



# STAY AT HOME STAY SAFE STAY INSPIRED!

Feel balanced. Feel better.™



## Activity for the Kids

### Fingerprint Art!

Fingerprint art is so easy and provides hours of fun. Simply paint the tip of your finger, press it on a piece of paper, let it dry, and use it to form the basis of your drawing!

Why not try the head or body of an animal or person! Experiment with different colours and creatures!

## Educational Resource

### Learning games for Kids:

Educational games are a great tool for building foundation math and language skills that today's elementary school curriculum requires. These online learning games and songs for kids are fun, teach important skills for preschool and elementary school kids and they're free.

Visit: [learninggamesforkids.com](http://learninggamesforkids.com)



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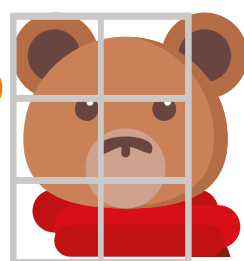
## Good News Story!

### Worldwide Bear Hunt



A mass teddy bear hunt is under way around the world to help distract the millions of children social distancing from home. Stuffed toys are being placed in windows to give children a fun and safe activity while walking around their neighbourhood with parents. The hunt is inspired by the children's book *We're Going on a Bear Hunt*, written by UK author Michael Rosen.

Visit: [bbc.co.uk/news/world-52108765](http://bbc.co.uk/news/world-52108765)



## Challenge Yourself...

### Call or Message Friends!

Call or message 5 friends that you haven't spoken to in a while and check they are okay! Let's use this time to reconnect!



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