

March Break 2023

Saturday March 11, 2023	Sunday March 12, 2023	Monday March 13, 2023	Tuesday March 14, 2023	Wednesday March 15, 2023	Thursday March 16, 2023	Friday March 17, 2023	Saturday March 18, 2023	Sunday March 19, 2023
Play a board game with family or friends, healthy competition is good for brain exercise	Spend 10-15 minutes on self-reflection	Practice gratitude – what/who are you thankful for?	Go out for a walk on a sunny day	Practice abdominal/ deep breathing exercise	Look at the photos you love, share memories with friends/family	Practice positive self-affirmations	Sit quietly, or listen to calming music for 15-20 minutes	Get enough rest and recharge for return to school
Turn the TV off during meal times.	Learn about <u>Canada's Food Guideline</u>	Eating handful of nuts daily helps increase the healthy HDL cholesterol	<u>Explore seed's journey to a plant</u>	Let the kids help plan and make a meal today	<u>How to read a nutrition facts label</u>	Have a healthy breakfast today. Breakfast is breaking the fast after a long night of sleeping	Do you know <u>how tomatoes are grown?</u>	Try a colorful smoothie today, can use frozen fruits and yogurt to make a great thick smoothie.
Do a 30 minute yoga workout for stretching flexibility, and strength, follow a YouTube video	Try a body weight strength training workout	Go for a run if weather permits	Go swimming, inquire about open swim at a nearby Hamilton city recreation center	Go for a hike, see the list of hiking trails in "March Break Activities Around Hamilton"	Spend 30 minutes doing deep stretches for relaxation	Play badminton or basketball at a recreation center	As a family, engage in cleaning around the house	Play some music and dance around or follow a Zumba workout

Take a look at the "March Break Activities Around Hamilton" for information on various events taking place around the city.