

# Digital Wellness Choice Board

**Here are some great suggestions to help you remain calm and relaxed during tough times!**

*Adapted from @nugentTVDSB*

<b>COLOURING OR DRAWING</b>	<a href="#">Quick, Draw</a>	<a href="#">Colouring Pages</a>	<a href="#">Mandala Maker</a>
<b>READING</b>	Read Alouds <a href="#">School Mental Health Ontario</a>	<a href="#">Suggested Book List</a>	Stories Read to You <a href="#">Storyline Online</a>
<b>MUSIC</b>	<a href="#">Chrome Music Lab</a>	<a href="#">Dallas Symphony Orchestra for Kids</a>	<a href="#">Orchestra Games   Inside the Orchestra</a>

<b>HEALTHY EATING</b>	<a href="#">Frozen Smoothie Pops</a>	<a href="#">The Best Cake Recipe</a>	<a href="#">Healthy Breakfast Options</a>
-----------------------	--------------------------------------	--------------------------------------	---

<b>PUZZLE/GAME OPTION</b>	<a href="#">Sudoku</a>	<a href="#">Simon Memory Game</a>	<a href="#">Jigsaw Puzzles</a>
<b>CHRISTIAN MEDITATION</b>	<a href="#">A Daily Examen for Teens</a>	<a href="#">Sacred Silence- Christian Meditation</a>	<a href="#">Mindfulness and Meditation - warm up</a>
<b>COPING SKILLS</b>	<a href="#">Breathing Exercises</a>	<a href="#">Muscle Relaxation Exercises</a>	<a href="#">Thought Changing Exercises</a>

<b>GOING OUTSIDE</b>	<a href="#">7 Fun Outdoor Games Without Materials   Fun Outdoor Games</a>	<a href="#">Workouts for Outside</a>	<a href="#">Scavenger Hunt</a>
<b>EVERYBODY NEEDS SOME HELP SOMETIMES</b>	Text, Phone or Online Resources <a href="#">Kids Help Phone</a>	<a href="#">YCDSB Mental Health and Well-Being</a>	School Mental Health Ontario <a href="#">Students</a>