The Fortune Society's C.A.R.E Guide
(Community & Arts Resources for Everyone)
A Collection of Free Online
Creativity, Learning & Wellness Resources

Please reach out to Jamie Maleszka (jmaleszka@fortunesociety.org) if you have suggestions to add

Anti-Racist Resouces

An **Anti-Racist Reading List** from **author and historian, Ibram X. Kendi** courtesy of the **Chicago Public Library**

Watch **Ibram X. Kendi's TED Talk: How To Build an Anti-Racist World**

For more information on how you can support the effort to stop violence against the Asian community and dismantle systemic racism, please visit: **Asian Americans for Equality; Asian Americans Advancing Justice;** and **the Asian-Pacific Institute on Gender Based Violence**

Support the **Atlanta's Shooting Victims' Family Fund** via the **Asian American Resource Center**

For **AAIP Mental Health Resources**, please visit the **Asian Mental Health Collective** and **NYCWell** or call the **SAMHSA Hotline** at 1-800-662-HELP (4357)

For **Safety Resources and Bystander Intervention Information**, please visit **Hollaback**, **Safe Walks NYC**, **Asian American Federation** and **Stop AAPI Hate**

Spend time with **Jenae Butler's** resource deck**, "Standing United: The Fight Against Inequality"**

Check out **Anti Racist Resources**

Resources and tools regarding racism and anti-Blackness are available in this **Anti-Racist Allyship Starter Pack**

In an op-ed for ***Teen Vogue***, **Zyahna Bryant** — a Charlottesville-based activist, organizer, and social impact strategist — **offers insight into how people can take anti-racist action**

Art

More than 2,500 museums around the world have made their collections accessible online through **Google Arts and Culture**

Galleries

View **Aperture's** special online exhibits on women photographers

Visit the online viewing rooms of **David Zwirner,** with works by the likes of Jeff Koons, Marlene Dumas and Chris Ofili

See **Gagosian**'s installation views of works by Donald Judd, Richard Prince and Roe Ethridge

View much of the **Alice Austen House** collection online, including photographs and texts describing Austen's life and work.

Museums/Historical Societies

The **American Folk Art Museum** makes its collection of books, paintings, textiles and other works available on its website

Learn more about the first five years of the AIDS epidemic in NYC through the **New-York Historical Society**'s online exhibition

While the **Brooklyn Historical Society** is closed, you can still visit its collection digitally, with online exhibits on the history of Brooklyn's waterfront and the borough's anti-slavery movement

The **Brooklyn Museum** will be sharing **Art for the Socially Distanced**, spotlighting a piece from the collection on their tumblr each day

The **Coney Island History Project** includes a compilation of nearly **100 oral histories** and a **digital archive** of photos, which reveal the seaside park's rich history

Get a glimpse of **El Museo del Barrio's permanent collection** or explore a variety of content on the museum's **YouTube channel**

The Smithsonian American Art Museum in Washington, D.C., has opened *¡Printing the Revolution!* an exhibit that captures the history of printmaking inspired by activist Chicanx artists in the 1960s. The show features artists Favianna Rodriguez, Ernesto Yerena, Oree Originol, Melanie Cervantes, Jesus Barraza, Lalo Alcaraz, Zeke Peña, and many more

Barring Freedom is **a group exhibition of contemporary artworks engaging our nation's troubled history of prisons and policing**. With more than two million incarcerated individuals, a majority Black or brown and virtually all from poor communities, the artists in Barring Freedom creatively confront the failure of many to see the historical and racialized biases within the criminal justice system or to comprehend the economic and social problems that the system serves to obscure.

Virtual tours, an art history library and video lectures make it easy to connect online with the **Frick Collection**

Check out a 360-degree view of the **Solomon R. Guggenheim Museum** or read art books from its **digital archive**

Watch a series of **new virtual commissions created at home by leading artists** who have participated in past **Works & Process programs at the Guggenheim**

The **Jewish Museum** offers mobile tours of their collection, featuring the voices of Kehinde Wiley, Isaac Mizrahi and others

Take advantage of immersive **360-degree videos** of **The Metropolitan Museum of Art**'s most beloved locations, including The Met Cloisters, The Met Breuer and the Fifth Avenue museum's Temple of Dendur and arms and armor galleries.

Browse exhibits and listen to audio guides on the **Morgan Library** website, including ***I'm Nobody! Who are you? The Life and Poetry of Emily Dickinson***

Engage with the **Museum of the City of New York** through their online collection, and check out a lecture about their *Germ City* exhibit on their **YouTube channel**

The Museum of Modern Art (MoMA) operates a lively and informative **YouTube channel** with all sorts of videos about art and artists, including a piece on its Dorothea

Lange photography show and interviews with famous directors in the channel's film section

Look at photos of the **Neue Galerie**'s exhibit on **Viennese photographer Madame d'Ora** and see views of the installation with a video from the exhibit's curator

Artist Curtis Talwst Santiago walks us through "**Can't I Alter," his site-specific, immersive installation at The Drawing Center** that explores the theme of ancestry and the struggle to access lost and tangled histories

At the **New York Botanical Garden** online, visitors can explore recent installations, browse horticulture lecture videos and stay up to date with its latest news

Browse multiple **New-York Historical Society exhibitions** online

Take some time to meditate with a two-hour session in the **Rubin Museum**'s **virtual Shrine Room**.

The **Society of Illustrators** features exhibits and more on its website.

Explore the Staten Island Museum's ***Women of the Nation Arise!*** exhibit, which includes **archival issues** of *TheSuffragist* and *TheWomen Voter* magazines

Every other Thursday through April 1st, at 12 p.m. EST, join artist **Mary Enoch Elizabeth Baxter for a series of online conversations with her fellow artists featured in MoMA PS1's exhibition *Marking Time: Art in the Age of Mass Incarceration***. These lunchtime chats will be archived, and bring a wide range of voices into dialogue to consider how bonds are forged through and around creative practice in the face of state-imposed separation. Tune in **here**

Check out video highlights on the **Whitney Museum of American Art** **Watch and Listen** page, which includes content from their critically acclaimed *Vida Americana* exhibit

Fun at-homes games, activities, experiments and projects for all ages from the **New York Hall of Science**.

Take an 18-minute walkthrough of the **New York Aquarium**

The Association of Zoos and Aquariums have put together **this guide to animal live streams and activities**

Join the **New York Botanical Garden** for in-depth **virtual tour of The Orchid Show: Jeff Leatham's Kaleidoscope**

Additional Art Activities

Explore **the history and impact American graffiti** on global culture with videos at **Mass Appeal**

Learn **how to make a zine** from a single piece of paper with **Austin Kleon**

What can we learn about hope from an artist's reflection on their time behind bars? Courtesy of **MoMA PS1, look closely at, learn more about, and draw inspiration from Ibrahim El-Salahi's famed prison notebook using this step-by-step guide**

Coloring is for all-ages. **Paste** has created **Coloring Quarantine**, coloring pages inspired by Game of Thrones, Mean Girls & More

Public Art Fund collaborated with three artists to transform iconic artworks presented by the Fund into printable pdfs and invite you to download, print, trace, color and cut out Tauba Auerbach's **Flow Separation**, Elmgreen & Dragset's **Van Gogh's Ear**, and Rob Pruitt's **The Andy Monument**

Spend time with **Phaidon**'s 15-minute **art history lessons**

The **Museum of Contemporary African Diasporan Arts**' MoCADA Digital delivers art and social justice news about and from the African diaspora. Explore **virtual galleries, exclusive museum notes, podcasts, playlists, workshop recordings** and more

Watch Interviews with artists and creatives courtesy of **The Brooklyn Rail**

BOMB Magazine has created **FUSE**, a **podcast that pairs two artists to discuss their work and creative practice**

Artivism

Watch a short film from community partner **Theater of the Oppressed NYC. "Action: Making Change On and Off Stage"** features the Housing Works Forum Theatre Troupe, a collaboration between Housing Works and TONYC

Black Lives Matter

Support **Black Lives Matter**

@botanicadyke has created **comprehensive collection of national resources with legal advice, memorial funds, bail funds, mutual aid, safety guidelines, and actions**

***The Harlem Connection* radio show examined "the Harlem connection" to Rev. Martin Luther King Jr.**, interviewed community members he inspired, & played fitting music from an eclectic array of artists with Harlem connections from different eras and areas + Dr. King himself. Click to **listen**

***The Harlem Connection* radio show's Black Friday edition featured an interview regarding Black Economics with Color of Change's Gilbert Deans, Jr.** plus an eclectic array of songs celebrating blackness by artists from different eras and areas that connect in some way to Harlem, U.S.A. Click to **listen**

Black women and Black people in the LGBTQ+ community are at risk of violence everyday. Checkout how you can support them through suggested organizations, bail finds, etc. on the **Support Black People MasterDoc**

On the ninth episode of the third season of **Storyboard**, **Shayla Lawson reads "Black Lives Matter, Yard Signs Matter,"** an excerpt from her book *This Is Major,* with sound design and music composition from Maita

Here is a community-edited compilation of Black-owned restaurants and businesses in New York City for you to support

Literary Hub has compiled **a list of Black-owned bookstores across the country**

Explore **the Schomburg Center's Black Liberation Reading List**

Download **Communities United for Police Reform**'s brief booklet t**o help New Yorkers of all backgrounds understand their rights when interacting with the police.** Learn more about the org's tireless work to end discriminatory and abusive policing in New York City **here**

Create Forward published **"26 Ways to Be in the Struggle Beyond the Street"** in 2014 in response to the murder of Eric Garner by police

7 Virtual Mental Health Resources Supporting Black People Right Now

Truthout and **Haymarket Books** have collaborated on ***Who Do You Serve, Who Do You Protect? Police Violence and Resistance in the United States***, a collection of reports and essays. **It is available for free as an e-book here**

JSTOR created a syllabus t**o help understand George Floyd's death in the context of institutionalized racism**

Malcolm X's eulogy of **Ronald Stokes** doubled as **an intellectual seminar on institutional racism in the justice system."** Read **Peniel Joseph** on the death that galvanized Malcolm X against police brutality

Read **Michelle Alexander**'s op-ed on **why we must face our racial history - past and present, and why achieving economic justice requires we work for racial and social justice**

Explore "**Inheritance**," a new project from ***The Atlantic*** **that explores the legacy and experiences of Black Americans that have long been left out of history books.** It includes **Clint Smith**'s article, ***Stories of Slavery, From Those Who Survived It*** and why The Federal Writers' Project narratives provide an all-too-rare link to our past

Thanks to **Haymarket Books**, **read a short excerpt from the book *Fifty Years Since MLK***. In it, **Keeanga-Yamahtta Taylor** examines Dr. Martin Luther King's turn towards a radical critique of capitalism before his life was cut short.

Listen to **Througline: American Police**, and **explore the origins of policing in the United States starting with slave patrols**. The podcast features **Khalil Gibran Muhammad,** author of *The Condemnation of Blackness: Race, Crime, and the Making of Modern Urban America*

As part of the **Brooklyn Historical Society**'s public programming, listen to **The Stacked Deck: Race and America's Unjust Criminal Justice System** with author **Khalil Gibran Muhammad** and **Nick Turner,** president and director of the Vera Institute of Justice

Courtesy of **Haymarket Books**, watch **Ruth Wilson Gilmore** on **Covid-19, Decarceration, and Abolition**

As part of **The Brooklyn Rail's The New Social Environment series**, Fortune Society's President and CEO, **JoAnne Page joined Jennifer Jones Austin and host Rev. Dr. Dona Schaper to discuss what the 2020 uprisings against racism and police brutality have accomplished so far and what we need to do to keep the momentum going**. The event concludes with a poetry reading by Trace DePass

The Call Your Girlfriend podcast spoke to organizer, educator, and abolitionist Mariame Kaba, who has been working on issues of police and prisons for two decades and has a lot of great context for the words and images that have been flying across social media all week. What's the difference between reforming, defunding, and abolishing the institutions of prisons and policing? How do we turn personal problems into public ones? How can we build the world we want to live in? *Hope is a practice*

Watch **True Justice: Bryan Stevenson's Fight for Equality**. The film follows Stevenson's struggle to create fairness in the criminal legal system and shows how racial injustice emerged, evolved and continues to threaten the country

Film at Lincoln Center is sharing a selection of videos featuring talks with **Spike Lee, Ava DuVernay, Steve McQueen, Barry Jenkins, Dee Rees, Yance Ford**, and more discussing their films as they relate to the subject of race in America and the Black experience. **Watch here**

The IFC Center has also compiled **an incredible list of films centering on Black experiences that have been made available to stream for free** by various distributors. The list will continue to updated

The Academy of American Poets offer these protest poems and this Black Lives Matter anthology

Brain Games

Sign-up for free to get 3 quick games a day from **Luminosity**

Solve spy-themed crosswords puzzles from **Spyscape**. New posts are available every Friday

Connection

For folks feeling the loss of connection**,** **Care Buddies** pairs seniors with younger adults to check in with one another

Volunteer virtually! Search the **Points of Light** database for **virtual volunteer opportunities that meet critical needs**

The **Queens Public Library** in NYC is **preserving pandemic memories from the residents of the borough in real time**. Learn more **here**

The Brooklyn Historical Society is collecting digital and physical material related to the ongoing pandemic. **Learn more and contribute here**

Balancing Caregiving Responsibilities and Remote Work for Parents and Caregivers from **Girls Who Code**

Cooking/Food

Check out the **Cooking Channel** for live events, cooking demo videos and digital originals

Try out new recipes and foodie videos at **Tasty**, the world's largest online food network

Find your favorite episode of **Hot Ones**, thanks to **Complex**. For every question that they field from host Sean Evans, guests must join him in eating a progressively spicy chicken wing

Watch pizza aficionado Scott Wiener and Lucali's Mark Iacono stunt pizzas to decide if it is or is not pizza in **Really Dough,** an original video series by **Thrillist**

Food Skills highlights the awe-inspiring culinary skills behind some of our favorite dishes—from the amazing art of hand-pulled noodles, to the high-flying tricks of the teppanyaki grill

Watch **Anthony Bourdain and W. Kamau Bell** on a free episode of **Parts Unknown**

Watch some of the **world's best chefs in action** at **Phaidon**

Home Cooking is a podcast from Samin Nosrat and Hrishikesh Hirway to **help you figure out what to cook** (and keep you company) during the quarantine

Who needs to bake bread when you can watch pastry chef Claire Saffitz make **homemade bagel bites**

Dance

Mark Morris Dance Group has launched a series of live classes and classes on-demand

Michelle Cave's **Ballet Barre Class** is **available on YouTube**

Alvin Ailey has launched **Ailey All Access**—an online streaming series featuring performances of full length works from the repertory and other specially created content

Watch **Alvin Ailey**'s signature masterpiece, **'Revelations.'** It pays homage to and reflects African-American cultural heritage, which Ailey considered one of America's richest treasures – "sometimes sorrowful, sometimes jubilant, but always hopeful."

Check out **New York City Ballet**'s new weekly **Instagram Live** series, **At the Barre**. Tune in weekly – every Wednesday at 1 PM EDT – for a ballet-based movement class from NYCB dancers, each of whom will choose the focus of their session so no two classes are alike

American Ballet Theater is staying connected to audiences via their digital platforms **ABT: Alone But Together** and **ABT Offstage: A 2020 Virtual Season**. They are offering virtual workshops, performances, artist talks, and more

Documentary

Watch **Ken Burns' The Roosevelts: An Intimate History** chronicles the lives of Theodore, Franklin and Eleanor Roosevelt, three members of the most prominent and influential family in American politics

Watch ***Toni Morrison: The Pieces I Am***. The documentary is an intimate meditation on the life and work of the legendary storyteller, and explores the themes Morrison confronted throughout her literary career

Watch **True Justice: Bryan Stevenson's Fight for Equality**. The film follows Stevenson's struggle to create fairness in the criminal legal system and shows how racial injustice emerged, evolved and continues to threaten the country

BRIC TV presents this mini-documentary that takes you inside of **Black Pride NYC's "Heritage Ball"**, which celebrates the legends, icons and future of the city's thriving "ball' nightlife scene, and places this unique and creative performance art-form into historic and cultural context

Browse **265 free documentaries** on **Open Culture**

Fashion

Watch **Sneaker Shopping** on **Complex**, and tag along with your favorite artists and athletes to the best sneaker stores around the globe

Thanks to Urbanist, watch this 50-minute documentary, and learn **Why New York is a Fashion Capital**

Learn about camp's origins in LGBTQ+ culture from last year's exhibit**, CAMP: Notes on Fashion at The Metropolitan Museum of Art**

Filmmaking/Screenwriting

Sundance Co//ab is offering a **40-day journey to learn filmmaking with Mark Cousins**. In the free, on-demand course, you'll explore the universal language of cinema, viewing works that cross artistic and cultural boundaries

Sundance Co//ab has also made their **Master Classes** available at no cost. The live sessions and archived videos will let you delve into craft-based topics with top-level practitioners. **Topics include comedy writing for television, pitching for success and creating a soundscape for your film**. New classes are announced regularly. Registration is required for each class

Fitness

Consult a physician before engaging in any strenuous activity

Try some Tai Chi for Beginners in five sessions
Tai Chi Fundamentals
Balance and Flow

Opening & Expanding Your Frame
Place of Power
Awareness

The **National Center on Health, Physical Activity and Disability** created a **25-minute standing workout**. This video will guide you through several strength and cardio activities to increase your heart rate and help you meet your physical activity goals

National Institute on Aging has suggestions on **how to exercise with chronic conditions**

Try some **Gentle Chair Yoga**

Get moving with this **12-Minute Bachata Beginner Basic Steps Tutorial**

More Intense Workouts
15-Minute Beginner's At-Home Cardio Workout

15-Minute Bounce Back Cardio Dance Workout

30-minute Calorie Burning Cardio Dance to Get Your Heart Rate Up

30-Minute At-Home Boxing Workout

35-Minute Pure Joy Yoga, Cardio & Meditation Session

Reebok has some suggestions for **at-home workouts**

Urban Daddy created a list of **1,000+ Free Fitness Classes** you can stream at home

FitBK has **free virtual workouts available**

The Yoga Room in Astoria is offering free virtual yoga classes. **Their schedule is available here**

Check out **Jessamyn Stanley YouTube Channel.** She is a yoga teacher, body positivity advocate, and writer that uses high energy vinyasa flow as a way to move past mental and emotional barriers. Her classes provide a body positive approach to yoga

which celebrates students' bodies and encourages them to ask "How do I feel?" rather than "How do I look?" when practicing yoga

When all else fails, **Beyonce will guide us** through a little bit of body movement and motivation (Thanks, Public Theater!)

Gardening

At **GrowNYC's Virtual Teaching Garden**, you'll find helpful info on **how to start your own garden indoors**

The Royal Horticultural Society is presenting **'Grow at home', a gateway to gardening advice and inspiration** to help everyone get growing and feel better. It offers daily ideas to make the most of spring plus activities for kids each week

Watch farm-life clips about how to grow from veggie scraps, care for goats, make jam at home and more thanks to the **Queens County Farm Museum**

Learn how to regrow 14 store bought vegetables indoors and outdoors in this video with **Jag Singh of Daisy Creek Farms**

Laughs

Listen to **podcasts and watch videos on the All Things Comedy** digital platform

Magnet Theater is streaming their **improv and live comedy shows** for free

Learning/Education

Explore **Open Culture**, a site dedicated to free online courses. Learn a new language, take a course from a top university

Celebrate lifelong learning through **any of these 450 (free!) online courses** at Ivy League institutions

Grow with Google Learning Center is offering **free virtual workshops to help grow your digital skills**, no matter where you're located. Through online workshops and virtual one-on-one coaching sessions, you can learn skills that can help you stay connected and productive while working or managing a business remotely

Women.nyc has created **The Beginner's Guide to Free and Low-Cost Tech Courses in NYC**

Revolutionary Scholars at California State University, Northridge points us in the direction of these helpful tutorials on **Microsoft Word**, **Excel**, **Power Point** and **Google Forms**

Online learning platform **Coursera** has free classes available in a myriad of topics - including **courses available in Spanish**. **Open Culture** wrote **a blogpost highlighting some of the classes being offered as well as instructions on how to redeem a course for free**

The 92nd Street Y is offering **92Y@Home**, a growing list of livestreams and talks that are available. Many are free

Watch **TED Talks**. View influential videos from expert speakers on education, business, science, tech and creativity. Each session is 18 minutes. Browse the **library** or make discoveries by **topic** You can also sign-up for **TED Recommends**, talks selected for you, delivered to your inbox daily

Literature/Poetry/Reading/Writing/Playwriting/Books

Download the SimplyE app from the **New York Public Library** and browse 300,000+ e-books and audiobooks

Check out the **Brooklyn Public Library**, which is offering free virtual activities every day, like book clubs, games, and craft circles for all ages

Check out the **2020 edition of *Voices of Fortune***, our annual publication of art and writing. This year's collection features nearly 70 artists from the Fortune community and our community partner, Unlock Tomorrow/**Words Uncaged**

Join the **Schomburg Center** on YouTube for **an evening of poetry and conversation with legendary poet, Nikki Giovanni and poet, storyteller, and organizer Aja Monet**

The Poetry Foundation has gathered collections worthy of deep exploration: **Poetry and Racial Justice and Equality**, **An Introduction to Black Arts Movement** and a list of **poems, articles, and podcasts that explore African American history and culture**

Courtesy of **Theater of War**, check out **Poetry for the Pandemic**, an evening of readings and a dialogue among distinguished poets and young poets of tomorrow— a chorus of diverse voices exploring the transformative power of words

Watch a live reading of Robert Hayden's 1960s sonnet "Those Winter Sundays" with Moses Ingram (*The Queen's Gambit*) and Bill Murray (*Lost in Translation*) as part of a special collaboration between Theater of War Productions and the PBS series Poetry in America. It is a catalyst for a powerful, guided discussion about the everyday struggle of surviving, thriving, and connecting during this incredibly difficult winter. The event also featured a recorded reading of Hayden's poem by President Joe Biden, helping frame crucial dialogue between diverse communities about economic hardship, family dynamics, parenting, domestic violence, racism, and American identity during this divided and fractured time

Teen writers from **Youth Communication**'s award-winning magazines are publishing articles about **how they are responding to the pandemic, recent protests, social isolation, remote learning, and loss, along with tips on how they're staying sane** **PEN America's Prison and Justice Writing Program** has created **Temperature Check: COVID-19 Behind Bars,** a new rapid response series, featuring original creative reportage by incarcerated writers, accompanied by podcast interviews with criminal justice reform experts on the pandemic's impact in United States' prisons. Sign-up to **here** to receive the series straight in your inbox

These Truths is a new, limited-run podcast from the **PEN World Voices Festival,** exploring literature and the deeper truths that connect us. An episode of note: poet **Reginald Dwayne Betts** and folks from **PEN America's Prison & Justice Writing Program** talk about **the writer's role in deepening the American public's understanding of mass incarceration at a pivotal moment in time**

PEN America's Prison & Justice Writing Program and **Haymarket Books** have also created an emotionally stirring **90-minute podcast performance. Entitled, A STRONGER DESIRE TO LIVE**, it draws together a roster of artists standing in to voice a tremendous series of prose, poetry and drama works penned by award-winning writers that are currently incarcerated. **Read along and watch here**

Listen to the **PEN Pod**, a limited-run podcast from **PEN America** meant to provide regular updates and conversations about literature and free expression

PEN America shared: **Black Literature - Past, Present, and Future: A Reading List**

PEN has also compiled **Mental Health Tips for Writers during COVID**

The New York Public Library has shared **125 Books We Love,** a special anniversary book list honoring 125 titles from the past 125 years that made so many of us fall in love with reading

@WriteWithUsLive has archived their **summer poetry workshops**. **View them here**

Checkout **Greenlight Bookstore** for free **author presentations, discussions, and book groups** presented via Zoom

Powerhouse Books is producing **free virtual author book events for adults and kids** and **hosts a Social Justice Book Club**. See the **schedule on their website**

In a renewed effort to share with a contemporary audience some of the great literary moments that **The 92nd Street Y's Poetry Center** has presented across the decades, they are featuring **archival recordings of some of the best writers of our time**

Explore the awesomeness of **LitHub.** Checkout their **Virtual Book Channel**

Spend some time at **House Party,** a new digital performance and publication series out of **The Poetry Project** with readings, songs, dances, writings and prompts from the past, present, and future

Our friends at **The NY Writers Coalition** are offering **free virtual creative writing workshops**. Writers of all levels are welcome. Registration and Zoom are required

Printed Matter and St Mark's have launched a series of **online bookmaking tutorials led by Chang Yuchen**, an artist, experienced bookmaker, and co-author of Book Book / 书书. The tutorials will be available on **Printed Matter / St Marks' IGTV** and **YouTube channels**

Nuyorican Poets Cafe offers **online open mics** via Zoom on Monday nights

Give creating your own **poetry comix** a try with this intro video from **Caits Meissner**

Lessons from **Toni Morrison** on **finding success on your own timetable**

Watch ***Toni Morrison: The Pieces I Am***. The documentary is an intimate meditation on the life and work of the legendary storyteller, and explores the themes Morrison confronted throughout her literary career

Read **poems of hope and resilience** at the **Poetry Foundation**

Read the full script of Barry Jenkins' adaptation of **If Beale Street Could Talk**

Scroll through **Brain Pickings**, a collection of interesting and inspiring articles across art, science, philosophy, creativity, children's books, and other strands of our search for truth, beauty, and meaning

Daniel Radcliffe reads the first chapter of Harry Potter and the Philosopher's Stone/Sorcerer's Stone, as part of **Harry Potter At Home**. Be on the lookout for more special video readings in the upcoming weeks

Meditation

Read **Meditation for Beginners: 20 Practical Tips for Understanding the Mind**

Mentioned in the above article: Choose from a bevy of **guided meditation** with **Tara Brach.** She has also curated specific **pandemic care meditation resources**

Smiling Mind is a free meditation app developed by psychologists and educators that offers a wide variety of programs for all ages. Download it **here** or **here**

The **Insight Timer app** is a multifaceted gateway to **more than 30,000 guided meditation sessions that tap into every emotion rattling your nerves.** It also offers relaxing music tracks, a section for kids, and therapeutic pep talks from the likes of Indian yogi Sadhguru and psychotherapist Anthony DeMello

Liberate is a **meditation app dedicated to empowering the Black, Indigenous, and People of Color community on their journey to find inner peace**. Sign up for free to access guided meditations from Teachers of Color to guide you on your path. An account with your email is required to listen to their guided meditations and talks

Headspace has teamed up with NY state to provide **free meditation and mindfulness resources**

The Garrison Institute has created a **meditation and mindful movement video series**. **Care for Caregivers** are eight guided meditations that you can watch any time, anywhere, and at your own pace, each between 5-6 minutes long

The Garrison Institute is also offering a daily noontime meditation, reading and discussion via Zoom. *Please join 10 minutes early (11:50 am) for a quick technical orientation*. All levels of meditators are welcome. Registration is required. **Please click here to register for the noontime meditation group.**

Recenter your mind and spirit with **meditation and an hour long video of improvised music** in celebration of the Lunar New Year, thanks to **The Greene Space**

Mental Health/Wellness

NYC Well is your connection to free, confidential mental health support. Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365

ThriveNYC offers mental health support for New Yorkers that they can be accessed from home

NY State COVID-19 Emotional Support Helpline provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling. The helpline is available 8 am to 10 pm 7 days a week at 1-844-863-9314

Movies/TV Series

The IFC Center has compiled **an incredible list of films centering on Black experiences that have been made available to stream for free** by various distributors. The list will continue to updated

Watch **IMDB TV** to stream hit **TV** shows & movies for free

The **Film Comment Podcast** is **a weekly space for critical conversation about film**, with a look at topical issues, new releases, and the big picture

Film at Lincoln Center is sharing a selection of videos featuring talks with **Spike Lee, Ava DuVernay, Steve McQueen, Barry Jenkins, Dee Rees, Yance Ford**, and more

discussing their films as they relate to the subject of race in America and the Black experience. **Watch here**

Watch the **Angelika Film Center's YouTube channel** for highlight reels, clips from Q&As and more

Music

If you are interested in making music, **Endlesss** is a free-to-use collaborative music studio app with built in drums, synths, fx and much more. Make beats, improvise music and jam live with musicians, beat-makers and DJs all over the world

Catch up on all things hip-hop at **AllHipHop.com**, featuring daily news, interviews, reviews and multimedia content

The Harlem Connection radio show features an eclectic array of artists from different areas and eras that are connected --in some way-- to Harlem, U.S.A. You can catch new episodes of The Harlem Connection Fridays at 10PM (EST) and Sundays at 3AM via 99.5FM and **online**. Past episodes are available **here** (Just select "The Harlem Connection" under "T" for "The.")

Join **The Apollo Theater's Digital Stage** to celebrate the many facets of what the world famous theater has to offer. Sign-up to their **A-List** for updates each week including performances and events, invaluable education programs, and **resources** to support the community. Of particular note: **The Apollo and Live Wire's deep dive into the artistry of Aretha Franklin** with a conversation led by writer and cultural critic Emily J. Lordi and three scholars and culture workers -- Fredara Hadley, DJ Lynnée Denise, and Portia Maultsby

Watch every episode of **Rhythm Roulette** on **Mass Appeal**'s Youtube Channel. In the series, producers are challenged to make a beat by sampling three random records, chosen from a local record store while blindfolded

Rakim is one of the most influential MCs of all time. In 2019, **he sat down with Video Music Box host Ralph McDaniels to discuss his life, career, peers, and book,** *Sweat the Technique: Revelations from a Lyrical Genius*

Brooklyn Vegan has put together **a comprehensive list** of livestreams from punk to hip-hop

Nirvana, Siouxsie and the Banshees, David Bowie, Bikini Kill, and hundreds more **Peel Sessions** are now available on **YouTube**

Radiohead has released a treasure trove of concerts from their vault. They are available for viewing via their **YouTube channel**

If you didn't catch the **Jill Scott VS Erykah Badu** session, you can find it **here**

Jennifer Hudson got glammed up to stay home and sing an incredible set in support of Global Citizen

John Legend put on a show for the world with his piano at home

Lady Gaga reminds us to **"Smile"**, from the One World: Together At Home' Performance

In the eye of a Hawaii thunderstorm, **Jack Johnson** sang to thousands of people recently on Instagram about what home means to him

Ziggy Marley brings good vibes during this half-hour concert from home

Watch music performances from **BRIC** in Brooklyn including Les Nubians and sounds from JazzFest 2019, and check out their **calendar of virtual performances and livestreams**

Enjoy the sounds of **Wynton Marsalis**

Check out **Foo Fighters' full Hyde Park concert in London**, June 17th, 2006

Carnegie Hall has created **a series of master classes that featured celebrated artists mentoring young musicians and offering inspirational musical insights**. Discover all of these episodes on demand with instructors who include **Joyce DiDonato**, **Sarah Willis**, **Gerald Clayton**, and others

Paste Magazine has a list of **archived concerts** including Prince and Muddy Waters

Watch **Jaap van Zweden Conduct Mahler's Symphony No. 5** with **The New York Philharmonic**

Opera

Each day, **The Metropolitan Opera** is streaming **an encore presentation of the company's Live in HD series on their website**, with each performance available for a period of 23 hours, from 7:30 p.m. EDT until 6:30 p.m. the following day

Photography

Explore photography, visual storytelling and other tips and techniques with **Nikon**'s Learn & Explore, plus stream some of their **online classes for free**

Podcasts/Talks

Listen to over **20 different podcasts** (including one of our favorites, Ear Hustle) at **Radiotopia**

Vulture has suggestions for some **escapist podcasts**

The Freedom Takes is a new podcast from **The Million Books Project for listeners in prison & not, exploring relationships between literature and freedom**. The first episode featuring **Jason Reynolds** is out now. **Listen and subscribe**

In **Fierce**, a new podcast from iHeartRadio and Tribeca Studios, best-selling author and host Jo Piazza will **shed some much-needed light on the fierce women that history has forgotten** — from the first woman who used poetry to escape slavery to the greatest pirate in all of history

From the **Apollo Theater:** Listen to ***Apollo Uptown Hall: Movement Required*****.** Motivated by the themes from the Apollo and Opera Philadelphia's October 2017 opera, *We Shall Not Be Moved*, this community conversation featured an excerpt of the award-winning documentary *Let the Fire Burn*, which covered one of the most tumultuous (and largely forgotten) clashes between government and citizens in modern American history. There was also a focus on some of today's problems in Urban America that the film addressed, particularly law enforcement and community relations and the lack of youth and family services.

Listen to **Tarana Burke and Brené Brown**'s talk on Brené's podcast, **Being Heard and Seen**

Irresistible is responding with timely perspectives from the frontlines on their **podcast for justice leaders**

The **Film Comment Podcast** is **a weekly space for critical conversation about film**, with a look at topical issues, new releases, and the big picture

Join the **Zinn Education Project** for their **People's Historians Online mini-classes** held every Friday. Each session is 75 minutes and begins at 11am Pacific, 1pm Central, and 2pm Eastern. There are breakout rooms for 12 minutes about half-way through the session to allow participants (in small groups of five or six) to meet each other, discuss the content, and share teaching ideas. The sessions are designed for teachers and other school staff, however, parents, students, and others are welcome to participate

Voices of a People's History of the United States is sharing their recent discussion **"Why We Fight: Voices from the Struggle for Health Justice"** via YouTube**.** It features the voices of healthcare workers and activists, dissenters, and visionaries fighting for the right to health and health justice, past and present

Courtesy of **The Schomburg Center,** watch the panel discussion from the **Eighth Annual Black Comic Book Festival: Hip Hop and Comics in 3D**

The New York Times is offering a series of **free talks and live events on a variety of topics** including the financial effects of the pandemic and strategies for helping our young people cope

The Africa Center is curating talks and livestreams, Check **their website for a calendar of events**

Sports

Major League Baseball is streaming clips and full video of classic games on **their YouTube channel**

The **NBA** is also **sharing classic games on Youtube**

Thanks to **ESPN, The Undefeated and the incredible work of the Anti-Recidivism Coalition,** watch the 30-minute special, **"Playing for Justice,"** which features **NBA players from the Sacramento Kings and Milwaukee Bucks going inside Folsom State Prison (CA) and Racine Correctional Institution (WI) to listen to and lift up our incarcerated community members**

Watch **Ali to LeBron: The Long Walk Towards Freedom,** a spirited and informative conversation with acclaimed sports writers **Scoop Jackson a**nd **Dave Zirin** on

Jackson's latest book, *The Game Is Not A Game*, as well as "The Last Dance" Bulls documentary, the cultural and global significance of sports and the future of professional sports post-COVID-19

The **Brooklyn Historical Society** hosted a recent virtual conversation between the author of the new book ***Stealing Home: Los Angeles, the Dodgers, and the Lives Caught In Between*** Eric Nusbaum and sports writer David Roth. The conversation delved into the story of building Dodgers Stadium, from the Mexican-American communities it displaced, to the upheaval it caused to the city's urban flow

Theater/Performance

Join the **Rattlestick Theater for OPEN PLAY, a monthly series on Thursdays at 8 pm EST hosted by Troy Anthony and Ngozi Anyanwu that gives any and every artist of any discipline a chance to share 5 minutes of work** - song, monologue, scene, whatever! The space is yours. RSVP **here**

The Public Theater has launched **Public Play Now,** a new digital destination where you can **watch, listen, and enjoy The Public Theater and Joe's Pub's programming** directly on their website

Watch **UNDER THE GREENWOOD TREE,** a new documentary from **The Public Theate**r created with Art Docs, that focuses on The Public Theater's 2017 Public Works musical production of *As You Like It,* which was performed by 200 New Yorkers of all ages and boroughs - including members of The Fortune Society, and was named one of the Top Ten shows of 2017 by The New York Times.

Watch **Rehabilitation Through the Arts's** *Lulu, I Hear You*, a 30-character performance piece based on the poetry and stories from men and women at NY State prisons during the Covid-19 pandemic. Adapted by Joe Giardina and directed by Thomas Coté, the cast is made up of RTA alumni and teaching artists who wish to share the voices of our members still incarcerated. Watch here

A project of **Hear Us**, **the 24 Hour Plays: Viral Monologues (Special Edition: COVID and Incarceration)** shares monologues written and performed by playwrights and actors based on the experiences of people impacted by the continued cruelty of criminalization and incarceration

Enjoy **Today Tix's** staff picks for their **favorite Tony Award performances** including *Ain't Too Proud* and *Matilda*

The **Shakespeare in Prisons Network** (about 30 prison theatre facilitators, academics, actors, and friends) are hosting weekly live readings of Shakespeare plays on YouTube (via ZOOM). The productions will be ongoing on Saturdays, and variably broadcast at 2:00 p.m. and 8:00 p.m. EST. They can be watched **here** live, or viewed through their archive **here**

Courtesy of the **New York Historical Society**, listen to titan of activism and protest, **Larry Kramer and playwright Tony Kushner in conversation on Kramer's groundbreaking work "The Normal Heart"**

Playing on Air is a **free theater podcast** with world-class actors (like Adam Driver, Audra McDonald, and Timothée Chalamet) performing plays by America's most lauded playwrights (David Auburn, Lynn Nottage, and more)

City Center is here to entertain you with the **Encores! Archives Project**—your song-a-day video series on social media, curated by Encores! Artistic Director Jack Viertel

Broadway Direct has compiled a list of the **best Broadway-themed activities you can enjoy with your family and loved ones at home**, that don't necessarily include a computer or TV screen

Lincoln Center at Home, is a new initiative to help maintain our vital connection to the arts and a source for joy. A full calendar of activities is available **here**

Travel

You can use Google to access **virtual tours of national parks in the U.S.**
Anywhere you are can now become the Big Apple, thanks to the **New York Public Library**'s **album of NYC sounds**

Try out **ten free virtual garden tours, from the UK and abroad**, courtesy of Gardens Illustrated

Journey into the largest tract of tropical rainforest on our planet — the Amazon.
Narrated by indigenous guide, Kamanja Panashekung, and actor Lee Pace, this virtual reality film was created by **Conservation International** and **Jaunt VR**

Thanks to Thrillist: Try out **virtual travel experiences you can take from home** including hiking The Great Wall of China and watching the cherry blossoms bloom in Washington, D.C. and binge the **best YouTube Travel Channels**

To scratch your wanderlust itch, **Thrillist** has also gathered some of **the most relaxing, satisfying, bizarre, and/or energizing livestreams** to help you explore the world around in a highly specific, endlessly hypnotic way. Come for the bears. Stay to send bubbles to folks in Florida

Thrillist wins again by curating a list of **beaches around the world that you can virtually visit**. From the lively sands of Florida to the islands in the Great Barrier Reef, you can check out these sandy shores right now by using your phone or computer

Watch the waves crash at **Rockaway Beach via Surline's webcam**

Thrillist also offers suggestions for **stargazing throughout the month of April**

Take **a virtual stroll from Brooklyn to Manhattan** walking across the **Brooklyn Bridge's famous pedestrian walkway**

Take a ride on the **World Famous Coney Island Cyclone**

Check out some adorable faces via the **Catskill Animal Sanctuary's livestream**
Check in on the **Wave Hill honey bees**

NASA has launched a site where you can enter a date and **see an image the Hubble telescope took on your birthday**

Additional Suggestions

Write a letter. Call, Zoom or FaceTime family, friends or someone in your community of care. Take a few deep breaths. Do some gentle stretches. Write a poem. Read a poem. Put on some music and dance in your socks. Notice your body. Go for a walk. Doodle. Draw. Write in a journal. Take a break from the news and social media. Make a snack. Eat a snack. Offer gratitude. You are loved.

We are each other's
harvest:
we are each other's
business:
we are each other's
magnitude and bond.

- Gwendolyn Brooks