



Keeping Active at Home

Life is very different for families across Saskatchewan these days. Despite the challenges that our world is facing, our goal remains the same: to get more kids, more active, more often. That's why we're committed to sharing [resources and ideas](#) to help your family incorporate movement into your at-home routine.

While we're normally big fans of getting outside to play, we also recognize that it is not safe for everyone to be outside right now. We recommend following the latest standards from the [Government of Saskatchewan](#) when planning your outside time.

To get you started...

Visit saskatchewaninmotion.ca to find many indoor and outdoor ideas and activities.

Check out **Active for Life**. Here you will find [activity ideas](#) for fun and [resources for learning](#).

Ever Active Schools – this site may have [activities](#) for your online school time.

Growing Young Movers – [Daily Physical Activity videos](#).

Looking for fun! Check out [Push to Play Games](#) by **Saskatchewan Blue Cross**.

Sport for Life – [videos](#) for the family to try. Check it out you might find a favorite!

Saskatchewan in motion – [Summer Bucket List](#) –filled to the brim with tips, ideas and inspiration for outdoor fun and adventure.