

# MAY 2020

The Olympic Activity Calendar  
in collaboration with



## SCHOOL PROGRAM



### 2 EASY STEPS:

1. Download the calendar
2. Click on the link in red to discover the activity of the day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>WE ARE ALL TEAM CANADA</h1>						
3	4	5	6	7	1	2
<p><b>RELAXATION SUNDAYS</b> <a href="#">olympic colouring pages</a></p>	<p><b>CREATE A "WE ARE ALL TEAM CANADA" SIGN &amp; PLACE IT IN YOUR WINDOW!</b></p>	<p><b>WARM-UP WITH</b> <b>Jumpstart Bon départ</b> <a href="#">Rosie MacLennan</a> Head to <a href="#">@CTJumpstart</a> on <a href="#">f</a> <a href="#">i</a> <a href="#">t</a></p>	<p><b>TEAM CANADA Champion Chats</b> <a href="#">Mindfulness challenge</a></p>	<p><b>HOW ARE YOU CELEBRATING NATIONAL CHILD AND YOUTH MENTAL HEALTH DAY?</b>  Share your ideas with <a href="#">@komak</a></p>	<p><b>TUNE INTO</b> <a href="#">weekly live chats @ 1:30 EST</a></p>	<p><b>APRIL SHOWERS BRING MAY FLOWERS!</b> Plant a flower in your garden.</p>
10	11	12	13	14	8	9
<p><b>RELAXATION SUNDAYS</b> <a href="#">olympic colouring pages</a></p>	<p><b>ONE TEAM BLOG</b> Read about <a href="#">Dylan Moscovitch</a> and <a href="#">Eric Radford's</a> friendship.</p>	<p><b>WARM-UP LIKE A Field Hockey PLAYER.</b>  Jumping Jacks for 1 minute</p>	<p><b>TEAM CANADA Champion Chats</b> <a href="#">Active charades</a></p>	<p><b>ACTIVITY TIME! TIME TO CHALK YOUR WALK!</b> Head to <a href="#">@CTJumpstart</a> on <a href="#">f</a> <a href="#">i</a> <a href="#">t</a></p>	<p><b>TUNE INTO</b> <a href="#">weekly live chats @ 1:30 EST</a></p>	<p><b>LEARN TO PLAY rugby LIKE A PRO... AT HOME.</b> Great try!</p>
17	18	19	20	21	15	16
<p><b>RELAXATION SUNDAYS</b> <a href="#">olympic colouring pages</a></p>	<p><b>PRACTICE THE ART OF Judo!</b></p>	<p><b>REAL NEWS FOR REAL KIDS WITH</b> <a href="#">Check out the Olympic Coverage!</a></p>	<p><b>TEAM CANADA Champion Chats</b> <a href="#">Attitude for gratitude</a></p>	<p><b>WARM-UP LIKE A Gymnast</b>  Push-ups for 1 minute</p>	<p><b>TUNE INTO</b> <a href="#">weekly live chats @ 1:30 EST</a></p>	<p><b>WARM-UP LIKE A Golf PLAYER</b> Excellent... hole in one!  Arm circles for 1 minute</p>
24	25	26	27	28	22	23
<p><b>RELAXATION SUNDAYS</b> <a href="#">olympic colouring pages</a></p>	<p><b>WARM-UP LIKE A Soccer PLAYER.</b>  Squat for 1 minute</p>	<p><b>ACTIVITY TIME: TEST YOUR AIM WITH TARGET PRACTICE!</b> Head to <a href="#">@CTJumpstart</a> on <a href="#">f</a> <a href="#">i</a> <a href="#">t</a></p>	<p><b>ONE TEAM BLOG</b> Interview with <a href="#">Paralympian Kieran Block.</a></p>	<p><b>BATTER UP! MASTER THOSE softball skills.</b></p>	<p><b>TUNE INTO</b> <a href="#">weekly live chats @ 1:30 EST</a></p>	<p><b>WORK OUT WITH</b> <b>Jumpstart Bon départ</b> <a href="#">Jenna Cairn</a> Head to <a href="#">@CTJumpstart</a> on <a href="#">f</a> <a href="#">i</a> <a href="#">t</a></p>
24	25	26	27	28	29	30
<p><b>RELAXATION SUNDAYS</b> <a href="#">olympic colouring pages</a></p>	<p><b>WARM-UP LIKE A Soccer PLAYER.</b>  Squat for 1 minute</p>	<p><b>ACTIVITY TIME: TEST YOUR AIM WITH TARGET PRACTICE!</b> Head to <a href="#">@CTJumpstart</a> on <a href="#">f</a> <a href="#">i</a> <a href="#">t</a></p>	<p><b>ONE TEAM BLOG</b> Interview with <a href="#">Paralympian Kieran Block.</a></p>	<p><b>BATTER UP! MASTER THOSE softball skills.</b></p>	<p><b>TUNE INTO</b> <a href="#">weekly live chats @ 1:30 EST</a></p>	<p>Send us an email at <a href="mailto:cosp@olympic.ca">cosp@olympic.ca</a> to tell us about your favourite activity this month!</p>