



CANADA
4-H Manitoba

Cloverbud & Junior 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

Yoga for Kids

While we are isolating, Yoga can be a nice break from our regular routine. Below are two fun Yoga routines for Kids. 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

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