Creating Healthy Screen Breaks with Mindfulness and Other Fun & Creative Activities

An OE Global 2021 Birds of a Feather Session

with Lori Yearwood and Erica Hargreave
COUNTING COLOURS

An Exercise in Mindfulness
Erica & Lori
when you own your breath, nobody can steal your peace. -unknown
Activity Break #3: Office Chair Dancing

PRACTICING MINDFULNESS IN YOUR TRAVELS

meditating with open eyes

Relaxing Yoga with Lori

See more...
Sharing Digital Hygiene & Mindfulness with Kids

A YOGA ADVENTURE AT THE OCEAN

You made it to the ocean! Jump on a surfboard, put your right foot in front of the left and ride the waves! Do some jump tricks and switch sides.
Currently our health and wellness materials are spread out for open use between a variety of our sites, including:

- https://ericahargreave.com
- https://roamancing.com
- https://emmerogers.com
- https://storytogo.ca/classroom
- https://storytogo.ca

Slowly we are redeveloping these on our StoryToGo Classroom site, as a part of the site’s health and wellness studio with open access healthy living experiences.

We invite anyone who wishes to reuse, repurpose, and remix our wellness materials and screen breaks. And if you wish to contribute to building more healthy living experience to the health and wellness studio, we’d love to facilitate that.
Thank you!

We’d love to stay in touch!

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