

The theme of this year's Children’s Mental Health Week is **Express Yourself.**

<https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>

**Websites we could share**

Lonely Planet - The best virtual tours to explore the world from home

<https://www.lonelyplanet.com/articles/virtual-tours-travel-destinations>

Nat Geo Kids

A mix of games, quizzes, videos and free downloadable resources which is perfect for keeping active minds busy.

[www.natgeokids.com/uk](http://www.natgeokids.com/uk)

British Museum

Explore the collection in a beautiful interactive and engaging way. The are some lovely virtual exhibitions

[Exhibitions and events | British Museum](https://www.britishmuseum.org/exhibitions-events)

Disney Nature

<https://nature.disney.com/>

Sandiego Zoo – Live zoo cameras

<https://zoo.sandiegozoo.org/live-cams>

Interactive Map - UNESCO World Heritage Centre

<https://whc.unesco.org/en/interactive-map/>

## Museums

* **The Louvre:** You don't have to book a ticket to Paris to check out some of the famous pieces in the world's largest art museum. The Louvre has [free online tours](https://www.louvre.fr/en/visites-en-ligne#tabs) of three famous exhibits, including Egyptian Antiquities.
* **Solomon R. Guggenheim Museum:** The works of Pablo Picasso, Piet Mondrian**,**Jeff Koons, and Franz Marc are just some of the 625 artists whose work are a part of the Guggenheim's [Collection Online](https://www.guggenheim.org/collection-online).
* **Smithsonian National Museum of Natural History:** Move at your own pace through the 360-degree room-by-room tour of [every exhibit in the museum](https://naturalhistory2.si.edu/vt3/NMNH/).
* **Van Gogh Museum:** You can get up close and personal with the impressionist painter's most famous work thanks to [Google Arts & Culture](https://artsandculture.google.com/streetview/van-gogh-museum-groundfloor/2QHwyv_Y6gueAw?hl=en&sv_lng=4.8808198&sv_lat=52.3585336&sv_h=0.07351778050821167&sv_p=-14.958125813166376&sv_pid=T4EwMNbRYOhcEPF8T1I8xw&sv_z=1).
* **The Vatican Museum:** The Sistine Chapel, St. Peter's Basilica, and Raphael's Room, are just some of the sites you can see on the [Vatican's virtual tour](http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html).
* **Thyssen-Bornemisza Museum:**Madrid's must-see art museum has the works of some of the continent's most celebrated artists like Rembrandt and Dali [available online](https://www.museothyssen.org/en/thyssenmultimedia).
* **Georgia O’Keeffe Museum:**[Six virtual exhibits](https://artsandculture.google.com/partner/georgia-o-keeffe-museum?hl=en) are available online from this museum named for the "Mother of American modernism."
* **National Museum of Anthropology, Mexico City:** Dive into the pre-Hispanic history of Mexico with [23 exhibit rooms](https://artsandculture.google.com/asset/the-national-museum-of-anthropology-mexico-city-ziko-van-dijk-wikimedia-commons/bAGSHRdlzSRcdQ?hl=en) full of Mayan artifacts.
* **British Museum, London:** The Rosetta Stone and Egyptian mummies are just a couple of things that you're able to see on a [virtual tour](https://britishmuseum.withgoogle.com/) of the museum.
* **NASA:**Both Virginia's [Langley Research Center](https://oh.larc.nasa.gov/oh/) and Ohio's [Glenn Research Center](https://www.nasa.gov/glennvirtualtours) offer online tours for free. Also, you can try some "augmented reality experiences" via [The Space Center Houston's app](https://spacecenter.org/app/).
* **National Women's History Museum:**Have a late International Women's Day celebration with [online exhibits](https://www.womenshistory.org/womens-history/online-exhibits) and [oral histories](https://www.womenshistory.org/resources/general/rosie-riveter-oral-histories) from the Virginia museum.
* **Detroit Institute of Arts:**Mexican art icon Frida Kahlo is the focal point of two of the four available [online exhibits](https://artsandculture.google.com/partner/detroit-institute-of-arts?hl=en).
* **Rijksmuseum, Amsterdam:** The Golden Age of Dutch art is highlighted in this museum which includes the work of [Vermeer and Rembrandt](https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv_lng=4.885283712508563&sv_lat=52.35984312584405&sv_h=311.1699875145569&sv_p=-5.924133903625474&sv_pid=fOVcUXQW2wpRf33iUmxEfg&sv_z=1).

## Zoos and Aquariums

* **The Cincinnati Zoo:**Check in around 3 p.m., because that's the time the Zoo holds a daily Home Safari on its [Facebook Live Feed](https://www.facebook.com/cincinnatizoo/).
* **Atlanta Zoo:**The Georgia zoo keeps a "[Panda Cam](https://zooatlanta.org/panda-cam/)" livestream on its website.
* **Georgia Aquarium:**Sea-dwellers like African penguins and Beluga Whales are the stars of this aquarium's [live cam](https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/).
* **Houston Zoo:** There are plenty of different animals you can check in on with this [zoo's live cam](https://www.houstonzoo.org/explore/webcams/), but we highly recommend watching the playful elephants.
* **The Shedd Aquarium:**This Chicago aquarium shares some pretty adorable behind-the-scenes footage of their residents on [Facebook](https://www.facebook.com/sheddaquarium/).
* **San Diego Zoo:** With what may be the most [live cam options](https://kids.sandiegozoo.org/videos), this zoo lets you switch between koalas, polar bears, and tigers in one sitting.
* **Monterey Bay Aquarium:** It can be Shark Week every week thanks to live online footage of [Monterey Bay's Habitat exhibit](https://www.montereybayaquarium.org/animals/live-cams).
* **National Aquarium:** Walk through tropical waters to the icy tundra in this [floor-by-floor tour](https://aqua.org/media/virtualtours/baltimore/index.html) of the famous, Baltimore-based aquarium.

## Theme Parks

* **Walt Disney World:**Set aside some time, because there's plenty to see here. [Virtual tours](https://disneyparks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/) you can take include Magic Kingdom, Animal Kingdom, and Epcot, just to name a few. There are also unofficial YouTube videos that feel just like you're on famous rides like the [Frozen Ever After ride](https://www.youtube.com/watch?v=J8OHP9OriMA), [It's a Small World](https://youtu.be/09bowEw0td8), [Monsters, Inc. Mike & Sulley to the Rescue!](https://www.youtube.com/watch?time_continue=1&v=QtThX4j3BCM&feature=emb_logo), and [*Pirates of the Caribbean*](https://youtu.be/rgUvhnA3y8c).
* **LEGOLAND Florida Resort:**The Great Lego Race and Miniland USA are just two of the attractions you can check out in a [virtual tour of the park](https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/).