

How to Access Creative Arts in Quarantine

Benefits:

- Helps to maintain health and quality of life
- Improves mental health
- Helps with communication if there are language barriers

Museum Tours Online During the Pandemic:

National Gallery of Art



- National Gallery of Art has collections available on their website. The link above will bring you directly to their collection website, where you can look at different artworks.
- If you scroll to bottom of the page you can individually view exhibits in a bigger view, and you will be given more information about the work and artist.

The British Museum



- The British Museum has also uploaded their artwork online. The link will bring you directly to the Google page where you can see pictures of the art and scroll to the bottom to take a tour of the museum itself.
- To access the different exhibits, you will scroll down and click “show more” under the description. Then you will click on “Discover our interactive experience The Museum of the World”. This will then bring you to an interactive site where you can go through different categories and look at different exhibits.

National Museum of Natural History



Smithsonian
National Museum of Natural History

- National Museum of Natural History also has a virtual tour option and the link brings you to the tour page so that you can pick whichever tour you want.
- At the bottom of the page there are tips for the virtual tour that might be helpful to read before you start. To start the tour, you can click on the pictures in the squares at the top of the page. The options include permanent exhibits, current exhibits, past exhibits, museum support center & research stations, and a few other Smithsonian tours.

[Metropolitan Museum of Art](#)



- The Metropolitan Museum of Art also has a link to virtual tours and their exhibits online.
- The link above will bring you to different online resources that the Met offers. They are displayed through the links under the pictures for the topics and categories.

[National Zoo](#)

- The National Zoo also has a virtual tour available online. The link above directly brings you to the English tour with the different animals. Just click “begin tour” at the top to take the tour in order.

Creative Arts Without Internet:

- Singing your favorite songs
- Drawing something around you or from your imagination
- Adult coloring
- Play an instrument, if available
- Play your favorite CDs and sing along
- Borrow a friend’s CDs and listen to their favorite music
- Write in a journal
- Read books