**Arts and cultural activities for young people to watch and do:**

The Infinite Monkey Cage Podcasts - [**https://www.bbc.co.uk/programmes/b00snr0w/episodes/downloads**](https://www.bbc.co.uk/programmes/b00snr0w/episodes/downloads)

Opera:  La Monnaie [**https://www.lamonnaie.be/en#**](https://www.lamonnaie.be/en)

Classical Music:  Wigmore Hall [**https://wigmore-hall.org.uk/wigmore-hall-live/past-live-streams**](https://wigmore-hall.org.uk/wigmore-hall-live/past-live-streams)

Soothing songs:  [**https://www.theguardian.com/music/2020/mar/17/from-aphex-twin-to-al-green-the-most-soothing-songs-to-self-isolate-with**](https://www.theguardian.com/music/2020/mar/17/from-aphex-twin-to-al-green-the-most-soothing-songs-to-self-isolate-with)

Ballet:  Class with Tamara Rojo [**https://www.youtube.com/watch?v=fcT9uRJqCrE**](https://www.youtube.com/watch?v=fcT9uRJqCrE)

Dance Theatre:  Class with McOnie [**https://www.instagram.com/mconiecompany/**](https://www.instagram.com/mconiecompany/)

Visual Art & Contemporary Culture:  ICA Talks [**https://sounds.bl.uk/Arts-literature-and-performance/ICA-talks**](https://sounds.bl.uk/Arts-literature-and-performance/ICA-talks)

Dance: Step by Step virtual online classes for salsa, cha cha or waltz [**https://www.facebook.com/StepByStepDanceOnline/**](https://www.facebook.com/StepByStepDanceOnline/)

Galleries and Museums:  J Paul Getty Museum Los Angeles [**https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en**](https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en)

Vatican Museums, Rome [**http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.1.html**](http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.1.html) or Vatican City Tour [**https://www.youvisit.com/tour/vatican**](https://www.youvisit.com/tour/vatican)

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                                         Natural History Museum [**https://artsandculture.google.com/partner/natural-history-museum**](https://artsandculture.google.com/partner/natural-history-museum)

                                         Rijksmuseum, Amsterdam [**https://artsandculture.google.com/partner/rijksmuseum**](https://artsandculture.google.com/partner/rijksmuseum)

                                         National Museum of Modern & Contemporary Art, South Korea [**https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea**](https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea)

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                                         British Museum, History Connected [**https://britishmuseum.withgoogle.com/**](https://britishmuseum.withgoogle.com/)

Fitness class with Joe Wicks. [**https://www.youtube.com/watch?v=Rz0go1pTda8**](https://www.youtube.com/watch?v=Rz0go1pTda8)