**Theme: Health and Wellness**

**Activity Introduction**: [**Parks @ Home**](https://www.nycgovparks.org/highlights/parks-at-home)Take a virtual walk in the Park! Learn more about our NYC Urban Park Rangers and the many living things we encounter every day. Take live tours and enjoy meditation videos among the beauty of our parks.

**TC Activity 8: Grade PK -12**

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| Activity Objective: | Enjoy NYC Parks from home! |
| Resources Needed: | Computer, iPad or phoneFollow NYC Parks on Periscope, Twitter and Facebook at @nycparks to watch live or on video.Turn on your notifications so you know when tours go live on Periscope, Twitter and Facebook. |
| Directions: | On Friday April 10th, join Urban Park Rangers for [#ForestFriday: Astoria Street Trees in Bloom at 11:30 a.m.](https://periscope.tv/nycparks) on Periscope. Then enjoy a [Central Park Meditation Moment on YouTube](https://www.youtube.com/playlist?list=PLvxhIMeQQQTHGXYFYOD_O50tx0f9sTtHm).If you miss the live broadcasts, you can watch the recordings on Periscope, Twitter or Facebook.NYC parks will keep you and your family busy with daily activities. Check out this awesome schedule of events:* Mondays are now “Fitness Mondays” with Kitchen Workouts.
* Join the Urban Park Rangers every Tuesday (weather permitting) for live adventures in the park! From scenic hikes to nature exploration activities, our live broadcasts are perfect for the whole family.
* Tune in every Wednesday forlive walks in the park (weather permitting) to watch spring blossom and the trees leaf out on a live tour of a park.
* Enjoy your break with Friday Meditation Moments to unwind from it all with soothing meditative exercises by our instructors at Shape Up NYC set to serene video footages from our parks. Each Friday morning, we'll post a new episode on our YouTube, Twitter, Facebook, and Instagram accounts. Follow us at @nycparks and turn on your notifications to participate!
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| Notes | Dates and times are subject to change; please check the schedule on the [Parks @ Home](https://www.nycgovparks.org/highlights/parks-at-home) page for updates.This website has translations to many languages. |