

Hello Everyone,

The Family Activity Kits are coming your way soon! They are ready to be shipped. Each kit contains a calendar of ideas, walking bingo card, sidewalk chalk, variety of balls, frisbee and skipping ropes. Our hope is that the kits will support families to be active this summer. We've tried to include as many ideas as we could by using equipment in the kits, items around the house and in the backyard!

We are looking for your assistance. The kits for each community have been put together and are ready to be shared! **Please let Maryam know your drop off location (including the address) and we will make the arrangements to get the kits to your community.** Our goal is to get them to you before July 1, 2020.

Another way to support families to be active this summer is our online **Adventure Calendar**. It will offer families daily ideas for outdoor activities. The calendar will be launched on July 1. With a lot of us sticking close to home this summer and most organized activities on hold, the calendar will offer families daily ideas for active summer fun.

Families can expect:

- indoor options for stormy days
- small group and individual activities
- ideas that use limited equipment
- parent-free options to give parents/caregivers a break



I know you'll agree that it's especially important these days to add movement to our daily routines for our mental and physical health.

If you would like to assist us in promoting the adventure calendar, we've developed a couple of tools to help you promote the calendar as an option in your community. Visit www.saskatchewaninmotion.ca/post/adventure-calendar-toolkit to download:

- an image to promote the calendar on your web site
- social media content to help families in your hometown find the calendar

It's been a difficult time, but it has been nice to see so many families and community residents out walking and playing. Let's work together to keep up the momentum!

One thing hasn't changed over the last few months. Saskatchewan ***in motion*** is still here to help you keep your families moving.

We can't thank you enough for working with us to get the activity kits to families and to ensuring parents and caregivers are supported to keep the children and youth they care about active this summer!

Please let Maryam know if you need any assistance or further information. We are happy to answer any questions you may have or assist where we can. We look forward to continuing to work together as the year unfolds.

Take care and stay well.

— The team from Saskatchewan ***in motion***