

Kentville PLAYS KIT

A white silhouette of a tree with a thick trunk and a full, rounded canopy. A small figure of a person is shown swinging on a swing set that is part of the tree's structure.

Youth Kit #1

PARKS &
RECREATION

Kentville



Kentville Plays Kit Liability Waiver

The use of recreation equipment and materials, like any recreational activity, has inherent risks.

For example, the risks of using this equipment include, but may not be limited to:

- Feelings of excitement and fun
- Increased physical & mental health, fitness, and physical literacy
- Sounds of excitement and fun
- Bruises and abrasions to the legs, arms and/or hands
- Getting hit by a motor vehicle
- Head, neck, and/or spinal injury
- Death and/or dismemberment

I hereby understand and acknowledge that the use of The Kentville Plays Kit may expose me to many inherent risks, including accidents, injury, illness, or even death. I assume all risk of injuries associated with participation including, but not limited to, falls, contact with other participants, equipment failure, the effects and all other such risks being known and appreciated by me.

I understand that all instructions, laws, and rules for safe participation must be followed and that the **SOLE RESPONSIBILITY FOR ME AND MY FAMILIES PERSONAL SAFETY REMAINS WITH ME**, including our physical and emotional preparation and fitness to participate.

With my and my families participation with the Kentville Plays Kit, I agree, for myself and anyone entitled to act on my behalf, to **HOLD HARMLESS, WAIVE AND RELEASE** the Town of Kentville, its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands or claims of any kind arising out of my participation in Town of Kentville use of equipment.

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Welcome to your Rec Kit!

These items have been selected to help you connect with yourself and your community through activities you can explore and enjoy for life.

Each kit will come with a guide for using your items and finding the resources that are available to you in your community. Each set of instructions can be added to this folder. As your kit grows, you'll be able to use and reuse items from previous kits and find new ways to use what you already have in your home. Some items such as cards and your frisbee can be used endlessly. Other items like your paint set will be used in future kits, so be mindful not to use it all at once!

The first and most important item in this kit is your rec journal.

Each delivery, we will provide you with prompts and questions that will get you thinking about what you most enjoy doing, and how that can help you get through your toughest days. We encourage you to write down how you feel before and after each activity, so you can keep identifying things you like and don't like. Then you'll be able to let us know so we can make each kit better and better. You might be surprised at how much you enjoy an activity you didn't think you were interested in.

It's also totally okay if you don't enjoy every activity that you try or that's included in your kit! Trying different types of activities helps us figure out what we are and aren't interested in. The more you try (and fail!) the better you'll be able to understand and explain to others what you enjoy doing. Try and come up with different ways to use the materials provided! Make your kit your own!

If you have any questions about your kit you can contact the Kentville Recreation team at recintern@kentville.ca

In this week's kit you'll find:

- Journal
- Pen and pencil
- Crafting cord
- Scissors
- Acrylic paint
- Paint brushes
- Cards
- A small pot
- Frisbee
- Canvas
- Ruler
- Sand
- Garbage bag
- Gloves

Activities include:

- Journaling
- Erase Your Trace
- Knot tying
- Macramé
- Yoga
- Painting
- Card games
- Fitdeck
- Frisbee golf
- Running
- Zen Garden



Your Journal

Journaling can be really rewarding, but sometimes it can feel like our thoughts and feelings aren't special enough to write down. Writing down any and everything is the best way to get started, but we have a few prompts written below to help you start breaking down that wall and putting the pen to paper.

Each week we'll try and provide a few more prompts and each activity will have some questions you can answer to better understand where you find the most enjoyment in life.

To start, here are a few ideas you can write down on paper:

What's something you miss from school/work that you didn't think you would?

What is your favorite thing to do after you've had a long day?

How does it make you feel better?

Why don't you do it more? How can you do it more?

What are the things you love best about yourself? What are your best features? When do you feel most connected to your best self?

Write a letter to someone, anyone!

Is there someone you miss in quarantine? Is there someone you miss in general? Is there someone that's helped you cope while you've been isolating that you want to show appreciation for?

You don't have to share it with them unless you want to, but writing it down can help you process your feelings.

One-liners

This one is super fun and easy to do. Just write down random sentences – or parts of sentences – that you think are fun or quotable. Think of some famous movie quotes to get you started. It can be cheesy, funny, insightful, whatever you want.

Erase Your Trace

Throughout this kit, you are encouraged to go outside, connect with nature, and move your body. The next page provides you with some guidelines on how to enjoy nature without harming it and how to Leave No Trace.

We challenge you not only to minimize your own impact on the environment, but to make a real difference by participating in the Nova Scotia One Bag Challenge. Whether you're just looking for a reason to get outdoors, or if you're already outside participating in one of your many Kentville Plays Kit activities, take the garbage bag and gloves provided along with you and try do your part by picking up any trash you find on your way! If you are using a Kentville trail, you can leave bagged garbage at the trail's entrance/exit on your way out between Monday and Friday. If you are using a trail outside of Kentville please be sure to pack up and dispose of your garbage when you leave.

You can share your results with the **Nova Scotia ONE Garbage Bag Challenge** group on Facebook by taking a photo and uploading it for folks across the province to see!

This is an easy way to make your community a better place, and to get active!

After you've filled your bag think about how you feel.

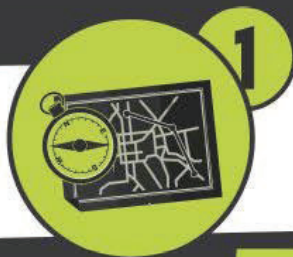
By being mindful of your surroundings and taking one plastic bag with you, you've:

- Helped your community
- Helped the environment
- Connected with nature
- Connected with others
- Gotten active

That's pretty awesome!!



THE LEAVE NO TRACE SEVEN PRINCIPLES



1 PLAN AHEAD AND PREPARE

Know the regulations and special concerns for the area you'll visit. Prepare for extreme weather, hazards, and emergencies. Schedule your trip to avoid times of high use. Visit in small groups when possible. Consider splitting larger groups into smaller groups. Repackage food to minimize waste. Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

TRAVEL AND CAMP ON DURABLE SURFACES

Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow. Protect riparian areas by camping at least 200 feet from lakes and streams. Good campsites are found, not made. Altering a site is not necessary. In popular areas: Concentrate use on existing trails and campsites. Walk single file in the middle of the trail, even when wet or muddy. Keep campsites small. Focus activity in areas where vegetation is absent. In pristine areas: Disperse use to prevent the creation of campsites and trails. Avoid places where impacts are just beginning.



3 DISPOSE OF WASTE PROPERLY

Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter. Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished. Pack out toilet paper and hygiene products. To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

LEAVE WHAT YOU FIND

Preserve the past: examine, but do not touch cultural or historic structures and artifacts. Leave rocks, plants and other natural objects as you find them. Avoid introducing or transporting non-native species. Do not build structures, furniture, or dig trenches.



5 MINIMIZE CAMPFIRE IMPACTS

Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light. Where fires are permitted, use established fire rings, fire pans, or mound fires. Keep fires small. Only use sticks from the ground that can be broken by hand. Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.



RESPECT WILDLIFE

Observe wildlife from a distance. Do not follow or approach them. Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers. Protect wildlife and your food by storing rations and trash securely. Control pets at all times, or leave them at home. Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.



7 BE CONSIDERATE OF OTHER VISITORS

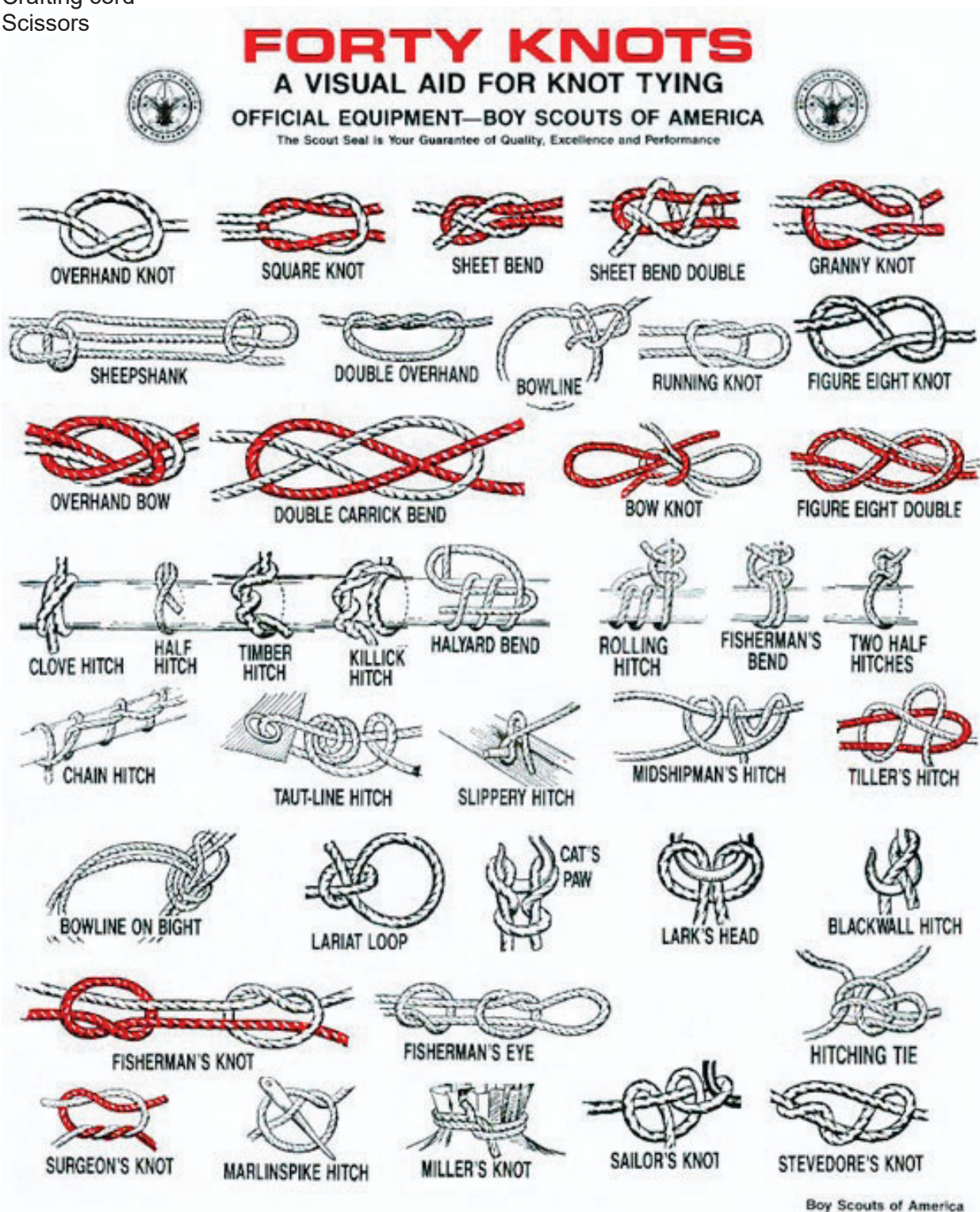
Respect other visitors and protect the quality of their experience. Be courteous. Yield to other users on the trail. Step to the downhill side of the trail when encountering pack stock. Take breaks and camp away from trails and other visitors. Let nature's sounds prevail. Avoid loud voices and noises.

Knot tying

Knot tying is a simple activity that can come in handy whether you're decorating your house, putting on a necktie, or going rock climbing! It's a super versatile activity and will help us out with our next project, macramé. Here are a few knots to get you started. You can find more at 101knots.com or animatedknots.com.

What you'll need:

- Crafting cord
- Scissors



Macramé

Macramé is a crafting technique that uses different knots to create shapes and patterns. In this example, your creation will be used to hold a planting pot, though it could easily hold a jar or other decoration as well. Your kit includes macramé cord and other items you may need, but if you'd like to explore other variations, you can easily use alternate materials such as string, yarn, or strips of old clothing and fabric if you don't have access to the type of cord provided. We even tried it out with old shoelaces! You can see the result in the pictures alongside each step.

What you'll need:

- Crafting cord
- Scissors
- Your pot

This is a very simple tutorial, but feel free to add more complicated patterns and knots from the last activity if you're up for the challenge!

Step 1: Measure out your cording. It's recommended to use 4x the length you would like your hanging to be, but there are tons of other ways to calculate your length. You've been given 10ft of material to work with. It's estimated you'll only need 8ft for your piece, but feel free to use the extra length to get more creative with your knots, or to keep the extra 2ft to keep practicing knots above.

Step 2: Cut your cord into four equal pieces (2ft each or 2.5ft if you're using the whole length).

Step 3: Fold the cords in half. Tie a knot at the top of the fold. This is what you'll use to hang your piece. Clean up the knot by tugging on the cords so it's nice and neat.



Step 5: Take any two cords and tie a knot a little ways down. Do this with each one until you have something like this. Make the knots even all the way around. If it makes it easier, hang it up on something before you start tying – a cabinet knob, a doorknob etc.



Macramé Continued

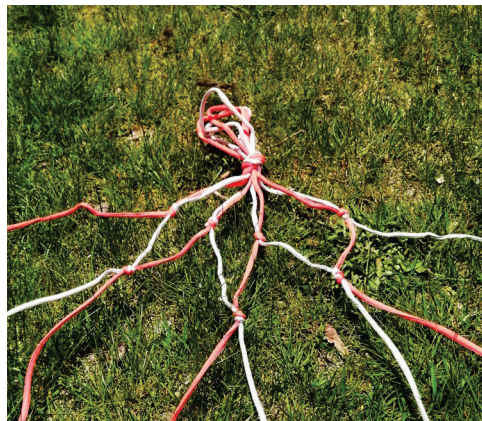
Step 6: Now take two of the knots you just made and grab one cord from each one of those knots and tie those cords together with another knot. Go all the way around until you have four knots. Make sure they are all equal. This will be your second row of knots and you will see the hanger start forming. This is your light bulb moment!

Step 7: Repeat step 6 and make another, third row of knots. With these little jars, I found three rows of knots to be the best.

Step 8: Put your pot in there and make sure it fits. If it doesn't, then just adjust your knots a bit or stretch them out as much as you can. If it does fit in there – then just tie all the loose ends at the bottom into a big knot. This big knot will be the bottom of your jar hanger.

Step 9: You can trim the excess hanging from the knot or keep it long. Place your pot inside, hang it up and enjoy.

This one was made with old shoelaces! It also only has two sets of knots, so yours may look slightly different. You can really use anything for macramé! If you have a jar, you could put lights or a candle inside for a night light or beautiful outdoor decoration. The examples below show a few different options.



When you're ready, check out the paint your pot activity to decorate it, and be sure to hold onto your piece! In your next kit we'll be planting in your pot, so start thinking of a sunny spot where you can hang your creation.

Use your journal to reflect on your day and this activity a little more. Once you piece together how you feel about this type of activity, let us know by writing to us or filling out the form at the back of this kit. Here are a few more prompts to start you off.

What senses did you use during this activity?

Did the cord have a smell?

How did it feel in your hands? Soft? Scratchy?

Were you happy with the spot you hung it?

What did you enjoy about this activity? Maybe you didn't enjoy it at all!

Why? Why not?

Fitness

Making sure your body is strong, flexible and mobile is important all throughout life. Working out can seem intimidating at times, and even kind of boring if you're doing it by yourself. Try and find ways to do your workouts outside to get the most out of them. You'll be amazed at how much more you can enjoy the same activity by doing it out in nature instead of cooped up in your house. With that said, these exercises are totally doable indoors on a rainy day too!

Whip out your journal and try and set a goal or two to start moving your body! Getting started is half the battle. Maybe your goal is to do each activity every day, or maybe you just want to try each one over the course of a week, that's awesome! Do whatever feels manageable and motivational for you, and track your progress!

Here's an example of goals you could make in your journal and how you can keep track of them!

My goal is to improve my fitness by using my fitdeck and going for a walk 5 days this week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	x		x	x	x	

Make comments on how you're feeling each day. Maybe you're getting too sore and need to stretch out with one of your yoga workouts. Maybe it was super rainy and that ruined your plans. Don't feel like missing your target means you've failed, it just means maybe you need to try something different and mix it up, or maybe your body is telling you that you need rest. Maybe you need to focus on another activity that uses your hands or gets you thinking so that you can stay fresh for your next workout. Find YOUR fitness routine, whether it's running around a soccer field, walking your dog or a funky dance routine with your friends. Movement is medicine!

A Note on Body Positivity

Living an active and healthy lifestyle is important regardless of your unique and individual fitness goals. The activities in this kit are meant to offer you a starting point to develop an understanding of your own interests around physical activity. Being active doesn't always mean doing what you're doing as fast as possible. It can be easy to get down on ourselves when we're not progressing as quickly as we'd like. Start by getting to know your body and getting in the habit of thanking it (in your head or on paper) for how much it does for you each day. Have fun, and be kind to yourself!

Running

How could you forget running! Even if you're someone that hates running (many of us do!), it's such an important part of almost every sport or activity you can think of. Although you might not think running is pretty easy as far as instructions go, making sure you're thinking about your form and technique can prevent injuries to your lower back, knees, legs and more.

Running is also an activity where we can sometimes overdo it. It's much better (especially when just starting out) to try and run every second day rather than 4 days in a row and hurt yourself or feel too tired to go again for the rest of the week or longer. Once again, make your goals manageable for where you're at right now, rather than where you want to be. Start off by walking for 30 minutes, then maybe you can run for 5 minutes and walk for 10. Then run for 10 and walk for 5! You'll gradually find yourself running longer and longer without breaks (but remember to still take breaks when you need them!)

The next few pages will provide you with running tips from Kids Run Club's Running Handbook. These will help with your running technique and show you how to warm up, cool down and stretches to prevent injury. Plus, more reasons why staying active matters!

You can register and find their full handbook at <https://kidsrunclub.ca/program-resources>.

BENEFITS OF PHYSICAL ACTIVITY

Being active everyday can improve your health by:

- making you **STRONGER**
- strengthening **YOUR HEART**
- **FIGHTING OFF ILLNESS** and disease
- making you **STAND TALL**, have good balance and be more flexible
- helping you **GROW**
- helping you **ACHIEVE A HEALTHY WEIGHT**
- providing chances to **MEET NEW FRIENDS**
- improving your **SELF-ESTEEM**
- **RELIEVING STRESS** and helping you relax

STAND WHEN YOU CAN!

Canadian kids spend about 65% of their day not moving. You need to limit your down time, so **stand when you can!**

- Stand while talking on the phone or doing homework
- Stand up and move around during tv commercials
- Speak to your teacher about standing in class
- Stand up and move around once per hour whenever you can

FUNDAMENTAL MOVEMENT SKILLS

Did you know you need to learn how to move?

Being active when you're young is important not just to develop strong, healthy bodies, but to teach your body how to do things like run, jump, and throw. Just as you need to learn about the letters of the alphabet before learning to read a book, you need to learn how to balance on one foot, jump off one foot and land on the other and kick a ball before playing soccer. That's why Doctors Nova Scotia wants you to be active every day, in a whole bunch of ways! For more information about Fundamental Movement Skills, check out www.activeforlife.com

PHYSICAL ACTIVITY MAY HELP YOU LIVE LONGER!

HELPING YOUR FAMILY BE HEALTHY

»» Did you know that as a kid you can help the rest of your family to live healthier? It's true. Before kids took charge, few people recycled. Kids educated their parents on how to look after the environment. Now most families recycle and compost. It's your turn to teach your family how to take care of their bodies.

Try these ways to make healthy living part of your everyday lives:

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> • GET THE WHOLE FAMILY OUTSIDE—we tend to be more active outside • Suggest that you park the car and WALK OR BIKE TO SCHOOL, the store or the park • Challenge your parents, brothers or sisters to TRAIN FOR A FUN RUN or 5K and do it together • For birthdays and special occasions ASK FOR GIFTS THAT MAKE YOU ACTIVE | <ul style="list-style-type: none"> • CREATE GAMES where everyone must be moving • REPLACE TV AND VIDEO GAMES with an hour of active family time • During TV commercials, TRY TO DO SOMETHING ACTIVE like jumping jacks, skipping or running the stairs • EAT MEALS AT THE TABLE with your family • Learn how to READ NUTRITION LABELS see page 36 | <ul style="list-style-type: none"> • GO GROCERY SHOPPING with your parents and pick out some healthy foods together • Help plan the week's menu in advance to AVOID LAST MINUTE "FAST" FOOD • Stick with WATER, as your main drink when thirsty • Get your whole family to do the HEALTHY LIVING CHALLENGE on page 34 |
|--|---|---|

⚡ GET READY TO RUN



SAFETY TIPS

Staying safe while running is really important so here are some tips to help keep you safe:

- **BE AWARE** of what's going on around you
- **RUN WITH A FRIEND** if possible
- **TELL SOMEONE** where you're running and how long you'll be gone
- **RUN ON SIDEWALKS** or grass
- When on the road, **RUN FACING THE TRAFFIC** and stay in single file
- **NEVER RUN** through wooded areas **ALONE**
- **WEAR BRIGHT, REFLECTIVE CLOTHING**, especially at dusk or in the dark
- When crossing streets at intersections, **MAKE SURE CARS HAVE STOPPED** and walk, rather than run, across the street
- If you wear headphones, **KEEP THE VOLUME LOW** and use only one ear-piece
- Take a **WALKIE-TALKIE OR A CELL PHONE** if you have one
- **BE SUN SAFE**. Use sunscreen & lip balm (SPF30+), wear a hat & sunglasses and keep shoulders covered

WHAT TO WEAR WHEN RUNNING

CLOTHING

You don't need special running clothes to participate in Kids Run Club. Here's all you need to know about running clothing:

- Wear something comfortable that isn't too tight or too loose
- Dress to stay cool in the heat and warm in the cold
- Dress in layers
- Don't overdress, under dress by a little and you'll be just right
- Have a change of clothes and footwear at school for wet weather days



SHOES

Although proper running shoes are best for running, any kind of sneaker will do for this program. Here's all you need to know about running shoes:

- Use sneakers, not boots, sandals or shoes with raised heels
- Make sure they fit properly (a thumbnail's space between big toe and end of shoe)
- Tie your shoes properly - not too tight, not too loose
- Wear socks that will not fall down, wrinkle and cause blisters
- To dry wet shoes, stuff them with newspaper and leave them in a warm place



RUNNING TECHNIQUE



HEAD-TO-TOE RUNNING FORM CHECKLIST

Using proper running technique can help you run better and avoid injury. Go through this head-to-toe checklist several times while you run.

HEAD & SHOULDERS

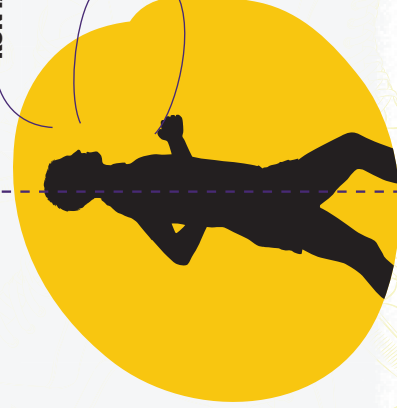
- Stay upright and “run tall”
- Look about 20 feet ahead of you
- Keep head, shoulders and hips lined up over your feet
- Keep your shoulders relaxed not bunched up towards your ears

KEEP HEAD, SHOULDERS AND
HIPS LINED UP OVER YOUR FEET

RUN TALL

LOOK 20 FEET
AHEAD

SHOULDERS
RELAXED



WHERE SHOULD YOUR FOOT LAND:

Good running form includes having your foot land below your body, not in front. Most new runners overstride and reach in front of their bodies landing on their heels. If you start taking quicker steps, your foot will land more under your body and result in your landing on the ball of your foot and rolling off your toes.

TRUNK & ARMS

- Stay relaxed without being sloppy
- Don't arch your back
- Bend your arms at a 90-degree angle and swing them from front to back, not side to side
- Keep your hands cupped loosely, not in a fist
- Don't bend forward at your waist

BEND ARMS
90-DEGREE ANGLE

STAY RELAXED

CUP HANDS
LOOSELY



DON'T ARCH BACK

LEGS & FEET

- Don't bounce - think of going forward not up
- Run quietly without pounding or slapping the ground as you run
- Take quick steps, about 180 per minute (count each step in 30 seconds and multiply by two)

DON'T
BOUNCE

RUN QUIETLY

TAKE QUICK
STEPS



RUNNING UPHILL

LEAN FORWARD
SLIGHTLY

PUMP YOUR
ARMS

LOOK UP
THE HILL



LAND ON
YOUR TOES

IT'S OK TO
SLOW DOWN

- Lean forward slightly without hunching over
- Keep your back straight
- Pump your arms hard
- Shorten your steps slightly
- Look part way up the hill, not at your feet
- Land on your toes or balls of your feet rather than your heels
- It's ok to slow down a bit, especially on steep hills

BREATHING

- Your body needs oxygen to run so breathe in and out through your mouth
- Expect to breathe heavily when you run
- If you're breathing so hard you can't talk, you are running too fast
- Expect to breathe more heavily when going up hills or against the wind

BREATHE
THROUGH
YOUR MOUTH



BREATHE
DEEPLY

RUNNING DOWNHILL

- Lean forward slightly

- Run quietly, no pounding!

- Let your arms relax and lower a bit

- Land on your heels keeping your knees bent

- Take quick short steps

LEAN
FORWARD

RELAX ARMS



TAKE
QUICK
STEPS

DON'T POUND

LAND ON HEELS

GETTING RID OF A SIDE-STITCH

(A SHARP PAIN IN YOUR SIDE, NOT A TUMMY-ACHE FROM RUNNING AFTER EATING)

- Slow down a bit but keep running

- Breathe in through your nose and blow out hard through your mouth for 30 seconds or until the stitch goes away

- If you feel the stitch coming back, repeat

- If this doesn't work, you may want to walk and continue with nose-mouth breathing until the stitch goes away. Start running again slowly once the pain has gone away.

BREATHE IN
THROUGH
YOUR NOSE -
OUT THROUGH
YOUR MOUTH



BREATHE
DEEPLY

STRETCHING

Stretching is an important part of your running routine.

Stretching helps prevent injuries, stiffness and leaves your muscles relaxed. You should stretch once your muscles are warm, not before exercising when your muscles are cold.

The stretches listed in this handbook are related to running but there are lots more stretches you can do. Ask your gym teacher or running coach to show you more if you're interested.

KEEP THE
FOLLOWING TIPS
IN MIND WHEN
STRETCHING

- **DON'T BOUNCE**
- **BREATHE** and stay relaxed
- Hold all stretches for **15-30 SECONDS**
- **REPEAT** all stretches two or three times
- **SHAKE LEGS** out between stretches
- **STRETCHING SHOULDN'T HURT**, but you should feel your muscles pulling then relaxing
- **DON'T STRETCH AN INJURED MUSCLE** unless a medical professional has told you to
- **STRETCH BOTH SIDES** of your body evenly

QUADRICEPS (the front of your thigh)

- Hold something for balance (a wall or partner's shoulder)
- Bend left leg and hold with left hand
- Keep right leg slightly bent
- Keep knees together
- Stand up straight
- Gently press left hip forward
- You should feel the stretch in your left thigh and hip
- Repeat the stretch with right leg

CALVES (the back of your lower leg)

- Take a big step forward
- Keep both feet pointed forward
- Bend front leg forward without letting knee go past toes
- Keep the heel of your back foot on the ground
- Keep upper body straight, don't lean forward
- You should feel the stretch in the calf of your back leg
- Switch legs and repeat

HAMSTRINGS (the back of your thighs)

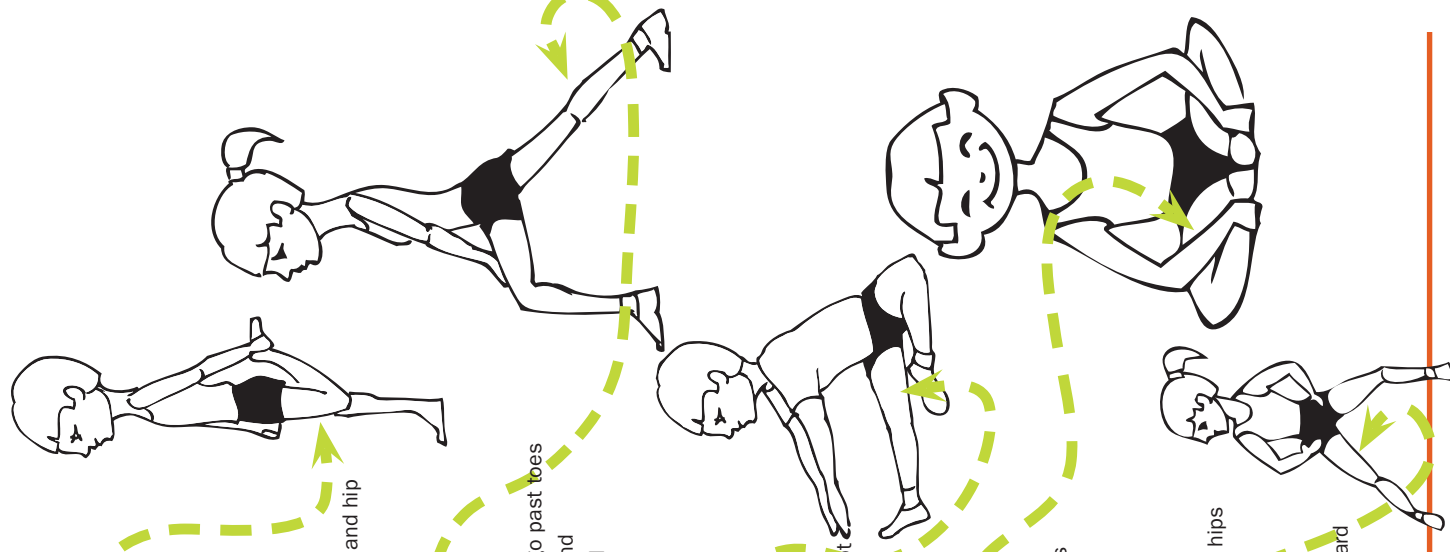
- Sit on the floor with one leg out straight and the other tucked in towards your body
- Keep back straight and lean towards the foot that is extended
- Switch legs and repeat

INNER THIGHS (seated stretch)

- Sit on the ground with feet pulled up towards you, knees out to the side
- Place hands on ankles and elbows on knees
- Keep back straight and bend forward, pressing knees gently with elbows

INNER THIGHS (standing stretch)

- Stand with feet spread fairly wide, hands on hips
- Keep feet pointed forward
- Bend left knee, bringing your weight over to that side
- Keep right leg straight with knee facing forward
- Switch sides and repeat





INJURY PREVENTION AND TREATMENT

INJURY PREVENTION

Getting injured while running can be a real drag so try to prevent getting hurt by following these tips:

- **ALWAYS WARM UP** before running by walking or jogging slowly
- **TRY TO IMPROVE** your running technique
- Wear **SNEAKERS THAT FIT** properly and are tied
- **AVOID THE TERRIBLE TOOS** - doing too much, too soon, too fast
- Increase your running distance and speed **GRADUALLY**
- **BE CAREFUL** when running on uneven ground to avoid spraining an ankle
- **STRETCH** after every run

INJURY TREATMENT

When you begin running, you may have some aches and pains. Part of this may be your body getting used to running. You'll be able to deal with these issues by stretching, staying active and continuing with your running. Other aches and pains, especially ones that are sharp and don't go away, may need more attention, possibly from your doctor.

Most common running injuries like muscle strains and sprained ankles can be treated at home with your parent's help. Treat these injuries using the **R.I.C.E** method:

RICE

REST: Take a few days off from running or any activity that hurts

I

ICE: For the first 48 hours after the injury, ice the sore area for 15 to 20 minutes, three or four times a day. Use a bag of frozen peas, corn or crushed ice. To protect your skin from the cold, place a thin cloth under the ice

C

COMPRESSION: Have an adult apply a wrap to the area to prevent swelling. It should be snug but not so tight that the area becomes cold or falls asleep

E

ELEVATE: Keep the injured area up on a pillow (elevated above your heart) as much as possible to prevent further swelling











>>> If you get a sharp pain while running, slow down or walk for a while to see if the pain goes away. If it doesn't go away, tell your parent or coach about it. It's important to see your doctor if you have pain that won't go away, especially if it hasn't improved after using the R.I.C.E method.

HEALTHY LIVING CHALLENGE

Leading a healthy life isn't as hard as you think.

Your goal is to get 90 minutes of physical activity, replace an unhealthy food or drink with something healthy and spend at least 1 hour less in front of a screen everyday for five days. Encourage your family to take on the Challenge with you. Plan a family event like going bowling or for a hike to celebrate having completed the Challenge.

HERE'S A CHANCE TO GIVE IT A TRY.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
1 PHYSICAL ACTIVITY >> Colour in one bar for every 10 minutes of activity you do	 My favourite activity <input type="text"/>	 My favourite activity <input type="text"/>	 My favourite activity <input type="text"/>	 My favourite activity <input type="text"/>	 My favourite activity <input type="text"/>
2 HEALTHY EATING >> Choose healthy foods and drinks often.	Today I ate/drank <input type="text"/> instead of <input type="text"/> <i>(something healthy)</i>	Today I ate/drank <input type="text"/> instead of <input type="text"/> <i>(something healthy)</i>	Today I ate/drank <input type="text"/> instead of <input type="text"/> <i>(something healthy)</i>	Today I ate/drank <input type="text"/> instead of <input type="text"/> <i>(something healthy)</i>	Today I ate/drank <input type="text"/> instead of <input type="text"/> <i>(something healthy)</i>
3 SCREEN TIME >> Reduce your screen time by at least one hour.	I reduced my screen time by 1 hour today  What I did instead: <input type="text"/>	I reduced my screen time by 1 hour today  What I did instead: <input type="text"/>	I reduced my screen time by 1 hour today  What I did instead: <input type="text"/>	I reduced my screen time by 1 hour today  What I did instead: <input type="text"/>	I reduced my screen time by 1 hour today  What I did instead: <input type="text"/>

[illegible]

Fit Deck

Ever think of a deck of cards as being a workout tool? This deck of cards can be used for fun with others, or as a fitness deck to get a full body workout in no time at all.

Draw a card and complete the task associated with the suit/number:

♣ = pushups ♥ = squats ♠ = crunches ♦ = jumping jacks

Shuffle up your deck, draw a card, and do the corresponding number of that suit's exercise.

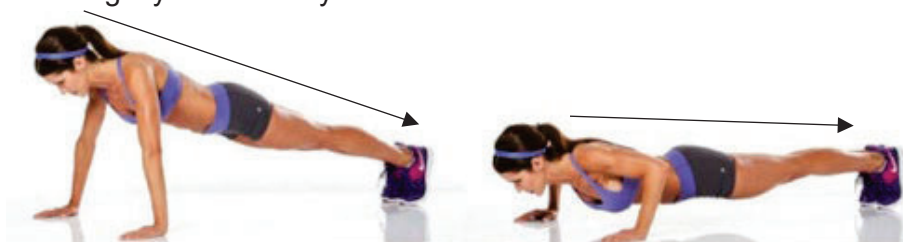
Example: If you drew a 2 of clubs, you'd do 2 pushups!

Note: Jack, Queen, King, Ace = 10

The exercises shared with you were selected because they strengthen different parts of your body.

Pushups are an awesome way to build upper body strength. The three major areas they build strength in are your **chest (pecs)**, **shoulders** and **triceps**, but by engaging your core and using proper form you can build those **ab muscles** and strengthen your **lower back** too!

1. Get down on all fours, placing your hands slightly wider than your shoulders.
2. Straighten your arms and legs.
3. Lower your body until your chest nearly touches the floor.
4. Pause, then push yourself back up.
5. Repeat.

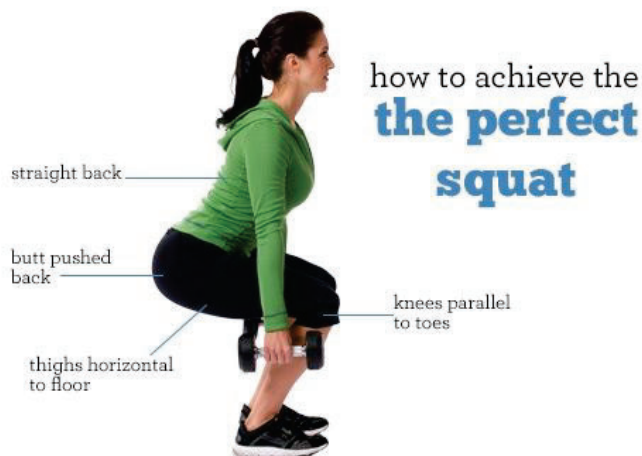


Although these instructions seem simple, it's very important to make sure your **core** stays tight and your back stays straight. Think about pulling your bellybutton in. You should be able to draw a straight line from your neck to your tailbone like the woman pictured. If you're collapsing your core, **it's much better to do a modified pushup on your knees** or against a bench or wall like the man to the right. Focus on being able to keep your back straight and core tight. Otherwise you may injure your back.



Squats are great for working your lower body, including your hips, legs, glutes, abs, shoulders, and back. There are also many variations that allow you to focus more specific areas. Strengthening these muscles can help make sure your joints and ligaments are safe from injury when playing sports or doing more aerobic or high impact workouts.

1. Stand up straight, with your chest up and feet shoulder width apart.
2. Engage that core! Notice a pattern?
3. Start to squat by bending at the knees, pushing back your butt
4. Move slowly until your knees and toes are parallel. Don't go any lower than parallel to the floor!
5. On the way back up, keep moving slowly, make sure you don't lock your knee in once you get to the top! There should always be a little bit of bend.



Keep your core and upper body engaged. As you progress, you can make it more challenging by grabbing a weight of some sort. Hold onto a book or even your pet! Just make sure you're still doing it correctly.

Crunches work that core core core! As you move through or build your exercise capacity, you'll find that a strong core is mentioned in almost everything you do. It makes sense, right? The core of something keeps it from crumbling, and making sure yours is strong will help you in everything from sitting in class, going for a light run and any other sport or activity you find yourself taking part in.

1. Lie down on your back.
2. Bend your legs and stabilize your lower body.
3. Cross your hands to opposite shoulders, or place them behind your ears without pulling on your neck.
4. Lift your head *and* shoulder blades from the ground. Exhale as you rise.
5. Lower, returning to your starting point. Inhale as you lower.



Jumping Jacks will get your heart rate up! It's important to make sure you're including activities that focus on keeping your heart healthy. This will make getting up that pesky hill (or set of stairs) much easier in daily life by improving your energy levels and will go a long way as you look to advance in sports or your own physical activity goals.

1. Stand upright with your legs together, arms at your sides.
2. Bend your knees slightly, and jump into the air.
3. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head.
4. Jump back to starting position.
5. Repeat.



This exercise involves more impact on your joints as you jump so it's even *more* important to make sure you have good posture and are keeping your back straight and core tight.

Each day try and draw 10 cards. After your workout you can track it in your journal! It can be as simple as writing or drawing what cards you picked and how tired or energized you felt afterwards. If you're someone that likes having a friend to exercise with, pair up over zoom or get outside and have a socially distant work out with your neighbour. Set yourselves a routine so you can look forward to it together and keep each other accountable and motivated!

If you have other exercises you'd like to assign to each card, go for it! We'll be providing some new ones in your kits. At the end of each week take a look at your results so far. Have you noticed a difference in your ability to complete different numbers or exercises?

Yoga

Yoga offers so many benefits. If you prefer slower, focused activities that strengthen and enhance flexibility, yoga is great for a lower-intensity workout focused on mindfulness and breathing patterns. For people who like a more extreme workout, yoga will keep you strong and safe from injury, offering an active way for you to rest and recover.

Transition slowly between the poses below.

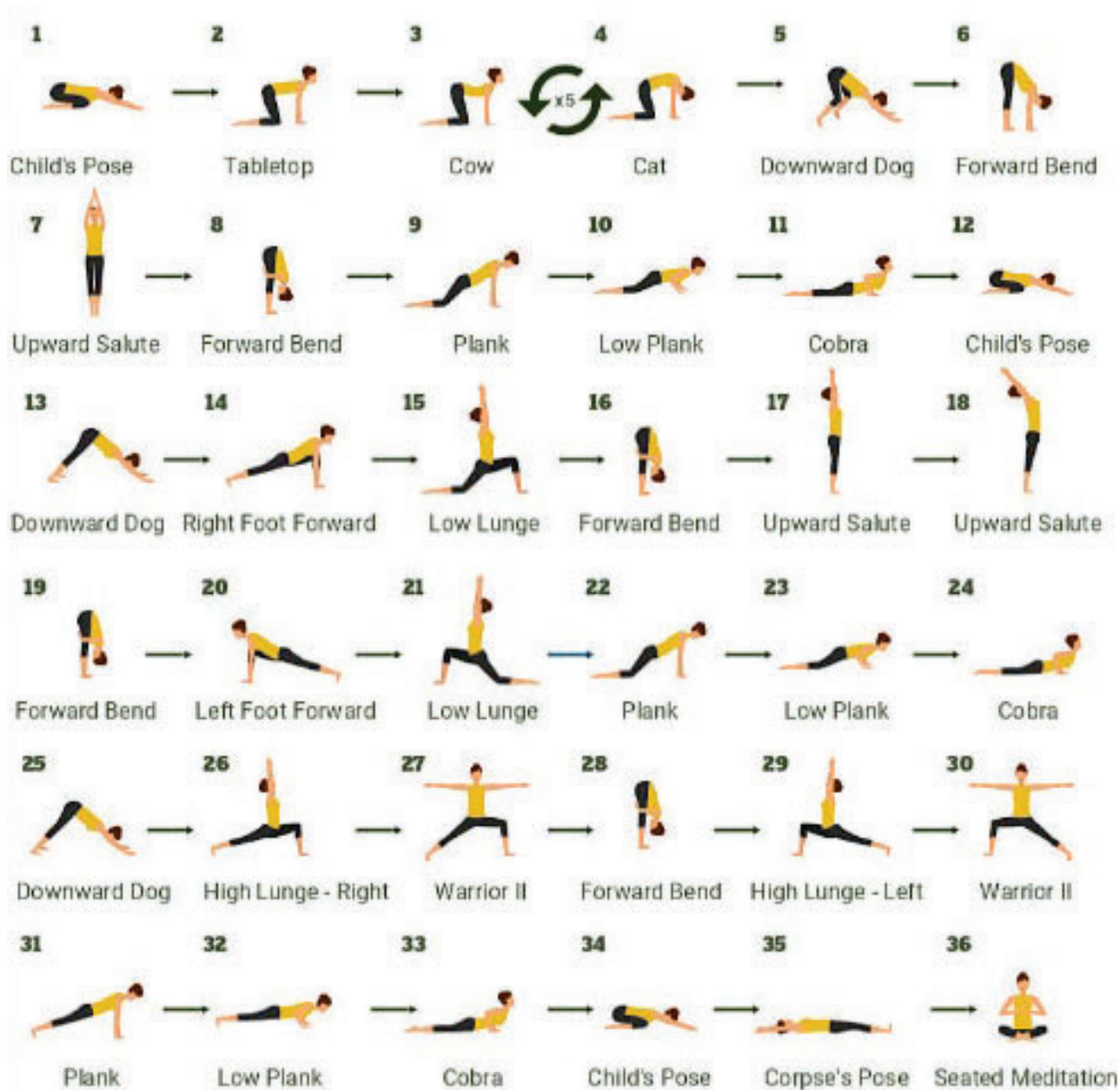
Focus on your breathing, taking air **in through your nose** and **out through your mouth**.

Try and inhale over 5 seconds, feeling your chest and lungs inflate.

Breathe out as long as it takes for your lungs to empty again.

Hold each pose between 10 and 30 seconds, using your breath as a measure.

When transitioning between poses, move slowly to the next pose while you breathe **out**.

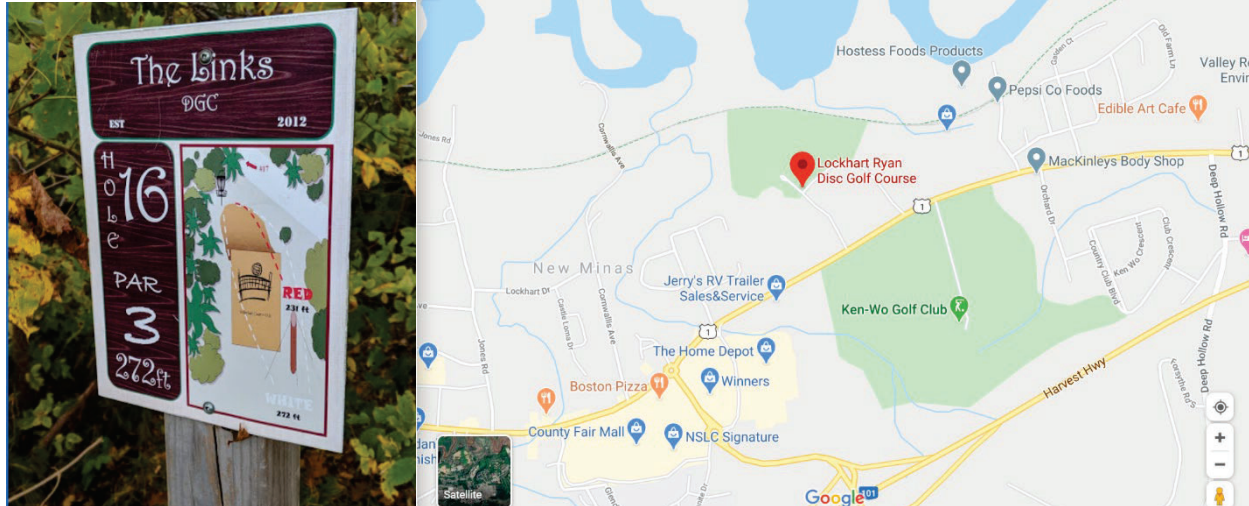


If you find yourself getting distracted, hold the pose you're in and reconnect to your breathing, holding it for 5 inhales and exhales before you move on in your practice.

Frisbee Golf

Aside from your typical family game of catch or ultimate frisbee, you can use your frisbee to play Frisbee Golf, aka Disc Golf. This is something you can do on your own, or from a distance with others. If you're in New Minas, you can check out the Lockhart Ryan Disc Golf Course for free! Otherwise, you'll most likely be creating your own course or picking targets to challenge yourself and friends.

*The Links at Lockhart Ryan Disc Golf Course
9443 Commercial St, New Minas, NS B4N 3G3*



Frisbee or Disc Golf

Disc golf is played a lot like traditional golf. Instead of a ball and clubs, players use a disc or frisbee instead. The sport was invented in the 1970's, and shares with normal golf the goal of completing each hole in the fewest number of strokes or throws. A golf disc is thrown from a tee area to a target which is the "hole". The hole can be one of a number of disc golf targets; the most common is called a Disc Catcher, an elevated metal basket. As a player throws down the fairway, they must make their next shot from the spot where the previous throw has landed. The trees and other natural landmarks located in and around the fairways make the game more challenging with obstacles for the disc golfer. Lastly the putt lands in the basket or chains and the hole is completed. Disc golf has its fair share of joys and frustrations that come with playing the game, but the more you practice, the more fun you'll have!

Disc Catcher Basket and Cage

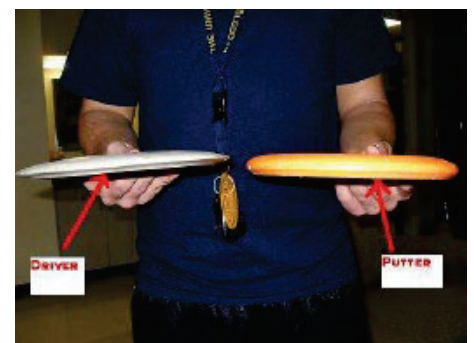


Choosing a Disc

The ideal disc for a beginner is a mid-range disc or a slow driver. Drivers have sharper edges that allow them to cut through the air more easily. The mid-range discs and putters have thick edges that focus on precision (going straight) rather than distance. You have been provided with a disc to start out, but feel free to explore other options as you become more confident!

Lost Discs

Write your name and phone number on the back side of the disc with a permanent marker so if you misplace it someone can return it!



The Backhand Throw

Although there are several different ways to throw a frisbee, the easiest way to start for beginners is with the backhand throw. Here are some instructions on how to throw a frisbee backhanded.

Positioning Yourself and The Frisbee

When throwing a frisbee, it's best to use your dominant hand. We will refer to the dominant side as the right side; if your left hand is dominant insert 'left' where it says 'right'.

Grab the frisbee with your right hand. Place your thumb on the top of the frisbee and your other four fingers on the bottom. The "bowl" of the frisbee should be facing down when your arm is parallel to the ground and your thumb is facing the sky.

Pick a target/destination for your frisbee to be thrown.

Stand with your feet shoulder-width apart and turn the toe of your left foot out slightly (no more than 45 degrees from your other foot) and move it back half a step. With your right foot, take a medium sized step forward keeping your right leg facing your target. Your feet will be slightly more than a step apart and your weight should be slightly more on your left foot.

Curl your right arm into your chest while holding the frisbee level. Depending on how long your arms are, the frisbee will be approximately halfway up your rib cage and in the middle of your body or a little more to the left side of your rib cage. This position should not apply too much pressure on your joints. Your wrist can curl slightly, but if it's too curled it may become painful after a while.



Throwing the Frisbee: Motion and Release

In one smooth, fluid motion, uncurl your arm, releasing the frisbee so that your right arm points directly at your target as you look straight down your arm. Another tip when aiming is to point your elbow at your target.

As you are uncurling your arm, shift your weight to your right foot so that when you release the frisbee the majority of your weight is resting on your right foot.

Keep the frisbee as level as possible. Jerky, uneven movements (including the release) will create a large amount of wobble in the frisbee as it flies. Notice the positioning of the woman's feet, and elbow in the picture below. This is a great and level throw!

As you grow accustomed to throwing a frisbee you may try taking a step with your right foot. This may be done by picking up your right foot as you curl your arm into your chest and stepping forward toward your target as you release the frisbee. This can give you a more powerful throw as you progress through the basic motions.

Those are the basics of throwing a frisbee. Now get outside and start throwing!





Painting

Painting can be a great therapeutic activity when you're stuck inside on a rainy day, or if you want something to do while you're enjoying nature and want to capture the scene. Can't bring yourself to leave the tv screen? No problem! Painting is awesome because it's something you can do while you're listening to music, talking to your friends over zoom, or watching Netflix. Call up your friends for a paint night focused on one of the following activities, or take some time for yourself away from family and housemates and make something.

Maybe you enjoy painting more when it's for something or someone. Maybe you enjoy painting just for the activity itself! See what you enjoy the most about painting as you go through these activities.

Before you start

Before getting started with your painting activities, make sure you find a nice flat surface. Be sure to lay down newspapers, garbage bags, or whatever you have available to prevent paint from leaking through your work or spilling. You'll also want to get yourself a dish of warm water to rinse your brushes between colors, and some paper towel or a cloth to dab away any mistakes you make (or to catch any of the previously mentioned spills!). Try not to wear anything you'd be upset to get some paint on.

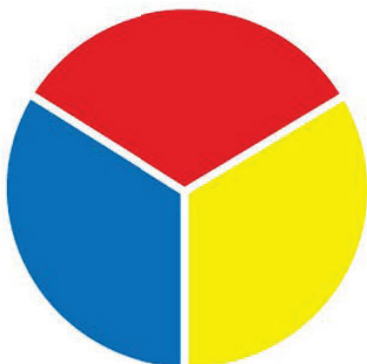
Your paint set includes your primary colors (blue, red and yellow). This lets you get started by mixing your own shades without being wasteful. The next page gives you a mixing chart for finding the colors you'd like to use. Test with as **little paint as possible** so you don't end up with too much, or run out of paint early! You can always add more if you need to. You can use paper, a dish or even your frisbee as a paint palette.

The color wheel will show you how to create different colors from the ones you've been provided. As you begin painting, you'll notice different tones and shades. Your first painting activity includes some tips for painting with acrylic paint and working on canvas.

The Color Wheel



**Primary
Colors**



**Secondary
Colors**



**Tertiary
Colors**



Paint your place

We've provided you with a canvas, paint and paint brushes. Not sure what to paint? Go for a walk to your favorite place in the neighborhood. Find an angle you enjoy, set up your painting station, and get painting. You can also take a picture to reference and make sure your angle stays the same while you work.

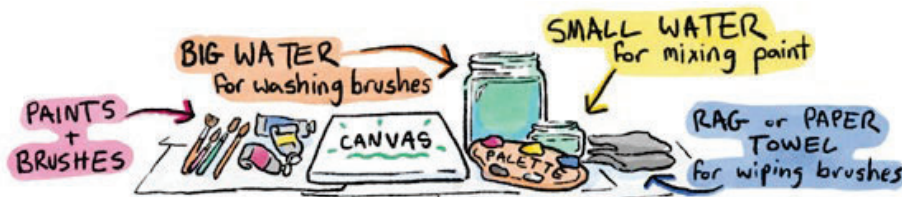


Tips from artist Sam Hall on getting started with your painting:

A little about the paints: Acrylic paint is inexpensive, versatile, and dries very quickly, so you can paint over mistakes almost immediately. It will wash off your hands but may stain clothes and surfaces. You may want to place a newspaper or a garbage bag below your canvas while you work!

Setup: big cleaning water, small mixing water, rag for wiping, brush

Place your palette, water, and a rag on the side you write with, so you won't be reaching across yourself every time. Place your brushes and paints on the other side.



Acrylic dries fast, but you can spray your palette with water now and then to keep the paint usable for longer periods. Don't leave your brushes standing in the water, as long periods of soaking will damage them. Make sure to clean them right away so that paint doesn't dry in the bristles.

Starting Your Painting!

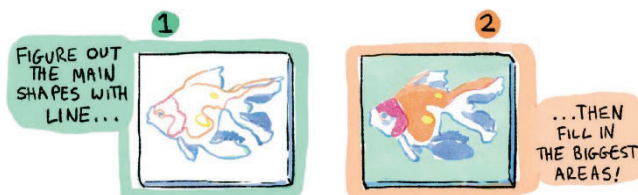
If you'd like, find a photo or still life to work from. You may find it helpful to try some practice sketches on paper before you begin painting.



Start by mixing some **very thin paint**, by loading up your brush with clean water and mixing a little paint into it. Begin with your *underpainting*- the rough sketch that will be your blueprint as you paint.

Focus on really getting the big shapes down how you want them- don't worry about detail yet.

Don't worry if you make a mistake, as you'll be painting over most of this- although you can leave parts of the underpainting visible if you'd like!

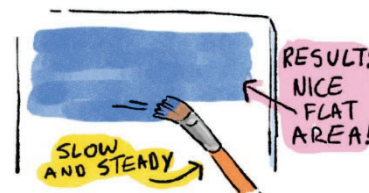


When you're happy with the underpainting, you can start layering more paint in! **Let each layer dry before you paint over the area.** Again, try to start with the biggest and most general areas, then work towards getting more specific and detailed. Use your bigger brushes for as long as possible, so as to not get bogged down in detail too early. Try experimenting with different kinds of brushstrokes and mark making!



brush and paint the next stroke just below (barely touching) the first, so that they flow into each other. Try not to go back over these areas until they're dry. You can layer washes like this over and over each other to create some beautiful colours and textures.

You can thin acrylic paint with water to use it like watercolour! With your canvas lying flat, mix clean water with a little paint. Load your brush and paint a broad, straight stroke across the canvas. Working quickly, reload your



Paint your pot

Remember the pot we had in our macramé creation? Before you plant in it, get out your paint supplies and get decorating!

You can paint whatever design you want, but here are a few ideas:

- Paint the sky! As you paint around your pot, transition from day to night or vice versa for a beautiful scene to hang in your home or outside.
- Use tape to create layers of geometric patterns all around your pot! Use whatever colors go best with your surroundings.

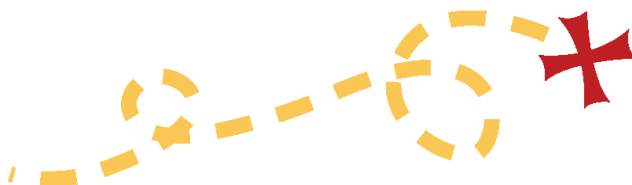


Paint your path

Some of us enjoy making art more when we have a goal or purpose in mind. Whether that means making a gift for someone else, or making a room more colorful, it can be a great way to motivate yourself on a rainy day.

For this activity, you'll be painting messages to the community and making them a map to solve your puzzle. This activity is great because you can work on different parts of it depending on the weather.

- 1) On a nice day, go out and collect 20 perfect rocks
- 2) On a rainy day,
 - a. Write a 20-word story, joke or message for friends or neighbours to enjoy (feel free to use more words if you collect enough rocks!)
 - b. Paint each of your rocks the same color or design and choose a word from your story for each one.
 - c. Design your map and decide where around your neighbourhood you would like to plant them for community members to find. Mark each spot on the map (in order).



- 3) On a sunny day, go out and place your story around the neighbourhood!
- 4) Share your map on our page or with friends. If you want to make it extra challenging, you can mark the map randomly and challenge others to figure out the order.

As you complete the steps in this activity, think about how you feel or what you achieve with each one. Get out your journal and answer this question.

What parts of this activity did you like best?

- Getting outside
- Painting on your own
- Exploring your community
- Making and marking a route on your map
- Having something to share with people you haven't been able to see.

Maybe it was something completely different. That's great! Write it down. Think about how you can explore the parts you liked best more throughout your day. See what you come up with!

Zen Garden

Zen gardens are soothing tools that let us connect with nature when we can't be outdoors. They are filled with sand and decorated with various objects, creating designs can help ease stress and anxiety. This activity is brought to you by Flying Squirrel Adventures!

Step 1: Find a box or container in your home, ideally one that you enjoy looking at or is special to you. Make sure the box is tall enough for your sand but small enough that sand can completely cover the bottom.

Step 2: Fill the bottom of the container with the sand from your kit.

Step 3: Explore your home, yard, or a space nearby. Collect items that are special to you, or that catch your eye. This could include small household objects, shells from a beach, or twigs from a trail. Not sure what trails are nearby? Check out the Kentville Parks and Recreation map attached at the back of this guide.

Step 4: Add contents to the box, wherever feels right! Use a fork or a pencil to design patterns in the sand.

Step 5: Leave your box somewhere that you spend a lot of time (and that's safe from being knocked over!), and redesign it and add to it whenever you please!

If you don't find the zen garden relaxing yourself, maybe there's someone else in your life that would enjoy it, like a neighbour or grandparent!



Flying Squirrel Adventures is a free nature program for young and old in the heart of the Valley. We help people connect to the natural world through outdoor events and nature activities. Sometimes it's not possible to get outside so we created this activity kit to bring nature into your home. We hope you enjoy it!

We would love to see your creations and get your feedback on this activity kit.



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@flyingsquirreladventures



More Games and Activities

Solitaire

The objective of Solitaire is to organize a shuffled deck of cards into 4 stacks (one for each suit) in ascending order (Ace to King).

Set Up

In Solitaire, there are 4 types of piles: The Tableau, The Stock, The Talon, and The Foundations.

The Tableau

The Tableau consists of 7 piles. The first pile has 1 card. The second pile has 2 cards. The third pile has 3 cards and so on until there are 7 piles. Only the top card in each pile is faced up.

The Stock

The remaining cards after building the Tableau are called the Stock

The Talon

The Talon is a pile of 3 cards from the Stock. In the Talon, only the top card is faced up.

The Foundations

The Foundations consist of 4 stacks of cards (one for each suit) in ascending order (Ace to King). At the beginning of the game, The Foundations is empty.

How to Play

Within the Tableau, faced up cards are transferred in descending order (King to Ace) and in alternating color. The player may transfer the top card or stack of faced up cards to any of the piles in an attempt to create the sequence of descending value and alternating color. An empty spot in the Tableau may be filled with a king. If the player cannot move any cards within the Tableau, 3 cards are selected from the top of the Stock pile to form the Talon. If the first card in the Talon cannot be played, 3 more cards are selected from the Stock. When and if the Stock runs out, the Talon is reshuffled to form a new Stock and the process continues.

While the player is sequencing the Tableau, the player is also trying to build up the Foundations stacks. The top card from the Talon or the Tableau stacks may be transferred to the Foundations. When all cards have been transferred in ascending order (Ace to King) to the Foundations, the game is won. If no more moves can be made and the Foundations is incomplete, the game is lost.

Chess.com

Sign up, learn how to play chess, challenge your friends!

Sudoku

Sudoku.com – Learn how to play. They have an app for your phone or tablet too!

The goal of Sudoku is to fill in a 9×9 grid with digits so that each column, row, and 3×3 section contain the numbers between 1 to 9. At the beginning of the game, the 9×9 grid will have some of the squares filled in. Your job is to use logic to fill in the missing digits and complete the grid. Don't forget, a move is incorrect if:

Any row contains more than one of the same number from 1 to 9

Any column contains more than one of the same number from 1 to 9

Any 3×3 grid contains more than one of the same number from 1 to 9

Sudoku Tips

Sudoku is a fun puzzle game once you get the hang of it. At the same time, learning to play Sudoku can be a bit intimidating for beginners. So, if you are a complete beginner, here are a few Sudoku tips that you can use to improve your Sudoku skills.

Tip 1: Look for rows, columns or 3×3 sections that contain 5 or more numbers. Work through the remaining empty cells, trying the numbers that have not been used. In many cases, you will find numbers that can only be placed in one position considering the other numbers that are already in its row, column, and 3×3 grid.

Tip 2: Break the grid up visually into 3 columns and 3 rows. Each large column will have 3, 3×3 grids and each row will have 3, 3×3 grids. Now, look for columns or grids that have 2 of the same number. Logically, there must be a 3rd copy of the same number in the only remaining 9-cell section. Look at each of the remaining 9 positions and see if you can find the location of the missing number.

Now try it out! Solutions can be found on the back of the next page.

1 (easy)

			5	8		2		4
3			6	2			1	
9					4			
		6	8					5
				3				1
7		2	9					
	4	3	1	9				
8		7						
5	1				6			3

2 (easy)

	8			1				2
				4				1
	2	3		6	8	7		
								7
7				3		1		4
	6				9		3	
2		6						3
			2		7			
	5		6			9		

3 (medium)

		6		2				
	8		9			6		5
		4			8	7		
							9	
	6	7	8		9			
				4		2		
3	7							
	5				3		1	9
				5				2

4 (medium)

	4		9		6			3
			7	1				
					8	9		6
2	8				5			
3	9				4	2		
				6	8	7		
							8	2
	3	5						

5 (hard)

4	1			3	6			
		7				8	5	
6								
	9					2		
		6		7			8	
							9	1
		2		1	4			
					3			
7	4			8	5		9	

6 (hard)

				2			8	
	7							
	6			9		7		5
1				8	6		2	
					3	4		
9							1	
	2			5				
7		9					3	
8				1		2		

Solution 1

6	7	1	5	8	3	2	9	4
3	8	4	6	2	9	5	1	7
9	2	5	7	1	4	3	6	8
1	3	6	8	4	7	9	2	5
4	9	8	2	3	5	6	7	1
7	5	2	9	6	1	4	8	3
2	4	3	1	9	8	7	5	6
8	6	7	3	5	2	1	4	9
5	1	9	4	7	6	8	3	2

Solution 4

5	4	8	9	2	6	1	3	7
1	6	3	8	4	7	9	2	5
9	2	7	1	3	5	8	4	6
7	5	4	2	8	9	3	6	1
2	8	6	3	5	1	4	7	9
3	9	1	6	7	4	2	5	8
4	1	2	5	6	8	7	9	3
6	7	9	4	1	3	5	8	2
8	3	5	7	9	2	6	1	4

Solution 2

6	8	4	7	9	1	3	5	2
5	7	9	3	2	4	6	8	1
1	2	3	5	6	8	7	4	9
3	4	2	1	5	6	8	9	7
7	9	5	8	3	2	1	6	4
8	6	1	4	7	9	2	3	5
2	1	6	9	8	5	4	7	3
9	3	8	2	4	7	5	1	6
4	5	7	6	1	3	9	2	8

Solution 5

4	1	5	8	3	6	9	2	7
2	3	7	1	4	9	8	5	6
6	8	9	2	5	7	1	3	4
3	9	8	4	6	1	2	7	5
1	2	6	9	7	5	3	4	8
5	7	4	3	8	2	6	9	1
9	6	2	5	1	4	7	8	3
8	5	1	7	9	3	4	6	2
7	4	3	6	2	8	5	1	9

Solution 3

5	1	6	3	2	7	9	4	8
7	8	3	9	1	4	6	2	5
9	2	4	5	6	8	7	3	1
1	4	5	2	7	6	8	9	3
2	6	7	8	3	9	1	5	4
8	3	9	1	4	5	2	6	7
3	7	1	4	9	2	5	8	6
6	5	2	7	8	3	4	1	9
4	9	8	6	5	1	3	7	2

Solution 6

5	9	1	4	7	2	6	8	3
4	7	8	6	3	5	1	9	2
2	6	3	8	9	1	7	4	5
1	4	5	9	8	6	3	2	7
6	8	7	1	2	3	4	5	9
9	3	2	5	4	7	8	1	6
3	2	4	7	5	8	9	6	1
7	1	9	2	6	4	5	3	8
8	5	6	3	1	9	2	7	4

Community Resources

The following pages include very resources and contact information for you to access. Reach out to your designated Parks & Recreation Department below if you have any questions!



**DO YOU
HAVE ANY
PARKS AND
RECREATION
RELATED
QUESTIONS?**

**We are here to help!
Reach out to a Parks and Recreation
Department near you!**



Town of Kentville
902-679-2539
recreation@kentville.ca

Canning and District
902-300-4140
director@canningrecreation.com

Village of New Minas
902-681-6577
johna@newminas.com

Port Williams
902-698-9086
pwrecreation@ns

Municipality of Kings
902-690-6190
recreation@countyofkings.ca

MENTAL HEALTH RESOURCES

Where to Get Support in Nova Scotia during COVID-19



1

MENTAL HEALTH MOBILE CRISIS TEAM 902-429-8167 or 1-888-429-8167 (Toll Free)

The Mental Health Mobile Crisis Team provides crisis support for children, youth and adults experiencing a mental health crisis by phone 24/7 anywhere in Nova Scotia and a Mobile Response from 1 pm to 1 am to most Halifax area communities.



2

KIDS HELP PHONE 1-800-668-6868 or text CONNECT to 686868

Kids Help Phone is always there for you. No matter what you want to talk about. No judgment, totally private. 24/7. Live Chat is currently open daily from 1 am to 8 am to provide more timely access to support through their other services.



3

MENTAL HEALTH AND ADDICTIONS INTAKE SERVICE 1-855-922-1122

If you need help with a mental health and addictions concern, Nova Scotia Mental Health and Addictions team can help. They're available to take your call Monday to Friday, 8:30 am to 4 pm. The line is voicemail-only evenings, weekends and holidays.



4

CMHA NOVA SCOTIA 1-877-466-6606 (Toll Free)

CMHANS continues to provide non-clinical mental health psycho-social support throughout COVID-19. They are committed to keeping communities and clients safe and their services supportive and welcoming. Visit novascotia.cmha.ca.



5

HEALTHY MINDS PATIENT NAVIGATOR 902-404-3504

Healthy Minds Cooperative is an innovative mental health cooperative providing a variety of peer-based services to people with lived experience of mental health issues and their families. HMC is available 9-5 Monday-Friday by phone and email.



6

STRONGEST FAMILIES I-CAN ANXIETY PROGRAM 1-866-470-7111 (Toll Free)

This program educates and teaches adults 18+ skills to overcome their anxiety, excessive worry, and learn how to cope with major life stressors. Participants are provided with access to a secure website, programming, and weekly phone support. Visit strongestfamilies.com.



7

211 NOVA SCOTIA

211 Nova Scotia is a free helpline that connects you with community groups, social services and government programs in your area 24/7. Support is available in over 150 languages. Call or visit ns.211.ca

Equipment Loan Program

We have the following items available for borrowing:

- Washer Toss Games
- Boche Ball set
- Croquet set
- Scooters
- Skateboards
- Soccer Balls
- Skipping ropes
- Indoor Shuffleboard
- Horseshoe set
- Yoga mats
- Hula Hoops
- Binoculars
- Pylon
- Scoop ball
- Sidewalk chalk
- Frisbee
- Volleyballs
- Helmets
- Walking poles
- Yardzee



A Parks and Rec representative will be dropping off reserved borrowed equipment to doorsteps on Tuesday afternoons. Items will be picked back up the following Monday morning. All items will be cleaned and sanitized in between uses.

If interested in borrowing any of the items above, please call Ashley at 902-679-2539 or email at recreation@kentville.ca.

**Drop offs must be within Town of Kentville limits. A drivers license master number will be required at booking.*

Kentville
PLAYS

kentville.ca
902-679-2539
recreation@kentville.ca

PARKS &
RECREATION
Kentville

Kentville Parks, Trails & Destinations

Routes for walking, biking & hiking	
	Bike Route Eastbound through Downtown
Recreational Trails	
	Washrooms
	All Day Parking
	Picnic Park
	Bicycle Repair
	Playground
	Wheelchair Accessible
	Dog Friendly
	Police
	Soccer
	Tennis
	Baseball
	Hiking
	Swimming
	Splash Pad
	Mountain Biking
	Biking
	Skateboarding
	Running Track
	Concerts/Events
	Art
	Museum
	Library
	Hotel
	Theatre
	Community Centre
	Sports Complex
	Market
	Art Gallery
	School
	Recreation Complex
	Squash Club
	Pool

Recreation Hub
Memorial Park, 800 West Main St.
Soccer fields, playground, Kentville Trail access, skate park, and a community room to warm up in the winter.

Bird Sanctuary
Cornwallis River
A protected area to enjoy bird watching, picnicking, hiking, and walking a dog on a leash.

Memorial Park
Park Street
Ball fields, soccer fields, splash pad, outdoor swimming pool, tennis courts, and a popular place for sledding in the winter.

Centennial Arena
120 Webster Street
An all-season facility that hosts various events such as hockey, figure skating, Home Shows, promotional events, and concerts.

Oakdene Park
46 Campbell Road
Soccer fields, natural playground, sledding in the winter, and outdoor theatre in the summer.

Miners Marsh
81 Cornwallis Street
A protected area to enjoy bird watching, picnicking, hiking, and walking a dog on a leash.

Eaves Hollow
19 Main Street
Trailhead access to the Kentville Trail and a popular spot to take a rest and enjoy a picnic.

Burgher Hill
96 Main Street
4x Downhill Bike Course and a popular spot for sledding in the winter.

Kentville Ravine Trail
32 Main Street
Woodland trails for hiking and walking a dog on a leash.

The Gorge
53 Gladys Porter Drive
A popular destination for mountain biking, snowshoeing, hiking, and walking a dog on a leash.

Downtown
See inset detail

Active Transportation Connector

Kentville Business Park

Coldbrook

New Minas

Eastern Annapolis Valley

Wolfville

Berwick

12 kms to Wolfville

16 kms to Grand Pré

20 kms to Berwick

97 kms to Annapolis Royal

Blue Route

Harvest Trailway

0 kms

1

2

3 kms

www.kentville.ca

Call Parks and Recreation with any questions or to report any issues:
902-679-2540. Call 9-1-1 for emergency services.
All trails are for non-motorized use.
Dogs must be kept on leash at all times.

North

0 kms

1

2

3 kms



We Need Your Feedback!

To make sure we're meeting your needs please fill out this form to return to your kit provider during the next drop off. This will help us identify what folks are most interested in. Feel free to use the back of this page if you need more room.

Look back through your journal when thinking about your answers!

If you have online access and prefer to submit electronically, you can contact recreation@kentville.ca for a link to the form.

Do you have regular/home access to:

Phone	yes / no
Computer	yes / no
Internet/data	yes / no
Smartphone or tablet	yes / no

1. What was your favorite activity in this kit?
2. What was your least favorite activity in this kit (that you participated in)?
3. Were there any activities you chose not to participate in?
4. If yes, which ones? Why did you choose not to try that activity?
5. Are there any items you did not use in this kit?
6. Since receiving your kit, have you found any other uses for the items provided?
7. When using your kit, did you run out of any of the supplies **before** completing any activity?
8. Were there any activities you would like to see included again?
9. Overall, do you feel equipped to repeat the activities in this kit on your own moving forward?
10. Have you found any new interests or hobbies since receiving your kit?
11. Was there anything that made it particularly easy or difficult to use your kit regularly?