



Wellbeing Virtual Activities

Expanding our (Virtual) Horizons - Time to Explore?

Fancy a trip to the beach? Perhaps a look round a museum or some Renaissance art? Or maybe a trip to the theatre or the opera?

After these very difficult times and circumstances, eventually, something like our normal life and routines will return. In the meantime, we can at least explore some of our favourite places virtually. Whilst it's no way near the same and it does involve screen time, it's good for our wellbeing and our mental health to explore, to think, learn and look at different things; it helps expand our horizons - at least virtually!

So why not virtually explore some of the following – or perhaps you have some other favourite sites that you could share with us? If so, get in touch!

A Blue Whale

Want to learn about a blue whale, take a tour with David Attenborough, look at some amazing wildlife pictures and learn about a Dippy's skull?(!) – It's all here to explore online in the [Natural History Museum](#).



Renaissance Masterpieces

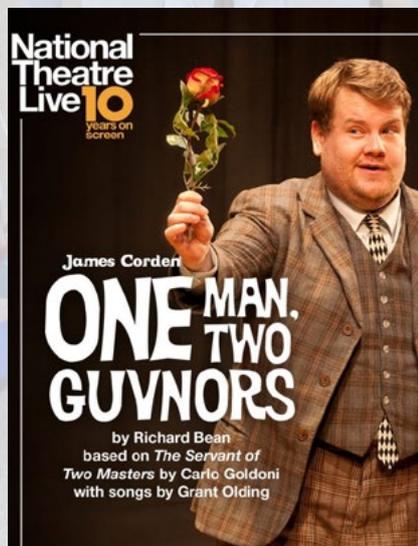
This is brilliant – immerse yourself in Renaissance masterpieces from Northern Italy, the Netherlands and Germany or take a virtual tour of the [National Gallery's Sainsbury's wing!](#)

Peregrine Falcons in Yorkshire

You need some patience for this one! Click on the link and you get diverted via the [Lock Garten Webcam](#) to this one in Yorkshire – amazing to have this window into the lives of these beautiful birds!

Catch a Theatre Performance

There are a number of arts organisations that are stepping up to bring the theatre to your living room at the moment – all for free! One example of this is the [National Theatre Live performances](#), uploaded with watch alongs at 7pm on Thursday nights. Andrew Lloyd Webber will also be sharing his hit musicals every Friday at 7pm for 48 hours via the Youtube [Show Must Go On!](#) channel. If you're more interested in Ballet or Opera, the [Royal Opera House's #OurHousetoYourHouse](#) campaign means you get to watch some brilliant performances for free! These are Friday nights at 7, but are also available on their Youtube channel.



A Trip to the Beach?

Ever been to Cornwall? Take a look at the beautiful beaches on the Cornish coast! Using your imagination, wander on the sand, throw some stones or take a swim in the sea. You can find a number of webcams available for different [beaches and bays here](#).



Want more?

You may want to keep up with TimeOut or Secret London via social media, as they share online activities you can get involved in every day no matter where you are – whether these are cook-alongs, workouts, workshops or interesting interviews, [there is something for everyone!](#) Wagamama are also doing [#Wokfromhome](#) where they share restaurant recipes for you to try out.