

- Eat a healthy diet



Ensure your information comes from reputable sources

Check websites you can trust such as the following for updates such as:

Manitoba Health: <https://www.gov.mb.ca/health/>

Western School Division: <https://www.westernsd.mb.ca/>

Manitoba Education: <https://www.edu.gov.mb.ca/>

Government of Canada: <https://www.canada.ca/>

Other Resources

There are many meditation apps for kids (available on Apple devices):



Mindful Powers – guides kids through a series of meditations, called “stories”, that build on each other. The first 3 stories are free

Smiling Mind – offers mindfulness activities for all ages. There are breathing meditations as well as sensory exercises such as listening to music.

Super Stretch Yoga – can help kids learn the importance of relaxation and breathing. This app teaches 12 different yoga poses

There are many websites that are full of free activity ideas to try:

Science Buddies – this website has hundreds of science projects to try out <https://www.sciencebuddies.org/>

Wonderopolis: Explore a world full of wonders like why do cats purr?

<http://www.wonderopolis.org/wonders>

