**Uses for your smartphone to escape from the news and switch off for a while:**

**Something for the Heart**

Love animals? Check out these Edinburgh Zoo webcams

<https://www.edinburghzoo.org.uk/webcams/rockhopper-penguin-cam/#rockhopperpenguincam>

<https://www.edinburghzoo.org.uk/webcams/panda-cam/#pandacam>

<https://www.edinburghzoo.org.uk/webcams/penguin-cam/#penguincam>

<https://www.edinburghzoo.org.uk/webcams/tiger-cam/#tigercam>

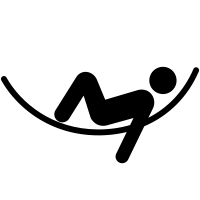
**Something for the Brain**

Go on a tour to explore somewhere new…

<https://www.royal.uk/virtual-tours-buckingham-palace> Buckingham Palace

<https://www.youvisit.com/tour/machupicchu?pl=f> Escape up Machu Picchu without the climb

<https://www.youvisit.com/tour/doilan> Check out the Great Wall of China

<https://youtu.be/rR-KP8KH1Ng> See a Disney parade

**Something for the Soul**

Relax - check out the Nature Relaxation Films channel on YouTube:

These are lovely films with relaxing music to help take you away and soothe your mind, there are lots to choose from, these are just a few…

<https://www.youtube.com/watch?v=T75IKSXVXlc> Watch the spectacular northern lights

<https://www.youtube.com/watch?v=o5qImpBxzrI> Backyard birds

<https://www.youtube.com/watch?v=683p4Ubg2NU> Drone film of landscapes

<https://www.youtube.com/watch?v=G52dUQLxPzg> Underwater fish

**Something for the Body**

Get moving to a beat!

Daily body beat videos on YouTube by Ollie Tunmer <https://www.youtube.com/watch?v=wvCyhxzYDqs>