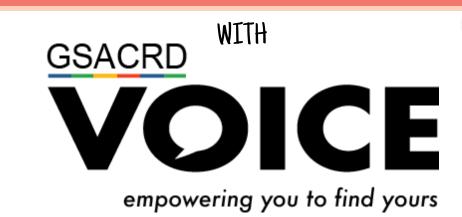
# TAKE A BREAK



Click on the category to take you to the activities you want to try!

### FITNESS

- learn a dance
- partner workout
- yoga
- soccer skills
- barre fitness

# LIVE VIRTUAL ACTIVITIES

Join us on Tuesday & Thursday on Google Meet from IOAM-IIAM for live activities, games, and connection! use codes:

Elementary: evoice Jr. High: jrhvoice

#### MINDFULNESS

- mindful breathing
- mindful listening
- progressive muscle relaxation
- guided meditation
- mindful eating

## HEALTHY EATING

- breakfast
- lunch
- dinner
- dessert
- snacks

# SELF-CARE

- puzzles
- colouring
- crafts
- games