Aquarium

Feeling stressed? Try an aquarium.

Scientists believe that watching fish can help ease physical and mental health conditions. Most say it is because of the hypnotic effect of watching fish swim back and forth in their tank. It's an intuitive calming movement, and one that can help to relax the mind and ease muscle tension.

Try adding artificial aquariums or watching live aquariums

Monterey Bay Aquarium has many aquarium live cams. You can find them at:
https://www.montereybayaquarium.org/animals/live-cams

To access this activity's translations, scan this QR code:

Or go to: https://bit.ly/ocdeaquarium