

Trying to work from home, keep kids busy, socially isolate, or all of the above? All of us at **Rosewood Management** are also coworkers and parents trying to maintain balance, with friends and family we are missing terribly. We've curated the following links from around the web to entertain and teach... from self-care and telecommuting tips to entertainment for kids and grown-ups alike.

If you are not used to working from home it can be difficult stay focused. Here's how we function:

<https://www.buzzfeed.com/natashajokic1/work-from-home-hacks>
<https://time.com/5801725/work-from-home-remote-tips/>

Staycation has a whole new meaning.

Twelve museums around the world are offering free virtual tours. Take a trip to Europe, Korea, or around the US and view some of the most famous works of art in the world:

https://www.southernliving.com/syndication/museums-with-virtual-tours?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200318&fbclid=IwAR2G5qPn25t9NJ6m94etO76OBjfO23Za6qOOIEuVEfjdQcvn07teEP5O2I

Love Opera, or want to see if you do? The Metropolitan Opera is streaming previously recorded performances daily:

<https://www.metopera.org/>

Wish you were at the beach? We're with you! There's a webcam for that:

<https://www.livebeaches.com/one-day-at-a-time/>

Mind/Body... a.k.a Stressed beyond belief.

Downdog Yoga is offering their app for 100% free until April 1, free to healthcare workers, students and teachers until July 1! Don't think yoga is your thing? There are also HIIT and Barre classes on the app!

<https://www.downdogapp.com/>

We've all heard that mediation is a great way to deal with stress and anxiety. The Mayo Clinic has some pointers:

<https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

Headspace is the most popular meditation app. You can sign up for a two-week free trial here:

<https://www.headspace.com/meditation/stress>

Coloring isn't just for kids.

<https://www.mombooks.com/mom/online-activities/>

Stir-crazy kids, or out of control screen time.

What about podcasts, or as we used to say, “radio?” Here’s a list for you to download for the kiddos:

<https://www.wired.com/story/best-podcasts-for-kids/>

You can still enjoy the outdoors while social distancing, and provide a fun learning opportunity!

<https://ced.ncsu.edu/news/2020/03/19/backyard-activities-can-provide-educational-respite-from-cabin-fever-during-coronavirus-covid-19-outbreak-says-associate-professor-sarah-carrier/>

But there’s also so much kids can learn online.

Remember the Highlights Magazine? They have a great website too!

<https://www.highlightskids.com/>

Scholastic has developed a free Learn From Home website with 20 days of lessons and activities for grades Pre-K through 9.

<https://classroommagazines.scholastic.com/support/learnathome.html>

A huge library of free children’s’ books to read (or listen to) online.

<https://www.uniteforliteracy.com/>

Ready to introduce your teenager to the Classics? This huge free e-book library has you covered.

<https://www.gutenberg.org/>