



# Staying Active for Life with Lieutenant Governor Lois Mitchell!

Lieutenant Governor Lois Mitchell is an advocate for healthy living and physical literacy. Although COVID-19 places many restrictions on usual spring-time activities, fresh air and active play remains important for everyone.

We are pleased to share with you some suggestions for ways to keep the mind and body active while at home.

Active for Life is an organization created to help parents give their children the right start in life through the development of physical literacy. They've gathered hundreds of ideas and resources to provide a wide range of helpful, healthful activities for free.

Here are a few links to examples of their great activities:

- [13 fun activities to play in the dark](#)
- [Five Indigenous games to play with your children](#)
- [One piece of chalk, 8 active games](#)
- [12 ways to play with a cardboard box](#)
- [6 active games kids can play with a pair of socks](#)

We know that this is an especially stressful time for parents as well. Active for Life is also publishing articles to educate parents on easy and simple “self-care” techniques. We want to help make sure parents take care of themselves, so they are able to take care of their children.

Here are two links to examples of articles on “Self-Care”:

- [Parenting through the pandemic: Simple tips to help you cope](#)
- [A beginner’s guide to meditation for calming the mind and emotions](#)

For more information, please visit:  
[www.activeforlife.com](http://www.activeforlife.com)

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