

Keeping **YOU**th Connected

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Youth Tips for Staying Active

Keeping yourself active not only benefits you physically, but it is also incredibly important for keeping a healthy mental state. As quarantine times are extended, it can be extremely mentally taxing for individuals who are used to daily socialization. Suddenly being cut off from in-person social interactions, combined with being stuck inside all day and inactive is a recipe for lack of motivation and even depression. Getting outside in the fresh air, eating healthy, and exercising will help you tremendously until the quarantine is lifted. Here are some tips for staying active during this time, because what's good for your bicep is good for your brain!



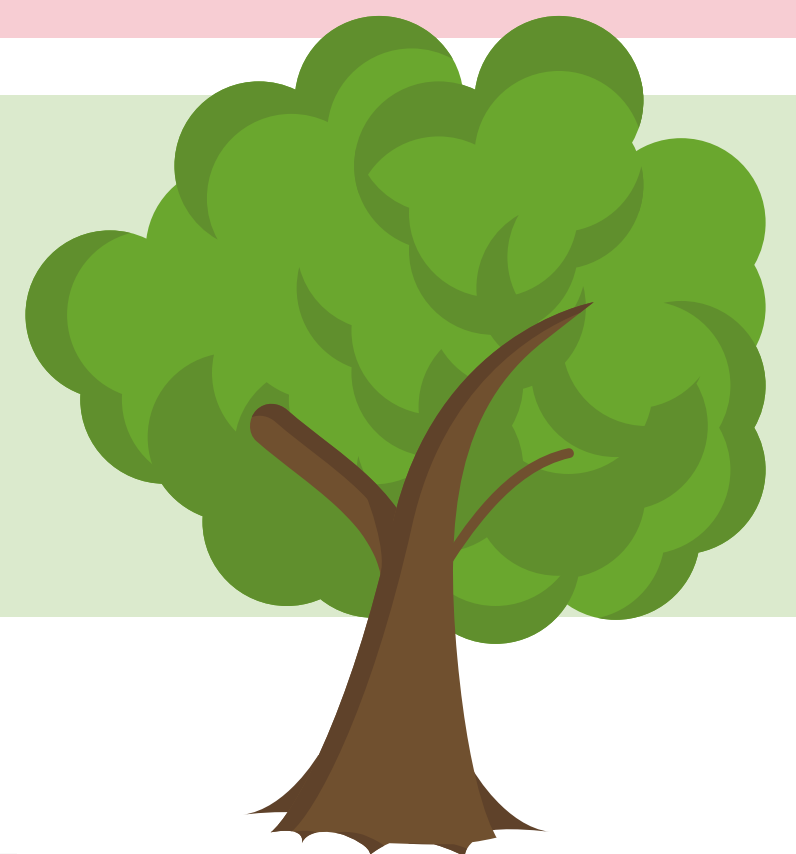
Start your day with a good stretch or online yoga session. There are loads of fun options out there for teens.

Check out the free online exercise routines for youth offered by a number of community recreation centres and gyms.



Play! Whether you are a kid, teen, or adult, play is a great way to keep active. Have a dance party, pillow-fight or even an old-fashioned game of follow the leader.

When possible, get outside while keeping your distance from others. Movement and nature work especially well together to improve mood.



**"HAVING A HEALTHY MIND
IS JUST AS IMPORTANT
AS A HEALTHY BODY"**



NEED TO TALK? SUPPORT IS AVAILABLE!
Contact your health centre for counselling supports.

Keeping **YOU**th Connected

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Activities for Youth



Kisakihitin Nikawi

Love you my mother

CHALLENGE OF THE WEEK

Take the lead in projects that involve the entire family, like organizing family photos or recreating the family's history. This is a great topic for calls to grandparents, who may be able to describe challenging times in the past, and how the family coped with stress.

Make a Board Game

Running out of board games to play with your family? You can easily make your own board game with some cardboard, markers, and ideas! There are lots of ideas online for you to create something fun for the family!

Step 1: Choose a theme.

Step 2: Make your board.

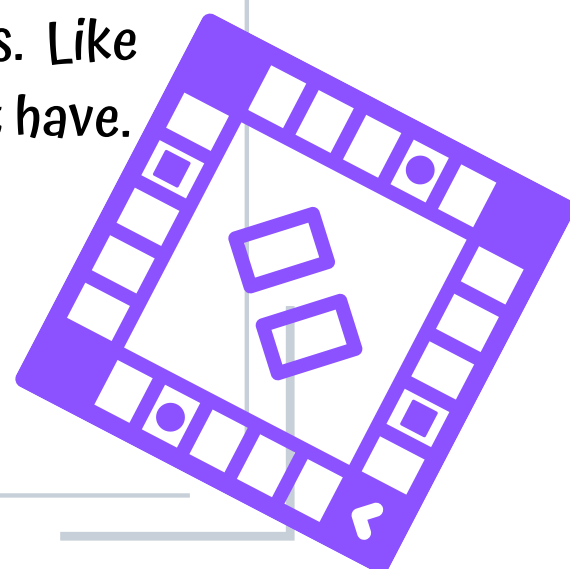
Step 3: Make your game pieces from items around the house such as lego men, buttons, coins, shells or painted rocks.

Step 4: Add some rewards and challenges that fit with your theme. Print them or create game cards. Some examples are:

- The dog ate your homework. Go back 2 spaces.
- You won Canadian Idol! Earn 2 tokens.
- A monkey who stole your watch. Go back 5 spaces.
- Hold your tongue and say the alphabet to go forward.
- Darn forgot your lunch. Lose a turn.
- Make a funny face to go forward 4 spaces.

Step 5: decide how you want to move the pieces. Like dice, a number spinner, or other ideas you might have.

Step 6: Play the game. You may have to make adjustments to tweak the rules as you go along. The main thing is to have fun!



GAME OF THE WEEK

Challenge your family and friends - who gets the best time?

Say the Color of each Word!

(Don't read the word)

How Fast can you say it?

black white yellow green red blue
yellow red black green white red
white green red black yellow green
black white yellow green red blue
white green red black yellow green
yellow red black green white red
white green red black yellow green

*"When it's rainy look for rainbows.
When it's dark look for stars"*



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