

COVID-19 Resources

General

- [Seattle area resources](#): Includes some national resources as well for academic support, advocacy and mutual aid, financial resources, food banks, meals, health services, social support, tech resources and general information
- [Clark County resources](#): Includes resources for schools, food banks, childcare, financial help, businesses and employees, mental health and self-care, information on the coronavirus, and health.

Mental Health

- [Headspace](#) - online app with meditations and exercises focused on helping people deal with the stress and anxiety brought on by the global pandemic
- [Simple Habitat](#) - online mindfulness app with specific meditations and exercises focused on helping people deal with the stress and anxiety brought on by the global pandemic
- [Calm](#) - a meditation app that has a 30 day free trial, but nothing (currently) specific to dealing with COVID-19

Exercise

- [DownDog](#) - the company has a series of exercise apps, including yoga, yoga for beginners, barre, high intensity interval training, and 7-minute workouts, which they have made free to students and educators until 1 July 2020 in response to the pandemic.

Entertainment

- [Scribd](#) - online library offering free 30 days access to their magazines, e-books, audiobooks and other content

Museums and Zoos

- [Eastern State Penitentiary](#) - one of America's most historic prisons and now a museum dedicated to the history and current state of the country's system of incarceration. It is offering virtual tours.
- [Mutter Museum](#) - the medical museum of the Philadelphia College of Physicians, which contains fascinating specimens, such as parts of Einstein's brain, has a number of online exhibitions
- [Oregon Zoo](#) - adorable live video and home activities about animals
- [National Constitution Center](#) - a museum dedicated to the US constitution and its evolution over time. Way more interesting than you think, and is offering live online classes and well as recorded materials
- [Museum of Modern Art \(MoMA\)](#) - arguably one of the best art museums in the country, they have made their magazine, courses and many other resources available free online
- [Barnes Foundation](#) - one of the best collections of impressionist, post-impressionist and early modernist paintings in world, they have a YouTube channel in which they are doing short "Barnes Takeout" clips highlighting individual paintings within the collection

News and COVID-19 Information

- [New York Times](#) - major news outlet, has made their news articles and guidance available for free online.