



**CANADA**  
4-H Manitoba

# Intermediate, Senior & Adult Activities for Home

## Environment & Healthy Living

### Mental Health Week

4-H Canada has partnered with Kids Help Phone to provide mental health resources. Please see link below. Kids Help Phone is available 24/7 at 1-800-668-6868. If you are an adult member needing to talk, call MB Crisis Line at 1-888-322-3019.

### Yoga for Kids

While we are isolating, Yoga can be a nice break from our regular routine. Below are two fun Yoga routines for Teens. If you have a sibling, you could try the partner Yoga. Have fun.

### Win a Gift Card

Please send a little story about your favorite book to M4HC by **May 13th**. One \$25 Gift Card, which can be used online for McNally Robinson Booksellers, will be awarded by random draw.

### Photo Challenge

Send us your pictures of “What makes you smile”

Please send your pictures to [learns@4h.mb.ca](mailto:learns@4h.mb.ca)

(we hope to collate the information we receive and share it on our website and social media)