

# Living and Working During Social Distancing

HDS recognizes that adjusting to our new normal can be challenging. To that end we have put together this list of resources to maintain a work life balance, address your emotional well-being, and perhaps most importantly, have some fun.

To stay up to date, continue to check the [University coronavirus website](#).

[Working Virtually Best Practices](#)

[Work Life Program Calendar](#)

## Museums & Cultural Institutes

[Curbed Boston](#) - Links for virtual tours of Boston-area cultural institutions

[The USS Constitution Museum](#)

[Louvre Museum, Paris](#)

[National Gallery of Art, Washington DC](#)

[Metropolitan Museum of Art](#)

[Van Gogh Museum, Amsterdam](#)

[Uffizi Gallery, Florence Italy](#)

## Zoos

[San Diego Zoo Live Cams](#) - The San Diego Zoo has 11 different live cams that you can check out to watch the animals, including Polar Bears, Elephants, Penguins and more!

[Smithsonian National Zoo Tour](#) - You can watch the 4 different live cams that the Smithsonian National Zoo has. Check out the elephants, the lions, the Giant Panda and the Naked Mole rat!

[Atlanta Zoo Panda Cam](#) - You can check out what the Panda Bears are doing at the Atlanta Zoo

[Cornell Bird Cams](#) and [Cornell Bird Feeder](#): A virtual window into the natural world of birds.

## Educational

[Beyond the Chalkboard](#) – Run by the Boston Children’s Museum staff, this site is a learning platform for subjects including math, science, literacy, and art.

[PBS Learning Media](#) – The site provides virtual lessons, activities, and educational materials

## Music

[Virtual Concerts & Broadway Shows](#) – This site has a list of performances to keep you entertained.

[BillBoard](#) – Live streams & virtual concerts

## Exercise

*This piece is an excerpt originally published to Medium by [Ariadne Labs](#), and has been reposted here with the author's permission. It was originally published with the headline, "[Social Distancing: This Is Not A Snow Day](#)."*

Exercise: take walks/runs outside, and stay connected through phone, video, and other social media. But when you go outside, do your best to maintain at least six feet between you and non-family members. If you have kids, try not to use public facilities like playground structures, as coronavirus can live on plastic and metal for up to nine days, and these structures aren't getting regularly cleaned.

Going outside will be important during these strange times, and the weather is improving. Go outside every day if you are able but stay physically away from people outside your family or roommates. If you have kids, try playing a family soccer game instead of having your kids play with other kids, since sports often mean direct physical contact with others. And though we may wish to visit elders in our community in person, I would not visit nursing homes or other areas where large numbers of the elderly reside, as they are at highest risk for complications and mortality from coronavirus.