

Online Exercises & YouTube Channels

Online Exercises

MUTU System

https://mutusystem.com/articles/working-out-at-home?utm_source=ig&utm_medium=cpc&utm_campaign=OU-Blog-Traffic-PageView-CBO-TOF%29_OU-LAL-PageView-22_44-WW-noStories-Female-10pProgramPageView&utm_content=OU_VID-Fear-Coronavirus-NA-NA

MUTU SYSTEM

Working from home seemed like the dream, right? Until it became reality, and you have a 2-year-old running around screaming. We're lucky at MUTU to run a remote team, and we've developed a few tricks to try to combine work, kids, exercise and hopefully some sanity. Routines get disrupted, and right now, they're VERY disrupted. It's a little scary and none of us knows what's happening next. All we can do is try to stay flexible and calm. It won't always work, but we can try! So, since right now you might be at home, with kids, a little more than anticipated, for goodness-knows-how long... here's Team MUTU's top tips on working out at home.

Power Tots – Online Exercise for Tots

<https://www.youtube.com/channel/UCJS3zrOJdGJxIlyM8shqEg?app=desktop>

Our programs tap into a critical time in children's lives when their brains are rapidly developing. New movements, such as walking across a balance beam or rolling a ball, nourish the brain's learning center and teach kids how to listen, focus, and follow directions. Together, we can all "believe in the power of a positive attitude!"





Rainbow Yoga – 30 day Mindfulness Challenge

<https://rainbowyogatraining.com/course/kids/3-day/30-days-mindfulness-challenge-for-kids-and-families/>

Gopala, our founder, has created an uplifting and fun 30 Day Mindfulness Challenge for you and your family. Together we can continue to practice Rainbow Yoga in the safe cocoon of our own homes. Some of us may be experiencing anxiety, isolation, feeling afraid or stressed and some of us may even be quarantined at home, so it's important that we are mindful and that we uplift each other.

YouTube Channels

Artists Network (Art)

https://www.youtube.com/channel/UCTjQYcD9sDwzfUt2cp5F_RA

Looking for calm, community, and creativity to escape and de-stress right now? We've got you! Whether you've never drawn before or have been drawing for years, art is a great antidote to stress. Techniques, tips, and inspiration for artists of all levels, featuring instructional videos in watercolor, drawing, acrylic painting, and more!

Artistsnetwork



Bari Koral: Yoga, Music & Mindfulness

https://youtu.be/9cU82gM7_M4

Discover a world of song and activities that are centered on yoga and mindfulness, with yoga expert and popular recording artist Bari Koral.

Beauty and the Beak (Science)

<https://www.youtube.com/watch?v=tKvp8Wl1lxY>

Learn more about this special Bald Eagle and her inspiring story of hope and technology. Beauty the Bald Eagle still resides at the non-profit Birds of Prey NW in Idaho. Learn more at www.birdsofpreynorthwest.org to schedule a Skype call to meet Beauty, or to order a 3-D file to print out her beak.





Center for Interactive Learning & Collaboration (Various Subjects)

<https://www.youtube.com/channel/UCvfO-LFAenqMt7n72AXvoCw>

The programming resources presented through CILC's Community of Learning provide interactive learning opportunities for families and learners of all ages. Check out these past presentation videos that provide impressive and informative programming for every age group.

Crash Course (Core Curriculum)

<https://www.youtube.com/user/crashcourse/playlists>

At Crash Course, we believe that high quality educational videos should be available to everyone for free! Subscribe for weekly videos from our current courses! Right now, we're producing Organic Chemistry and European History. We also recently teamed up with Arizona State University to bring you two more courses: Study Hall Composition, and Study Hall Algebra. The Crash Course team has produced more than 32 courses on a wide variety of subjects, including organic chemistry, literature, world history, biology, philosophy, theater, ecology, and many more.



Gemma's Bigger Bolder Baking (Cooking)

<https://youtu.be/KhVCS6KtkbE>

Under the catchphrase "Bigger Bolder Baking" Gemma whips up all kinds of flavorful delights, whether it's a chocolate lava cake, peanut butter cookies, churro donuts, or a bacon cheddar muffin in a mug.

How to Cook That (Cooking)

<https://youtu.be/DTwJMuxpd2U>

This baking channel is run by food scientist Ann Reardon. Not only does she bake incredible cakes, she has videos showing viewers how to create their own rolled ice cream and how to bake their own 3D cakes and chocolate designs. She even shows you how to create amazing sugar decorations to distract and de-stress while at home. ❤️



How to Draw Mickey Mouse (Art)

https://www.youtube.com/watch?v=jF1iD-xuo0g&feature=emb_title



Learn to draw Mickey Mouse as Disney shares a complete series of how-to tutorials on how to draw the famous figure on the [Disney Parks YouTube channel](#). Cast member Stephen Ketchum provides expert tips on how to draw Mickey over the years, from vintage 1920s Mickey to the more contemporary “pied-eyed” version.

Kawaii Sweet World (Cooking)

<https://youtu.be/QuFR02mllbE>

Hello! Welcome to my channel for all things kawaii (the Japanese word for "cute") and fun! Have a look around and enjoy my videos on baking with a cute twist! The channel features the making of Minion Eclairs, Totoro Tarts, and many more recipes.



Kids Learning Tube (Math, Science, Geography)

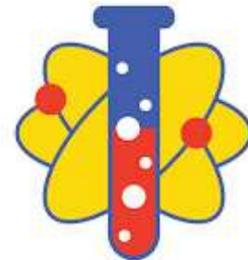
https://www.youtube.com/channel/UC7EFWpvc1wYuUwrtZ_BLi9A

Music and animation make this ideal for kids who need a break from all that staid studying. The age-appropriate videos range from littles to middle-school and center on math, science and geography.

Lab 360 (Science)

<https://www.youtube.com/c/LAB360/featured>

Looking for authentic science demonstrations? You've landed at the right place. Science experiments provide hours of fun and we believe in keeping it simple and awesome at the same time. Find easy science experiments for people of all ages to do at home. Have a look at our fun experiments from LAB 360!



Learn How to Dance (P.E.)

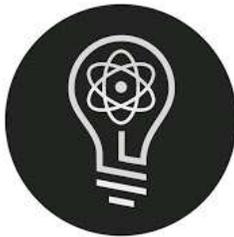
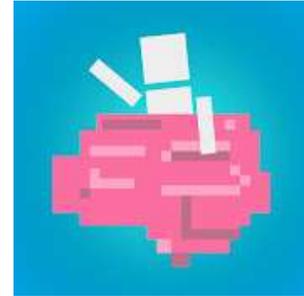
<https://youtu.be/FySQK4FOaVQ>

Weekly easy-to-learn, step-by-step dance tutorials aimed at kids. From hip hop moves, Fortnite dances, to TikTok dance challenges, and more!

Life Noggin (Science)

<https://www.youtube.com/user/lifenoggin>

Building knowledge, block by block! Welcome to Life Noggin, where we believe curiosity is a virtue. We answer YOUR questions about life, the universe, and just about everything else! What if all the cats suddenly disappeared? What if the Earth had dozens of moons? Join our host Blocko every Monday and Thursday as he thinks his way through the internet's most entertaining hypotheticals. Submit your questions— no matter how big or small— for the chance to have them answered on the channel!



Mark Rober (Science)

<https://www.youtube.com/c/MarkRober/about>

Former NASA engineer. Current YouTuber and friend of science.

Moovlee (P.E. and Health)

https://youtu.be/cyvuaL_2avY

Movelee makes wordless animated videos that incorporates exercise, meditation and breathing techniques to help kids with their physical and emotional development, which is so important right now.



Nat Geo Kids (Science)

https://www.youtube.com/channel/UCXVCgDuD_QCkI7gTKU7-tpg

Nat Geo Kids makes it fun to explore your world with weird, wild, and wacky videos! Videos featuring awesome animals, cool science, funny pets, and more, are made just for curious kids like you. So pick a topic you love and start watching today! Visit the National Geographic Kids website for more games, photos, and videos at <http://natgeokids.com>. Watch more National Geographic Kids videos at <http://natgeokids.com/video>.

Nebraska 4-H - Living Room Learning (Core Curriculum)

<https://www.youtube.com/playlist?list=PL8PMz6vOY3UFYVU9cOxdQ6j0pQAHLjJN>

Living Room Learning offers hands-on virtually guided activities for youth. Each session focuses on a new activity that can be done with materials found at home. Living Room Learning activities are perfect for youth in **3rd-5th grades**. Each session will be recorded and made available for **on-demand viewing**. Youth do not need to be 4-H members to participate. This link is to their YouTube channel where you can watch previously recorded activities.



Institute of Agriculture and Natural Resources
NEBRASKA 4-H



Pancake Manor (Music)

<https://youtu.be/ViqTUE6NIk0>

With almost 2 million subscribers, this joyous channel features music, dance and story videos for kids that will get toddlers moving, including Baby Shark!

P.E. with Joe

<https://youtu.be/mhHY8mOQ5eo>

The Body Coach – Joe Wick – has captivated kids and parents worldwide during the lockdown with his increasingly popular daily P.E. classes.



Physics Girl (Science)

<https://www.youtube.com/watch?v=8aaXZDazPxs&feature=youtu.be>

Physics Girl is a YouTube channel created by Dianna Cowern that adventures into the physical sciences with experiments, demonstrations, and cool new discoveries. Physics Girl has videos for every atom and eve.

SamCam - Free Online Disney Themed Dance Classes

<https://youtu.be/iG6rxoVWRoQ>

Sam Cam's Dance Studio presents frequently-uploaded, super-fun dance classes for kids craving to get bodies up and about including Frozen II, Aladdin, Beauty and the Beast, and Trolls!



Storybots (Music and P.E.)

https://www.youtube.com/watch?v=t-kzdR93bqw&list=RDEmkavl8SZzW7Q6p9KxC4vuHA&start_radio=1

Welcome to the official Netflix Jr. channel! Where kids can learn, sing and play with their favorite Netflix characters - from StoryBots to Super Monsters and everyone in between.

The Joy of Baking (Cooking)

https://www.youtube.com/watch?v=xQ_Ekz9k9UQ

Stephanie Jaworski's straightforward, old-school-style cooking videos are tutorials that anyone of any skill level can follow. Stephanie walks you through each recipe step by step, offering extra tips along the way. This is your go-to channel for classic baked goods, made easy.



The Scran Line (Cooking)

https://youtu.be/A5ejMNw_rfl

The host Nick Makrides is a graphic designer, in addition to a trained pastry chef. His channel is a neon blast of creative cakes and cupcakes in every color of the rainbow. Nick's videos show you how to make each unbelievable treat, while the written recipes can be found on his [website](#). Join Nick on his baking adventures twice a week - he posts every Tuesday and Friday.

Yoga Ed

https://youtu.be/ck-Y_SE4m9U

A comprehensive yoga YouTube channel featuring classes, brain breaks and relaxations, with handy playlists divided into age categories. Since 1999, Yoga Ed. has empowered millions of children and teens to thrive through evidence-based yoga and mindfulness training and curriculum. Learn about your emotions and your feelings with this 15-minute trauma-sensitive yoga class created for **kids ages 3-12**.

