



THEATRE/MUSIC/DANCE PERFORMANCES (Live Stream, archived & recorded, etc.)

1. **TDF Stages:** Live-stream all kinds of theatre performances: See all the options below.
 - a. List of sites where you can watch performances online anytime:
<https://www.tdf.org/stages/article/2358/watch-live-theatre-and-music-performances-from-your-home>
 - b. **Daily** picks to watch every day (with many available for longer than the one day)
<https://www.tdf.org/stages/home>
 - c. Audioplays online: <https://www.tdf.org/stages/article/2391/where-to-listen-to-audioplays-online>
 2. **For TDF members - member benefits and perks:**
 - a. **Membership** features streaming recorded performances from regional theaters across the country at Off-Off-Broadway prices (\$11)
 - b. **BroadwayHD for free for one month for members:**
<https://www.broadwayhd.com/>
- i. How to set up your free one month account:
- Go to [broadwayhd.com](https://www.broadwayhd.com) and click "Subscribe Now" at the top of the page
 - Pick the monthly subscription by clicking "Choose this Plan"
 - Register your account by entering your email address and first and last name, and creating a password. When you're finished, click "Submit"
 - At the checkout page, click "Redeem Coupon," enter the code TDFFM and click "Activate"
 - Click "Get Access" and start browsing BroadwayHD's wonderful offerings
3. WNYC in collaboration with The Public Theater present **Free Shakespeare on the Radio**. With Lupita Nyong'o as narrator, listen to *Richard II* over four nights, July 13th to the 16th, at 8PM.

Brought to you in a **serialized radio broadcast** over four nights from July 13 to July 16 at 8PM EST on WNYC 93.9 FM and AM 820 to listeners in the New York tri-state area. Nationwide listeners can join in at [WNYC.org](https://www.wnyc.org). Each episode will be made available for download following its radio premiere wherever you get your podcasts.
 4. **Theater for the New City (TNC)** is featuring work online: TNC "ON THE AIR" where several plays can be viewed here: https://theaterforthenewcity.net/?page_id=21639
 5. **ALL ARTS** is the arts resource for WNET, your local PBS station (channels 13 and 21) and you should get on their mailing list. They are an amazing resource for streaming content all on this [link](#)..

6. **Repertorio en Casa!** Free streaming Spanish-language plays in the 'Voces Latinx' Reading Series <https://www.facebook.com/watch/repertorionyc/3275093875856072/>

7. **Flushing Town Hall's** Facebook page features arts education program, FTH AT HOME: Global Arts for Global Kids! The program runs Tuesday through Friday and there are many videos there, all the way from when quarantine began to now. Also available on this video page are virtual dance festivals, comedy performances and more entertainment. <https://www.facebook.com/watch/flushingtownhall/2532221047027913/>

8. **Ballet Hispánico** continues its video series with Watch Parties on Facebook, available at www.facebook.com/ballethispanico, <https://www.ballethispanico.org/bunidos/watch-party>, or <https://www.youtube.com/channel/UCeBVCPHnWSLKF4c53fAqDRw/>.

Enjoy a Company performance from the comfort of your own home, followed by live Q&A sessions with Artistic Director and CEO of Ballet Hispánico Eduardo Vilaro, choreographers and Company dancers:

9. **Wednesdays at 8PM EDT** on the #BMHC FB page, the Bronx Music Heritage Center presents **Percussion Discussion**, a weekly percussion program featuring mini-clinics, talks and lessons from noted Bronx drummers and percussionists, (Wednesdays at 8PM EST at facebook.com/bxmusic).

Fridays at 8PM EDT at Bronx Music @ Home Concerts or BM@HC (Fridays at 8PM EST) is our weekly musical concert series performed by some of the artists who have performed the BMHC stage - from the artist's home to your home.

Make sure to 'LIKE' and 'FOLLOW' the BMHC (Bronx Music Heritage Center) page so you don't miss a beat!

10. Every day, **Stars in the House** streams live performances, viewable on Youtube and sometimes Facebook. <https://www.starsinthehouse.com/schedule>

11. **Wednesdays at 2pm**, TDF hosts Facebook watch parties of whatever Stars in the House is showing. "Like" TDF on Facebook, then head over to the page to watch with other theatre lovers and TDF members! <https://www.starsinthehouse.com/schedule>

12. **National Theater At Home:** A new play streams live every Thursday night <https://www.youtube.com/user/ntdiscovertheatre>

13. **A Boy and his Soul-** A critically acclaimed solo show created and performed by Colman Domingo <https://vimeo.com/58567884>

14. **The Metropolitan Opera** streams recorded performances every night! <https://www.metopera.org/user-information/nightly-met-opera-streams/>

15. The Public Theater's music venue, **Joe's Pub**, is streaming performances from their archives. Check calendar for schedule <https://publictheater.org/Calendar?>

16. **Playbill's** list of 15 Broadway shows you can watch for free at home.
<https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>
17. **Playbill's list of 26 more On Stage Plays and Musicals**
<https://www.playbill.com/article/26-more-on-stage-plays-and-musicals-to-watch-from-your-couch>
18. **The Bolshoi Theater in Moscow, Russia is streaming ballets on YouTube**
<https://www.youtube.com/user/bolshoi>
19. **New York Philharmonic Plays On: Free digital content for all**
https://nyphil.org/playson?utm_source=wordfly&utm_medium=email&utm_campaign=mk_t1_20200326_nyphilplayson_mg&utm_content=version_A&source=35582
20. **Alvin Ailey Online Streaming**
<https://www.playbill.com/article/alvin-ailey-launches-online-streaming-series-with-screening-of-revelations>
21. **Jacob's Pillow Dance Archive**
<https://danceinteractive.jacobspillow.org/>
22. **Lincoln Center**
[LincolnCenter.org](https://lincolncenter.org)
LC has transformed into a new gateway to the performing arts: Lincoln Center at Home.

The components are:
 - a. Lincoln Center Pop-up Classroom: a daily dose of creativity designed and led by some of world's best artists and educators. Each daily digital live class will utilize simple materials found at home to help families with children explore a variety of art forms. (Tune in weekdays at 10AM / watch anytime at facebook.com/LincolnCenterNYC)
 - b. #ConcertsForKids: a new performance series reimagining the Pierre Boulez "rug concerts" for a new generation. Events will be listed at [LincolnCenter.org/AtHome](https://lincolncenter.org/AtHome).
 - c. From the archives of Lincoln Center's resident organizations, comes a trove of video, including rarely seen footage from decades of Live From Lincoln Center, more recent performances from across campus, and live streams from wherever performances are still happening – empty halls, living rooms, and more.
23. **The American Ballet Theatre**
Is sharing virtual events as part of their ABT: Alone But Together series, with online ballet classes from ABT dancers on their Instagram, conversations on their prepared works, and more.
<https://www.abt.org/alone-but-together/>
24. **Arts For Art**
Is releasing their new series "Screening Vision," digging deep into their 25 years of avant-garde performance and sharing it on their YouTube channel.
<https://www.artsforart.org/screeningvision.html>
25. **Bronx Arts Ensemble**

They created the #StayHome Arts Club and are offering weekly performances.
<https://bronxartsensemble.org/stayhome-arts-club/>

26. Virtual stage tours of famous theaters all over the world

<https://artsandculture.google.com/theme/11-dramatic-virtual-tours-of-stages-around-the-world/1gJiszMqItReJA?hl=en>

27. Experimental theatre company **New York City Players** is sharing full production videos from 20+ years of making theater, made available online for a limited time. These are not your usual theatre fare - very downtown, experimental and avant-garde. **If you're vigilant,** you might just find Gladys Perez-Mojica in one of the productions from the year 2000. :)

<https://vimeo.com/showcase/nycp-thetheateryears>

28. London's Royal Opera House offers a slate of [free programming](#) to stream on-demand. Audiences can stream the programs on-demand via the Royal Opera House Facebook and YouTube pages. In addition to the live-captured performances (which have already included lauded works, such as "The Magic Flute" and "The Metamorphosis"), musical masterclasses and behind-the-scenes videos also fill the lineup of streamable works, all of which are available to view worldwide. <https://www.roh.org.uk/>

29. The Little Victory Theatre Musical Monday's: Each Monday one of the actors will perform a song from the many musicals played at the theatre.

<https://www.facebook.com/littlevictorytheatre/>

MUSEUM & VISUAL ART RESOURCES

1. An online interactive exhibition of Frida Kahlo

<https://artsandculture.google.com/project/frida-kahlo>

2. At home free drawing classes by authors and

illustrators <https://www.fastcompany.com/90478307/stuck-at-home-take-free-drawing-classes-from-famous-illustrators>

3. The Met Museum: Online exhibitions <https://artsandculture.google.com/partner/the-metropolitan-museum-of-art>

4. MOMA: The Museum of Modern Art: Online exhibitions

<https://artsandculture.google.com/partner/moma-the-museum-of-modern-art>

5. The Cooper Hewitt Museum: Online exhibitions

<https://artsandculture.google.com/partner/cooper-hewitt-national-design-museum>

6. The Guggenheim Museum <https://artsandculture.google.com/partner/solomon-r-guggenheim-museum>

7. The Brooklyn Museum of Art <https://artsandculture.google.com/partner/brooklyn-museum>

8. The National Museum of the American Indian Featuring several online offerings, including a "Native Knowledge 360" lesson on what we can learn from Inka water systems (also available in Spanish) and a piece on the Native food sovereignty

movement. <https://americanindian.si.edu/nk360/inka-water/#title>
<https://www.americanindianmagazine.org/story/food-sovereignty>

9. **The August Wilson African American Cultural Center** <https://aacc-awc.org/visit/galleries-spaces/>

10. **The Frick Collection** is now “open” for online visits for schools, colleges, and universities. Sessions are tailored to lesson plans, and led by Frick educators who will guide discussions of selected works of art from the Frick’s collection.

a. **For Teachers:** to learn more and make a reservation, please email schoolvisits@frick.org with your preferred date and time, the grade level of your students, and the subject of your course.

11. **The Louvre Museum** One-Minute Museum visits for you and your children:
<https://www.youtube.com/playlist?list=PLXLB812R3G0mijo-Vi512KbohOBQPiWM>

12. **The Noble Maritime at Home** is a collection of online exhibitions, education programs, instructional videos, downloadable resources, virtual tours, and performances curated and created by the staff. http://www.noblemaritime.org/the-noble-at-home?fbclid=IwAR3iF1BWfzal9srncCEaZ4_xnF8FOOkFA_ShSOdqBx6pEN1nf2MN5fV97Js

13. **Jacques Marchais Museum of Tibetan Art** displays various artwork from the museum and virtual yoga. <https://www.facebook.com/TibetanMuseum/>

14. **Staten Island Arts** has launched “Stay Inspired” with free online Arts & Culture experiences, along with musical submissions by various local artists.
<https://mailchi.mp/statenislandarts/stay-inspired-while-at-home?fbclid=IwAR2KMQz5RjL1Z6DzYwLk9kP4eIC9vM4LOFctkNAdOIR9KKQLEOrpZ1hEel>

15. **Staten Island Children’s Museum:** As your local children’s museum, we are here for you! During this time of at-home learning, we have created a number of resources to bring Staten Island Children’s Museum into your home. Download our exhibit activity sheets, try making one of our recipes, or watch one of our videos! <https://sichildrensmuseum.org/at-home-with-sicm/>

STORY-TIME/AUDIOBOOKS/LANGUAGE

1. **A reading of Harry the Dirty Dog by Betty White**
<https://www.youtube.com/watch?v=7j0OY3236jw>

2. **The New York Public Library is offering over 300,000 books to download through an app called SimplyE. It is available to download via the App Store or Google Play.**
<https://www.nypl.org/books-music-movies/ebookcentral/simplye>

3. **There is an app, Libby:** It allows you to borrow books and audiobooks in addition it lets you put books on hold. All you have to do is download the app, provide your library card number, and select books to read or listen to!

https://play.google.com/store/apps/details?id=com.overdrive.mobile.android.libby&hl=en_US

4. **DuoLingo:** Want to learn another language? Check out DuoLingo. It is available online or on your phone through the app store for free.

<https://www.duolingo.com/learn>

5. **Story time for kids**

<https://www.timeout.com/new-york-kids/news/virtual-storytimes-for-kids-authors-and-venues-go-online-amid-coronavirus-031620>

6. **LIVE FROM NYPL SERIES:**

https://www.showclix.com/event/neilgaimancoraline/tag/nyplconnect?utm_source=eNewsletter&utm_medium=email&utm_content=NYPLConnect_20200507&utm_campaign=NYPLConnect

MOVIES/FILM FESTIVALS

1. **Short Film: Our Kind of Love**

<https://www.youtube.com/watch?v=3H6w--IVHIQ&feature=youtu.be&app=desktop>

2. **Free short films available**

<https://www.shortoftheweek.com/channels/>

3. **The 92 Street Y is offering live streaming for their video archives**

<https://www.92y.org/archives/topics/health-fitness-sport>

4. **National Theater At Home: A new play live-streaming every Thursday night**

<https://www.youtube.com/user/ntdiscovertheatre>

5. **Snowday Productions- Short Films**

- a. **Gratitude in NYC during COVID-19** <http://snowday.studio/snowday-gratitude>

- b. **Pizzaiolo** <http://snowday.studio/the-new-yorker-pizzaiolo>

OUTDOOR ATTRACTIONS (GARDENS, AMUSEMENT PARKS, ETC.)

1. **Snug Harbor Cultural Center & Botanical Garden:** You can still learn what's blooming at the Snug Harbor gardens, see dynamic art from the Newhouse Center, and learn what is growing at the Heritage Farm through this new series of videos and live events.

<https://snug-harbor.org/snugharborathome/> <https://facebook.com/events/s/snug-harbor-at-home-in-visible/702221623848477/?ti=icl>

2. **Historic Richmond Town** has launched #artsandcultureinquarantine where you can enjoy living history demonstration videos, staff interviews, blog posts, and even virtual tours and behind-the-scenes looks at buildings, and historic houses on-site.

<https://www.historicrichmondtown.org/arts-and-culture-in-quarantine>

3. **Weekdays at 3 p.m. and weekends 11 a.m., the Staten Island Zoo is bringing "The Zoo To You,"** each day live-streaming different animals, as well as the keepers to

provide information and various activities on the grounds.

<https://www.facebook.com/Staten-Island-Zoo-27619211639/>

4. **Disney Parks may be closed but they are offering virtual ride experiences!**
<https://www.housebeautiful.com/lifestyle/fun-at-home/a31788433/disney-virtual-ride-videos/>
5. **Virtual Tours of America's Nationals Parks:** https://www.travelzoo.com/blog/the-best-national-parks-to-visit-virtually/?utm_source=newsflash_us&utm_medium=email&utm_campaign=2871550_html_-_deal%3a2871550&utm_content=2871550&ec=0&dlinkId=2871550
6. **Greenbelt Conservancy @ Home:** Just because you're stuck at home doesn't mean that you can't still learn about nature! Below are seven videos that great educators at the Greenbelt Conservancy have put together to keep the learning going.
<https://sigreenbelt.org/greenbelt-education-home/>
7. **Alice Austen House #ourstoriesathome** Artists are invited to share their creative photographs and have them posted on the houses Instagram account
<https://www.facebook.com/aliceaustenhousmuseum/>
8. **NYC Parks @ Home** - You can still enjoy NYC Parks from home! While doing your part social distancing you can still join in for park tours, meditation, fitness, art classes, and tons of fun activities for kids. <https://www.nycgovparks.org/highlights/parks-at-home>
<https://www.nycgovparks.org/park-features/virtual-tours>
9. **Virtual Walking Tour with Michael Kimmelman along the East River waterfront**
<https://www.nytimes.com/2020/04/08/arts/east-river-virtual-tour.html>

SELF-CARE

1. **Mindful Harlem:** Offering live-stream meditation via ZOOM:
<https://www.mindfulharlem.com/mindful-harlem-online/>
2. **Yoga with Adriane on Youtube:** She offers endless free online yoga classes:
<https://www.youtube.com/user/yogawithadriene>
3. **Apps available to download onto your device to help with anxiety and stress during COVID-19:** Some of the apps do cost a small fee while others are free, have free trials, or have some available resources for free during this outbreak. Check it out and see what works for you. <https://kdvr.com/news/coronavirus/10-apps-to-help-you-deal-with-stress-and-anxiety-during-covid-19-outbreak/>
4. **Sadie Nardini Yoga:** She offers free yoga classes on YouTube in addition she has Yoga HIIT classes (HIIT= High Intensity Interval Training).
<https://www.youtube.com/SadieNardini>
5. **Headspace:** Has partnered up with Governor Andrew Cuomo to provide New Yorkers free of charge meditative wellness opportunities. Check out their offerings here:
<https://www.headspace.com/ny>

6. Free Online Wellness Classes

<https://www1.nyc.gov/assets/olr/downloads/pdf/wellness/wellness-wellnessanywhereaplilcalendar.pdf>

7. Blogilates <https://www.blogilates.com/>

8. Fat Girls Dance™ is hosting free meditation and freestyle dance moves each morning on instagram live at 9:45AM. Follow them @fatgirlsdancemovement
<https://fatgirlsdance.com/2020/05/03/get-your-gratitude-on-every-morning-on-ig-yep-still-free/>

9. Emotional Support Helpline: 1-844-863-9314 * The Emotional Support Helpline provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Helpline is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

Government Resources re: COVID-19

Center for Disease (CDC): For the most up to date information and guidelines on how to prepare and cope. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Resources for New Yorkers, including TESTING:
<https://www1.nyc.gov/site/coronavirus/index.page>

NYC provides up to date facts, resources, and information about COVID-19 right to your phone. Please text “COVID” to 692-692 to subscribe. There is also a COVID-19 hotline, you can call this line for non-supply related questions or concerns, 1-888-364-3065.

Domestic and Gender-Based Violence Resources during COVID-19

The domestic abuse survivors' organization We All Really Matter (WARM) has shared resources for victims of domestic abuse below:

- The five borough-based Family Justice Centers of the Mayor's Office to End Domestic & Gender-Based Violence remain open by phone, Monday-Friday from 9 am to 5 pm. Call 311 to be connected.
- The City's 24-hour Domestic Violence Hotline remains open; call 800-621-HOPE (4673), or access the NYC HOPE Resource Directory online.
- Reach the National Domestic Violence Hotline at 800-799-7233, or by texting LOVE IS to 22522.

Food Resources

- **Food Help NYC:** <http://foodhelp.nyc/en/>
- **City Harvest Mobile Food Markets:** <https://www.cityharvest.org/programs/mobile-markets/>
- **DOE Free Meals:** <https://www.schools.nyc.gov/school-life/food/free-meals>
- **Food Bank NYC- Harlem Program:** <https://www.foodbanknyc.org/community-kitchen/>
- **Food Bank NYC List of Open Pantries:** <https://www.foodbanknyc.org/get-help/>

Economic Relief

United Way: COVID-19 Community Economic Relief Fund; they will help with bills, rent and food. **Call 1-866-211-9966 and give them your ZIP code.**

GIRLS WHO CODE PROGRAM- At Home Activity

Girls Who Code has launched #CodeFromHome, a series of free resources, available at girlswhocode.com/code-at-home/ and updated weekly. These activities are designed to inspire girls to create solutions around the issues they care about, and enable them to continue working their bravery muscles through this tough time. All are invited to access.

For Seniors:

The City's Dept. for the Aging (DFTA) is providing a direct meal delivery system for homebound seniors. Grab and Go meals continue at many senior centers for mobile seniors. Contact 311 for information on how to get meals delivered or for your nearest senior center location and contraction information.

Unemployment Resources & Updates:

The Federal CARES Act is supplementing all states' unemployment benefits, increasing checks by \$600 per week, up to July 31st. NYS has extended benefits by 13 weeks-- from 26 to 39 weeks in total. Apply online at labor.ny.gov/unemploymentassistance.shtm.

Guidelines for Self-Employed Individuals:

<https://labor.ny.gov/ui/pdfs/self-employed-ui-guide.pdf>

Managed Care Consumer Assistance Program (MCCAP)

The Community Service Society has established the Managed Care Consumer Assistance Program (MCCAP), a free health coverage helpline assisting people with how to manage the health care bureaucracy, including applying for hospital financial assistance, resolving billing issues, or appealing coverage denials. Reach MCCAP at (888) 614-5400, Monday-Friday, 9 am - 4 pm.

BLACK LIVES MATTER RESOURCES

Healing Justice Toolkit created & curated by the **Black Lives Matter Movement**

Ways You Can Stand in Solidarity with the Black Community - An ongoing list of ways you can help as we collectively fight against systemic racism and violence.

Resources for supporting the Black Lives Matter Movement - A list of petitions to sign, **funds** and charities to donate to, and resources for educating yourself and those around you.

Anti-Racism Resources - Wake-Up Call - Understanding begins with all of us looking inward, reflecting on our own attitudes, and of course, having difficult conversations with family and friends. Includes kid-friendly resources. <https://medium.com/wake-up-call/a-detailed-list-of-anti-racism-resources-a34b259a3eea>

Black Lives Matter can help you **educate yourself** on myriad issues and ways to help - Includes **petitions** you can sign and information on **how to text or call** in protest or to show support for George Floyd and stand against social injustice.

Mental Health assistance and suggestions for people of color - **Mindful**, NAMI'S **African American Mental Health**, **Therapy Resources for People of Color** and **@mayarichardsun**.

[Great Big Story](#) - Information on how you can help in the fight for equality and racial justice.
[Southern Poverty Law Center's Ten Ways To Fight Hate Resource Guide](#) - Suggestions for what you can do to stop the hate in America.

Harvard's **[Project Implicit](#)** - A series of tests to see where you might have unconscious biases.

[Guidelines for Being Strong White Allies](#) - Learn about the kind of active support a white ally can provide to a person of color.

Ibram X. Kendi's New York Times article provides **[An Antiracist Reading List](#)**, suggesting books to help America learn about and transcend its racist heritage.

[Courtney Yahn Instagram](#) page offers a breakdown of the basics of what "white privilege" means.

[Racial Equality Resource Guide](#) prepared by the **[W.K. Kellogg Foundation](#)** - A shared tool for building a community of connected, informed and engaged practitioners.

[UNLV](#) created a non-partisan guide aimed at their academic community - useful for addressing anti-oppression, diversity, inclusion, and social justice.

[ARRAY 101](#) - Provides the learning companion and field study lesson for Ava DuVernay's Netflix limited series When They See Us intended to be a catalyst for conversation and change. BE HEARD! Reach out to **[your representatives and legislators](#)** by phone, letter or email.

[Amnesty International](#) provides a video with tips on how to **[best present yourself while making your voice heard](#)**.

[VolunteerMatch](#) - Helps people find opportunities to volunteer in their community, based on their area of interest and the time they have available to contribute.

[Know Your Rights Camp](#) - Aims to advance the liberation and well-being of Black and Brown communities through education, self-empowerment, mass-mobilization and the creation of new systems that elevate the next generation of change leaders.

[Black Visions Collective](#) - A black, queer, and trans-led Minnesota nonprofit committed to creating a community where all black lives not only matter, but also thrive. They have organized campaigns to cut police budgets, invest in community-driven safety strategies, and train activists.

- Obama Foundation - Resources to create a more just and equitable world.

[M4BL \(Movement for Black Lives\) Week of Action: Five Demands](#) - An opportunity to uplift and fight alongside those turning up in the streets and online.

Self Care for Trauma, Grief, and Depression

<https://justhealing.files.wordpress.com/2012/04/self-care-for-trauma-grief-and-depression-blm.pdf>

Emotional and Physical Safety in Protests

<https://justhealing.files.wordpress.com/2012/04/emotional-physical-safety-in-protests-blm.pdf>

Practices for moving through grief

<https://justhealing.files.wordpress.com/2012/04/practices-for-moving-through-grief-blm.pdf>