

Virtual tours

- Roman fort
- Museums from around the world - Virtual, online tours
- Access to 500 Museums & Art Galleries - Free, online
- How to explore London's top museums at home
- Future Learn - Explore the architecture and history of Rome, walking around a 3D digital model of the ancient city, with this free online course.
- Virtual Tours - Virtual online tours - including zoos, landmarks in foreign countries, etc.
- Aquarium - Georgia aquarium allowing you to tour under the sea
- Virtual farm trips - American dairy association
- Virtual field trips - Created for children, but they look great for adults too!
- Edinburgh Zoo - Live streams: Panda Cam / Tiger Cam / Penguin Cam / Rock Hopper Penguin Cam / Koala Cam

Online learning

- Open Culture - 1,500 free courses from top Universities
- Open Culture - learn 48 different languages online - FREE
- University of Alabama - Free online archaeology and Egyptology Uni courses (create an account to log on)
- Open Learn - Free, online courses, Open university
- BBC languages - Learn languages online free
- FrenchTeacher.Net - Free French study packs

- **Sociology courses** – Free online study
- **Creative courses** – Free online study
- **A range of short, free online courses**
- **Cambridge University Press** – ALL 700 textbooks are currently available FREE in HTML format
- **Cambridge university** – Higher education/Undergraduate courses and resources
- **Royal institute** – Christmas lectures. A series of lectures presenting scientific subjects to a general audience in an entertaining manner.
- **Learn 10 useful things to say in...**
 - French
 - Portuguese
 - German
 - Italian
 - Spanish
- **Periodic videos** – Science-related YouTube videos
- **Infobase databases and video streaming collections** – Username: JCS_Distance and Password: **learning** to access:
 - Modern World History
 - Ancient and Medieval History
 - Science Online
 - Bloom's Literature
 - World Religions
- **iDEA** – An international programme that helps you develop/demonstrate your digital, enterprise and employability skills for free
- **U3A** – Online courses for mature students
- **Blocky games** – Games to help beginners learn computer programming skills
- **Scratch** – Beginners computer programming games/projects
- **T.K.S.S.T** – Smart videos for curious minds of all ages

Geography and nature

- National Geographic
- Tutorful – Top Geography websites, YouTube videos, and resources
- Project Noah – Global site where you can view and share wildlife
- Seterra – Free world geography, online quizzes
- Online film festival – Resistance in the Rainforest
- Kent Wildlife association – Simple ideas you can do in the garden to help wildlife
- World games – Geography games

Music

*Check the location/time zones of live-streamed concerts to calculate the UK start time. [Time Zone calculator](#)

- **Concerts online** – Various concerts held without audiences to stream online for people having to stay at home – [list of live streaming concerts](#)
- **Free Opera** – Dates confirmed until the end of March. Check the website via the link for future dates to be added
- **Free classical orchestras** – Live streaming performances
- **Free Chamber music** – Live streaming
- **Berlin Philharmonic orchestra** – Live streams and performance archive
- **Announcements/lists** – of worldwide performances being streamed
- **Livestream concerts list** – artists and bands
- **Bands and artists** – streaming performances
- **Full-length concerts** – watch online free

- Celebrities performing on social media
- Facebook Virtual Choir - Duet with a choir online
- Chris Martin (Coldplay) streaming from his home - YouTube

Arts and culture

- J P Brewer - View classic paintings online
- Walter's Museum - houses the highest artistic achievements from nearly every corner of the world. View some of the past, present, and future exhibitions
- Rob Biddulph an artist posting draw-along videos via Twitter [here](#)
- Google Arts and culture - Learn something new every day!
- British Museum - Free videos
- BBC Radio 4 - The History of the world - podcasts
- 50 things that made modern economy - Podcasts
- Marquee TV - streaming arts and culture
- Teaching history - 100 objects from museums across the UK with resources, information and teaching ideas to inspire your students' interest in history
- Exploration of the day - Artistic website connecting people from around the world
- Drama Online - Online theatrical performances

Literature online

- Gutenberg - Download free books, e.g. Shakespear, Edgar Allen Poe, Frankenstein, etc.

- **Solomon Kingsnorth** – Books in PDF, Word and audiobook format – Alice in Wonderland / Wind in the Willows / The Railway Children / The Jungle Book / Peter Pan / Black Beauty
- **Read great literature online** – Free Ebooks, poetry, classic literature
- **Read Free Literature** – also includes study guides
- **50,000 free ebooks** – arranged by genre
- **Open Library Access** – Free
- **Audible** – Free for this period – Available in 6 languages

Miscellaneous & entertainment

- **Expeditions App**– Free virtual Reality Augmentation app for all ages, to take virtual trips around the world to hundreds of destinations.
- **Podcasts** – Free to download
- **Board Game arena** – Play board games online free
- **Open culture** – 1,150 Free movies to watch online
- **Dance Physique** – free dance fitness videos online
- **Jamie Oliver** – helps the nation with easy recipes, cooking tips, and ingenious hacks whilst many of us are staying at home. **Jamie: Keep Cooking and Carry On** starts **Monday at 5:30pm on Channel 4**
- **DIY and crafts** – 25 foods you can re-grow at home from food scraps
- **UK parliament** – Politics, history, citizenship, etc. Written for children and young people, but lots of very interesting information, including how laws are made.
- **Historical association** – Learn about 20th Century history
- **National Trust sites** – Free access to their sites – please check their website first for updates

- James Dyson foundation - Challenge cards - how many can you complete?
- Latest free stuff - UK site (if you are outside of the UK, google 'latest free stuff' and add your location)
- Roll20 - Build your own game - or play games with others online
- Sign up to ChatterPack's FREE monthly SEND newsletter here

Anxiety/Mental health/Loneliness

- How to reduce high anxiety now: Thinking about past pleasant memories may help some people with immediate stress (article)
- WHO guidance to support mental health during this time
- MIND coronavirus and your wellbeing
- 9 ways to stay positive during this period
- Blog from Anna Mathur, Psychotherapist - dealing with Coronavirus anxiety
- Sensory stuck at home - support group on Facebook for adults
- Telephone befriending service for the elderly
- Living life to the full - Free online course to change your life for the better
- Mindfulness and meditation
- 5 Ways to wellbeing
- Self-Help Resources for those with mental health conditions
- Bereavement counselling

Reference: https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR3F4bh0w1tXR40cial85uulpsGm66J_sC9g15r-cdUtWrKSCbBAIVGVbEM