



More play
every day!

CALL A FRIEND OR FAMILY MEMBER	MAKE A YPLAY CRAFT	WATCH A MOVIE AS A FAMILY	LEARN A YOGA POSE	TALK ABOUT HOW YOU FEEL
PLANT A VEGGIE TO GROW	HELP MAKE A HEALTHY MEAL OR SNACK	TRY ORIGAMI	PARTICIPATE IN A YGYM ACTIVITY	DANCE TO YOUR FAVOURITE SONG
PLAY DRESS UP	THANK AN ESSENTIAL WORKER		TRY A NEW FRUIT OR VEGGIE	VIRTUALLY VISIT THE ZOO OR MUSEUM
SING A POOL SONG IN THE BATH	HAVE A VIRTUAL PLAYDATE	POST AN ENCOURAGING MESSAGE IN YOUR WINDOW	HUG YOUR FAMILY	GO FOR A WALK
PLAY A BOARD GAME	MAKE A PET ROCK	BLOW BUBBLES	MAKE A FORT (INSIDE OR OUTSIDE)	TAKE 5 DEEP BREATHS