1. Write a positive letter to yourself
2. Take 10 slow deep breaths
3. Dance to some favorite songs - like nobody is watching
4. Sing your favorite song out loud – like nobody is listening
5. FaceTime/Skype or call a friend, family member or go-to person
6. Work on a jigsaw puzzle with a family member
7. Work on an art project (drawing or sculpture)
8. Volunteer to help parents with a chore around the house (clean up, wash the dishes, put out the trash, etc.)
9. Cook (or help cook) a meal for your family
10. Play cards or a board game with a family member
11. Practice meditation
12. Go for a walk with a family member or pet
13. Spend quality time with your pet (or stuffed animal)
14. Listen to some calming music
15. Find a comfortable spot to sit and daydream
16. Play a musical instrument
17. Go offline for an hour (or more)
18. Sit outside in the fresh air and sun.
19. Go for a walk and take note of the sights and sounds around you.
20. Go outside after dark to look at the sky and stars.
21. Stretching
22. After you wake up in the morning, say a couple of positive things about yourself
23. Make your bed when you get up in the morning.
24. Create a picture of something or somewhere that makes you happy.

**Mental Fitness:**

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| Disconnect - Go offline for an hour (or more). | Play a card or board game with a family member. | Make your bed when you get up in the morning. | Relax by listening to some calming music. | Sing your favorite song out loud – like nobody is listening!. |
| Draw a picture of something or somewhere that makes you happy. | FaceTime/ Skype or phone a friend, family member or go-to person | Spend some quality time with your pet (or favourite stuffed animal) | Go for a walk and take note of the sights and sounds around you. | Help with chores around the house (clean up, wash the dishes, put out the trash, etc.) |

**Physical Fitness:**

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| A few Ideas for ***outdoor* Physical Activity** (*while maintaining social distancing*)   * Go for a walk with a family member or with your dog. * Go for a bike ride or a jog around the block * Jump rope / hula hoop out in the driveway * Shovel some snow onto your driveway to make it melt quicker * Play catch with a family member * Play a game of Ladder Ball or Washer Toss.  You can create your own target game from items found around the house |
| A few ideas for **indoor Physical Activity** (click the links below)   * **PE with Joe** (New workout videos posted on *YouTube* each day Monday-Friday for everybody in the family – 30, 15 and 5 minute videos) <https://www.youtube.com/user/thebodycoach1> * **Just Dance** videos posted on *YouTube*  <https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q/videos> This channel is one of  many where Just Dance videos are posted. * **BOKS Canada** Kid-Friendly Home Workouts on *Facebook Live* every weekday at 1PM  <https://www.facebook.com/BOKSKidsCanada/>  or archived on *YouTube* <https://www.youtube.com/playlist?list=PLLGEzXIfoka2LVTq0KiYNGEuwSR3hiZNW> |