

resources
for parents taking care of
their kids from home

MENTAL HEALTH AND ACTIVITY RESOURCES DURING THE 2019 NOVEL CORONAVIRUS (COVID-19) OUTBREAK



MANAGING YOUR MENTAL HEALTH

[Coronavirus: Mental Health Coping Strategies](#)
[Choosing sources of information carefully](#)
[Coronavirus: How to be mindful of your mental health](#)



BEING ACTIVE

[Fitness Blender - over 600 workouts that can be searched by length, difficulty, training type, calories burned and muscle group](#)
[Free yoga classes for all different levels](#)
[Free meditations](#)



STAYING CREATIVE

[12 Famous Museums offer virtual tours online](#)
[Cirque de Soleil has put up a fantastic 60 minute special, free, for all to enjoy](#)
[Highlights has reading, games, puzzles and more for you to check out](#)



ONLINE GAMES AND INTERACTIVES

[Calculation Nation - Challenge yourself or play against others](#)
[This website examines how different things work](#)
[Free online platform to learn coding](#)



EDUCATIONAL PODCASTS AND VIDEOS

[Half as Interesting uses comedy to look at and examine the underlying factors and concepts in many global events and breakthroughs.](#)
[The Best Ideas for Kids](#)



INDIGENOUS RESOURCES

[We Matter is a place to help indigenous youth get through hard times](#)
[Cleaning a Porcupine](#)
[Indigenous Canada is a 12-lesson Massive Open Online Course](#)
[Accessible Indigenous-made films from the National Film Board](#)

GIYAK MOSENG THE RIGHT PATH