


Remote Life Resources: Your Guide to the New Normal

 Welcome to the Remote Life Resources Guide!

This is a collaborative list of helpful links for anyone working (and living) from home and looking for great ideas and accessible resources for staying happy, healthy, and safe during this crazy time. Whether you're home alone, working alongside a roommate, a spouse, or your kids -- we've got something for you.

All new ideas are welcome, so please let us know and we can update as needed.

Please note: This doc was created by the team at [Justworks](#), and we are thankful for their partnership.

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Virtual Fitness Classes

Yoga

- [Modo Yoga](#) - IGTV
- [Yoga Vida](#) - IGTV
- [YoBK](#) - IGTV
- [Sky Ting](#) - IGTV
- [Yoga with Adriene](#) - YouTube
- [The Practice by Annie Clarke](#) - YouTube
- [Bulldog Yoga](#) - Online and app streaming (30 day free trial, then \$12.99/mo)
- [Glo](#) - Online and app streaming (14 day free trial, then \$18/mo)
- [LOOM Yoga](#) - Zoom (\$10/class)
- [Live Yoga](#) - Online streaming (\$20/mo)
- [Gaia](#) - Online streaming (\$11.99/mo)
- [Peloton](#) - App streaming (90 day free trial, then \$12.99/mo)
- [CorePower Yoga](#) - Online and app streaming (7 day free trial, then \$19.99/mo)
- [Daya Yoga Studio](#) - Zoom (\$10/class)
- [Down Dog](#) - Online & app (freemium)
- [Do Yoga With Me](#) - Online streaming (2 months free)

HIIT & Boxing

- [Prevail Boxing](#) - IGTV and YouTube
- [Carbon38](#) - IGTV
- [Orangetheory Fitness](#) - YouTube
- [Church Street Boxing](#) - IGTV
- [Rumble](#) - App streaming
- [Peloton](#) - App streaming (90 day free trial, then \$12.99/mo)
- [Tone it Up](#) - App streaming (7 day free trial, then \$14.99/mo)
- [Cut Seven](#) - Google drive videos
- [Joe the Body Coach](#) - HIIT workouts (has PE classes for kids, too!)

Dance Cardio

- [Good Move](#) - IGTV and Zoom (free)
- [Forward_Space](#) - IGTV
- [305 Fitness](#) - YouTube links posted on IG channel daily (free)

- [Patricia Moreno](#) - YouTube channel full of mood-boosting workouts (free)
- [Dancing Alone Together](#) - Online streaming
- [Jane Do](#) - Online and app streaming (7 day free trial, then \$9.99/mo)
- [Body By Simone](#) - Online and dpp streaming (14 day free trial; then \$15.99/mo)
- [LEKFit](#) - Online and app streaming (7 day free trial, then \$19.99/mo)
- [Dance Body Live](#) - Online and app streaming (7 day free trial, then \$34.99/mo)
- [AKT in Motion](#) - App streaming (7 day free trial, then \$34.99/mo)
- [Melody Dancefit](#) - Online streaming (\$9.99/mo)

Pilates + Barre

- [Blogilates](#) - YouTube
- [Physique 57](#) - Online and app streaming (7 day free trial, then \$24.99/mo)
- [The Bar Method](#) - Online and app streaming (14 day free trial, then \$24.99/mo)
- [Barre3](#) - Online and app streaming (15 day free trial, then \$29.99/mo)

Running

- [Mile High Run Club](#) - IGTV

Other

- [Les Mills](#) - Online streaming
- [Nike Fitness App](#) - App streaming
- [All In by Teddi Mellencamp](#) - Online streaming (free with code ALLINHOME through 3/31)
- [Booya Fitness](#) - Online streaming (30 day free trial, then \$8.99/mo)
- [NEOU](#) - App streaming (14 day free trial, then \$14.99/mo)
- [Studio Live](#) - Online and app streaming (7 day free trial, then \$15/mo)
- [Exhale](#) - Online and app streaming (30 day free trial, then \$19.99/mo)
- [JetSweat](#) - Online and app streaming (7 day free trial, then \$19.99/mo)
- [Obe](#) - Online and app streaming (7 day free trial, then \$27/mo) -- Right now offering one month free! You can use code SWEATSANDCITY
- [The Class by Taryn Toomey](#) - Online and app streaming (14 day free trial, then \$40/mo)
- [The Assembly SF](#) - Online streaming (\$10/class for non-members)
- [Sweat with Kayla](#) - App streaming (\$19.99/mo)
- [ACTIVE by Popsugar](#) - Online streaming
- [Classpass](#) - App streaming (free for members)
- [Millionaire Hoy Pro](#) - Online and app streaming (30 day free trial, then \$19.99/mo)
- [Sersana](#) - Daily free class on IGTV (Spanish)



Activities for Kids

Brain games

- [KiwiCo](#) - Monthly subscription boxes with STEAM-driven projects (\$20 a month), ages 0-14.
- [Khan Academy Kids](#) - Free, fun educational app for kids 2-7. They created [daily schedules and curriculum](#) while your kids are home.
- [Homer](#) - Educational app for kids ages 2-8 (free 30-day trial available, \$9.99/month)
- [Kodable](#) - App that teaches kids the basics of coding, for ages 4-10 (free 7-day trial, \$6.99/monthly)
- [Tynker](#) - Coding app for ages 5+ (free during school closure)
- [Epic!](#) - Digital library app, reads to kids as needed (\$7.99/month)
- [BrainPop](#) - Video-based educational app (**free access during school closures**)
- Participate in a [reading challenge](#)
- [TodoMath](#) - Math app for grades Pre-K to 2 (\$69.99/year)
- [Prodigy](#) - Math app for grades 1-8 (\$8.95/month)
- [Splash Learn](#) - Math app for grades K-5 (free version available)
- [MentalUp](#) - Games for attention, concentration, memory, logic and more, for kids ages 4-13 (free version available)
- [YouTube Learning](#) - Huge educational video library covering a broad array of topics (free)
- [Scholastic Learning From Home](#) - Day-by-day educational projects for grades Pre-K - 6 (free)
- [Mystery Science](#) - Easy science lessons for grades K-5 (free during school closure)
- [National Museum of Mathematics](#) - Great line-up of virtual events (free and paid options)
- [ABCmouse.com](#) - free online curriculum for kids ages 2-8 with code AOFLUNICEF
- [Adventure Academy](#) - online curriculum for kids ages 8-13 (first month free), or [start here](#) with code SCHOOL7771
- [Prodigies Music](#) - web and app streaming music curriculum (3 weeks free, then \$13.99/mo)
- [Vooks](#) - web and app streaming read alouds of children's books (30 days free, then \$4.99/mo)
- [NYPL](#): In the coming days, NYPL will be announcing a partnership with an online tutoring service, giving all PreK–12 students in NYC access to private tutors via chat "after school." The chat service will be available from 2 PM to 11 PM every day, including the weekends, in English and Spanish.
- [Education.com](#) - printable worksheets and lessons plans for preschool - 5th grade (currently 50% off, \$42/year)
- Listen to an educational podcast - try [Wow in the World!](#) if you like science, [Stories Podcast](#) or [Circle Round](#) to hear a story, or [Noodle Loaf](#) to learn about music.

Getting the energy out

- [GoNoodle](#) - Movement and mindfulness videos (free)
- [Cosmic Kids Yoga](#) - YouTube channel with yoga-based workouts (free)
- [Yogi Beans](#) - Online streaming (14 day free trial, then \$14.99/mo)
- Scavenger hunts ([free printouts](#))
- Go on a treasure hunt - Tell them to hide something and create a treasure map for you to find it. Block off 30 min. so you can go on the treasure hunt together.
- [Headspace for Kids](#) - Meditation (2 week free trial, \$69.99/year)
- [7 minute workout for kids](#) - High intensity interval training for kids ages 7-13
- [Move This World](#) - Move This World has created a resource library filled with exercises and activities that families can use to support social emotional learning and to prioritize their wellbeing. As a part of the resource library, Move This World has released free video showcases featuring SEL videos that students can engage in independently or with family members.

Ideas for babies + toddlers

- [Virtual Playdates](#) - 10am weekdays on Facebook organized by [@IndyWithKids](#)
- Try these easy at-home activities for [babies](#) and [toddlers](#) from [@babytoddler](#)
- [@dayswithgrey](#) has a ton of at-home activity suggestions for [1-year-olds](#)
- [Virtual singalong](#) with Lavender Blues - 40 min singalong at 10:30am daily on Zoom for \$10

Schedules and structure

- Editable COVID-19 daily schedule [templates](#) for kids
- Great article for [how to WFH with kids](#) of any age
- HBR article on [how to set yourself up for success](#)

Explaining what is happening

- NPR [comic](#) explains COVID-19 to kids
- [Talking to Children about Covid-19](#) by National Association of School Psychologists
- [NYTimes Parenting](#) How to Talk to Kids About Coronavirus
- CDC [video](#) shows kids how to wash their hands properly
- [Tumble Science Podcast](#) - a science podcast for the whole family, currently answering children's questions around coronavirus
- A [social story](#) about COVID-19 made for younger kids



Structuring Your Day

Time Management

- [Monday.com templates](#) for managing you and your remote team's time
- [A Complete Guide to Time Blocking](#) via Doist
- [Time blocking planner](#) with 9 free time block templates
- [Workstation Popcorn](#)
- Hannah Bronfman's [Daily WFH Schedule](#)
- [Crash Course in Remote Mgmt](#) by Cate Huston & Nicole Sanchez
- [LinkedIn Learning](#) has 16 online courses led by remote work experts (free for members)
- [Slash](#) is a get-things-done app for focusing

Take a break

- Move your body with a [virtual fitness class](#)
- Bake [something delicious](#)
- Water your plants
- Do a [crossword puzzle or sudoku](#)
- Draw freeform or try [adult coloring books](#)
- Make a [hot tea](#) or fun [coffee drink](#)
- [Journal](#) or do a [writing prompt](#)
- [Clean out & organize your closet](#)
- Host a [virtual happy hour](#) with friends
- Join this 24hr [virtual karaoke party](#)



Keeping Your Mind Active

Brain games for adults

- [Words with Friends](#) - Scrabble app played against friends
- [Online Bridge](#) - Virtual card game

Learning something new

- Needlepoint
- [Code Academy](#) - online coding courses
- [Duolingo](#) - free online/app language courses
- [National Gallery of Art](#), [The Guggenheim](#), [The Whitney](#) and more have online exhibits you can scroll through with the help of Google Arts & Culture
- Hone your creativity with [Adobe Live](#)

- [Take an Ivy League course](#)
- Fullstack Academy's free [Intro to Coding](#) self-paced course

Mindfulness

- Join Justworks and [Exubrancy](#) every Wednesday at 3:30pm EDT for a 30 minute guided virtual meditation via [this Zoom link](#)
- [MNDFL](#) - IGTV
- [The Practice by Annie Clarke](#) - Youtube
- [Virtual Wellbeing Workshops with Holiticism](#) - from wellness to entrepreneurship, free workshops taught by experts
- [Peloton](#) meditation- App Streaming (90 day free trial, then \$12.99/mo)
- [Inner workout digital classes](#)
- [Sanity + Self](#) - self care app

Weekly Spotify Playlists

- March 23 - [Start the day!](#)

How to Help Others

Donate to COVID-19 Relief Efforts

- [United Way Community Response Fund](#) - The Fund supports communities struggling in the wake of the COVID-19 by supporting local United Ways and 211, the go-to information resource in times of crisis.
- [Center for Disaster Philanthropy](#) - Help CDP support preparedness, containment efforts, response and recovery activities for those affected by COVID-19 and for the responders.
- [Feeding America COVID-19 Response Fund](#) - As the COVID-19 pandemic continues, Feeding America is committed to serving communities and individuals facing hunger across America, wherever they are.
- [No Kid Hungry](#) - The coronavirus is closing schools nationwide, and millions of vulnerable children are losing the school meals they depend on. For some, it's the only food they'll receive in a given day. No Kid Hungry has a plan to ensure that every kid gets three meals a day.
- [The CDC Foundation](#) - This nonprofit organization for the CDC is raising funds to help respond to the public health threat when federal and state funding is not available. The foundation said it will use the funds to support state and local health departments in the US as well as support the global response including logistics, personal protective equipment, and critical response supplies.
- [The Seattle Foundation](#) - Hosted by Seattle Foundation in partnership with a coalition of leaders from across philanthropy, government and business, the Fund will provide flexible resources to

organizations in our region working with communities who are disproportionately impacted by the outbreak.

- [Covid-19 Projects looking for volunteers](#) - Volunteer or post a volunteer opportunity to help those affected by Covid-19.
- [Corona Financial Help Spreadsheet](#) - Find those in need and venmo them directly.
- [Baby2Baby](#) - On the ground charity providing essential items to children and families impacted by COVID-19 and LAUSD's closure.
- [Meditate to Support COVID-19 Relief Efforts](#) - Practical meditation raising funds in support of United Way's COVID-19 Relief efforts.
- [The Covid-19 Solidarity Response Fund](#) is a secure way for individuals, philanthropies and businesses to contribute to the WHO-led effort to respond to the pandemic.
- Support vulnerable communities affected by coronavirus by donating any amount to the [Goodnation Coronavirus Response Fund](#)