

TAKE A BREAK

GSACRD WITH
VOICE
empowering you to find yours

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

MINDFULNESS

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

LIVE VIRTUAL ACTIVITIES

Join us on Tuesday & Thursday on Google Meet from **10AM-11AM** for live activities, games, and connection!
use codes:

Elementary: evoice
Jr. High: jrhvoice

HEALTHY EATING

- breakfast
- lunch
- dinner
- dessert
- snacks

SELF-CARE

- puzzles
- colouring
- crafts
- games