

## Remote Learning Enrichment Resources for Expanded Learning Programs

### Resources Supporting Physical Fitness/Wellness, Literacy and Art

The following links have been identified or created by the Sacramento County Office of Education (SCOE) Expanded Learning Office as resources that may be helpful for distance learning. Resources are for informational purposes, and their inclusion on this list is neither an endorsement nor a recommendation by SCOE. Schools and districts should review resources and determine appropriateness for their students and families.

**Resources for Other Subjects:** [https://www.scoe.net/remote\\_learning](https://www.scoe.net/remote_learning)

Audience	Grade Span	Description	Link
Students, families, caregivers, Expanded Learning Practitioners, and teachers	Pre-K–12	<b>Yoga Ed</b> – brings you Free Online easy to follow Yoga and Mindfulness Activities for your children and teens.	<a href="https://academy.yogaed.com/p/yoga-ed-for-free-online-yoga-mindfulness-classes-for-all-ages">https://academy.yogaed.com/p/yoga-ed-for-free-online-yoga-mindfulness-classes-for-all-ages</a>
Students, families, caregivers, Expanded Learning Practitioners, and teachers	9-12	<b>Lifetime</b> – Brings you Free Online On Demand Cardio, Strength, and Yoga classes that you can easily do in the comfort of your home	<a href="https://my.lifetime.life/lp/video-workouts.html">https://my.lifetime.life/lp/video-workouts.html</a>
Students, families, caregivers, Expanded Learning Practitioners, and teachers	K-12	<b>Google Arts and Culture</b> – Within the comfort of your own home you can take a “Free” virtual tour of the world’s greatest Art Museums	<a href="https://artsandculture.google.com/explore">https://artsandculture.google.com/explore</a>

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Students, families, caregivers, Expanded Learning Practitioners, and teachers	K-12	<b>Travel Zoo</b> – Provides us with access to virtually tour best National Parks the U.S. has to offer	<a href="https://www.travelzoo.com/blog/the-best-national-parks-to-visit-virtually/?utm_source=newsflash_us&amp;utm_medium=email&amp;utm_campaign=2871550_html_-_deal%3a2871550&amp;utm_content=2871550&amp;ec=0&amp;dlinkId=2871550">https://www.travelzoo.com/blog/the-best-national-parks-to-visit-virtually/?utm_source=newsflash_us&amp;utm_medium=email&amp;utm_campaign=2871550_html_-_deal%3a2871550&amp;utm_content=2871550&amp;ec=0&amp;dlinkId=2871550</a>
Students, families, caregivers, Expanded Learning Practitioners, and teachers	Pre-K-12	<b>Sacramento Public Library Virtual Programing-</b> Free online story times and book clubs for youth, teens, and adults. Available in Spanish and English.	<a href="https://www.saclibrary.org/Event/Special-Events/Virtual-Programs">https://www.saclibrary.org/Event/Special-Events/Virtual-Programs</a>
Students, families, caregivers, Expanded Learning Practitioners, and teachers	Pre-K-12	<b>Sacramento Public Library – Virtual Library</b> – Provides you with access to ebooks, magazines, movies, testing aides, homework help, and other online learning services	<a href="https://www.saclibrary.org/About/News/2020/Remote-Access-to-research-and-eBooks">https://www.saclibrary.org/About/News/2020/Remote-Access-to-research-and-eBooks</a>
Students, families, caregivers, Expanded Learning Practitioners, and teachers	K-12	<b>B Street Theatre</b> – Offers an array of virtual programming and plays for youth, teens, and adults	<a href="https://bstreettheatre.org/virtual-party/">https://bstreettheatre.org/virtual-party/</a>