restaurant takeout and delivery ideas
- https://tucson.com/news/local/nearly-tucson-area-restaurants-open-for-pickup-delivery/html_19845230-69fd-11ea-a984-7b9df564ca6c.html#tracking-source=home-top-story-1 searchable database of Tucson area restaurants offering takeout and delivery
- www.localfirstaz.com searchable database of Arizona small businesses to support
- <https://arizonarestaurantweek.com/> searchable database of Arizona restaurants offering takeout and delivery
- https://t.e2ma.net/webview/csxaqc/9268ebc0b1f80a005529330250183a99?dm_i=5FKZ,A6UM,3Z18N6,12A33,1 Downtown Tucson local business to support
- <https://www.facebook.com/madeintucson/> Made in Tucson Market 4/1-4/30

Fitness

- <https://runsignup.com/Club/SouthernArizonaRoadrunners/Page-3> Southern Arizona Roadrunners FitKidz encourages your kids to run
- <https://www.orangetheory.com/en-au/member-communication-regarding-coronavirus/> - Orangetheory is sharing daily 30 minute workouts to do at home
- <https://yogawithadriene.com/> - free yoga videos that sometimes include her cute dog
- <https://www.instagram.com/runnersworldmag/> follow Runner's World Magazine Instagram for daily 15 minute bodyweight exercises
- Peloton app – usually a 30 day free trial has been extended to 90 days free
- <https://www.corepoweryogaondemand.com/keep-up-your-practice> - free streaming yoga
- www.gympass.com – offering thousands of workouts free for 60 days

- <https://www.youtube.com/channel/UCQkaczRlyBjl3UKBH59W3XQ> - Strong by Zumba offers free You Tube sessions
- <http://floorpolishdance.com/calendar/> Floor Polish's live stream dance and fitness classes
- <https://meetmewednesdays.com/> still track your miles checking in on Mondays and Wednesdays
- <https://fluencyandfitness.com/register/school-closures/> Educational brain breaks to help students' ages' 4-8 review essential literacy and math skills, while getting in some exercise
- <https://www.gonoodle.com/> movement and mindfulness videos created by child development experts
- <https://littletwistersyoga.com/online-store/> free kids yoga lesson plans

Art

- <https://artmuseum.arizona.edu/> The University of Arizona Museum of Art offers virtual exhibits, art talks, studio visits and film screenings
- <https://www.phoenixtheatre.com/> The Phoenix Theatre Company presents *An Evening with Friends*
- <https://poetry.arizona.edu/> The University of Arizona Poetry Center offers online exhibits, audio recording, kids creative sessions and more.
- <https://www.youtube.com/watch?v=rPJVKXzXYts&feature=youtu.be> local Tucson artist, Diana Madaras' *One Minute of Color and Joy*
- <https://www.saaca.org/classes-workshops-performances.html> Southern Arizona Arts & Culture Alliance presents a collection of arts and culture experiences
- https://music.asu.edu/events/streamed-concerts?utm_campaign=ASU_ASU+Now+4-6-20&utm_medium=email&utm_source=ASU%20Now&utm_term=ASU&utm_content=%20Read+more_Streamed+concerts enjoy Arizona State University School of Music's students graduation performances/recitals
- <https://bfaexhibition.art.arizona.edu/> The University of Arizona School of Art's 2020 Bachelor of Fine Arts Exhibition
- www.musnaz.org Museum of Northern Arizona offers online webinars, classes and family activities
- www.childrensmuseumofphoenix.org Follow Children's Museum of Phoenix's Facebook and Instagram pages for fun activities
- <https://scottsdaleartsfestival.org/?uid=276325&promo> virtual Scottsdale Arts Festival
- <https://asuartmuseum.asu.edu/> following their Facebook, Instagram and Twitter to experience their collections digitally and for behind the scene tours
- <https://artsandculture.google.com/partner?hl=en> virtual tours of museums throughout the world (such as MOMA, National Gallery of Art in Washington D.C., The Met, The J. Paul Getty Museum, Georgia O'Keeffe Museum)
- <https://www.louvre.fr/en/visites-en-ligne> The Louvre is offering virtual tours
- <https://www.broadwayhd.com/> watch Broadway productions free with a 7 day trial

Zoos

- <https://reidparkzoo.org> follow Reid Park Zoo's Facebook, Instagram and Twitter for a virtual zoo and online zoo classes
- <https://www.phoenixzoo.org/digital-safari/> Phoenix Zoo is sharing their safaris and live educational programming on their website, You Tube, Facebook, Instagram and Twitter

- <http://98.172.71.77/livestream.htm?cam=Butterfly> Tucson Botanical Gardens butterfly livestream
 - <https://zoo.sandiegozoo.org/live-cams> checkout San Diego Zoo's webcams
 - <https://www.georgiaaquarium.org/webcam/ocean-voyager/> Georgia Aquarium's webcams offer some great under water viewing
 - <https://www.montereybayaquarium.org/animals/live-cams> experience the wonder of the ocean on Monterey Bay Aquarium's 10 live web cams
 - <https://nationalzoo.si.edu/webcams> Smithsonian National Zoo offers fun webcams of the Naked Mole Rats (my fav), Lions, Giant Pandas and Elephants
- *since many these are live webcams animals may not always in view

Outdoor

- <https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam> explore the Northern Lights
- <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm> tour Yellowstone National Park virtually
- <https://www.virtualyosemite.org/> checkout Yosemite National Park without leaving your couch
- <https://www.thechinaguide.com/destination/great-wall-of-china> tour the Great Wall of China
- <https://accessmars.withgoogle.com/> explore the surface of Mars on the Curiosity Rover
- <https://images.nasa.gov> NASA photographs

Languages

- <https://www.difusion.com/campus/> resources for Spanish practice
- <https://chalkacademy.com/> Chinese learning activities
- <https://conjuguemos.com/> vocabulary, grammar, listening activities and games in Spanish, French, Italian, German, Portuguese, Korean, and Latin
- <https://www.duolingo.com/> foreign languages
- <https://www.carmensandiego.com/resources/> Carmen Sandiego videos, stories, and lessons for all subject areas

Classes

- <https://eoss.asu.edu/access/programs/summer> Arizona State University summer programs
- <https://communityclassroom.arizona.edu/> The University of Arizona summer classroom sessions
- www.thegreatcoursesplus.com classes for older teens or adults
- <https://www.coursera.org/> tons of free classes from leading universities and companies
- <https://asuforyou.asu.edu/> Arizona State University offers students (7th-12th) and adults online classes
- <https://heart.arizona.edu/heart-health/learn-cpr> learn CPR
- <https://hippocampus.org/> educational resources for middle school to college
- <https://www.nitrotype.com/> improve your typing skills while competing in fast-paced races with up to 5 typists from around the world

Children (Games, Reading, Worksheets)

- www.biguniverse.com Big Universe offers free digital reading platform for grades K-12
- <https://www.k12courses.com/stride> personalized, digital game-based learning for grades PK-8
- <https://busytoddler.com/> indoor activities for busy toddlers
- <https://switchzoo.com/> play games and learn about animals
- www.pbskids.org play with favorite show characters
- www.funbrain.com math and reading games
- www.starfall.com phonic skills
- www.seussville.com read, play games and hang out with Dr. Seuss
- www.123homeschool4me.com/home-school-free-printables/ free printable worksheets for toddlers up to teens
- <https://kids.nationalgeographic.com/> explore geography and animals
- <https://www.storylineonline.net/> favorite children's books read by famous people
- <https://www.allkidsnetwork.com/> crafts, activities, mazes, dot to dot, and much more
- <https://bamboolearning.com/resources> voice based learning... learn through Alexa
- <https://www.highlightskids.com/> Fun games, recipes, crafts, activities
- <https://reading.ecb.org/> games to get "into the book"
- <https://www.breakoutedu.com/funathome> educational games K-12
- <https://www.ck12.org/student/> Science, Math, Social Studies
- <https://www.classroomcereal.com/> grammar practice for middle grades
- <https://www.commonlit.org/> Reading passages for grades 3-12, with reading comprehension and discussion questions.
- <https://www.curriki.org/> digital learning content for preschool through high school
- <https://classroommagazines.scholastic.com/support/learnathome.html> day-by-day projects to keep kids reading, thinking, and growing
- <http://discoveryk12.com/dk12/> online homeschool platform & curriculum for Pre-K to 12th grade.
- <https://dogonalogbooks.com/printables/> Printable board games, activities and more for phonics and reading all using evidence-based methods. Can be customized to any student's needs including creating flashcards for other subjects.
- <https://www.squigglepark.com/dreamscape/> engaging reading game for grades 2-8 that combines strategy, engagement, and imaginative reading passages to create a fun, curriculum-aligned literacy game.

Math

- www.mathscore.com math practice for kindergarten through high school
- <https://www.abcya.com/> math and reading games
- <https://www.arcademics.com/math> and language games
- <https://clickschooling.com/> ClickSchooling brings you daily recommendations by email for entertaining websites that help your kids learn.
- <http://bedtimemath.org/> math as a fun part of your daily family routine
- <https://boddlelearning.com/> math through 6th grade
- <https://www.canfigureit.com/> geometry
- <https://deltamath.com/overview> a wide range of math content from middle school through AP Calculus.
- <https://www.dreambox.com/at-home> K-8 online math program that looks at how a student is solving problems to adjust accordingly and build a unique learning path for them.

History

- <https://www.bunkhistory.org/> digital archive of history
- <https://school.bighistoryproject.com/bhplive> history classes for all ages preteen through adults
- <https://www.countryreports.org/> 35,000 pages of online content on the cultures and countries of the world

Science

- <https://flandrau.org/programs/home-science-resources> UArizona Flandrau Science & Center & Planetarium home science resources
- <https://www.biologysimulations.com/> biology
- <https://www.acs.org/content/acs/en/education/students.html> elementary, middle and high school chemistry topics
- <https://www.backpacksciences.com/science-simplified> hands on elementary science videos
- <http://www.clubscikidzmd.com/blog/> free daily science or cooking experiments
- <https://www.playmadagames.com/> Chemistry
- <https://mysteryscience.com/> K-5th science lessons
- <https://www.weather.gov/owlie/> Owlie's School of Weather
- <https://www.everyday-earth.com/> interactive video earth science based curriculum supplement

Test Prep

- <https://www.bwseducationconsulting.com/handouts.php> Test Prep for SAT, ACT, etc.
- <https://app.fiveable.me/> resources for AP students including live reviews, live trivia, and study guides!
- <https://www.youtube.com/channel/UCbQoCpvYRYRkRRvsObOPHaA> higher level math series... online video series with detailed solutions to more than a thousand publicly-released College Board SAT Math, Subject Test Math Level 1, and Subject Test Math Level 2 problems.
- <https://marcolearning.com/> resources for AP students

Music

- <https://musiclab.chromeexperiments.com/Experiments> music is for everyone
- https://mim.org/mimkids/mimkids-resources/?utm_source=tunedin&utm_medium=email&utm_content=mimkids-resources Musical Instrument Museums shares fun music making and instrument building activities
- <https://www.thewell.world/#> poetry and music
- <https://www.musictheory.net/> introductory and intermediate music theory lessons, exercises, ear trainers, and calculators.

