

## Crafts Summary



### Purpose of the Crafts

Throughout the Fearless Physical Activity events, families participated in a variety of physical activities as well as learning sessions. The goal of the learning sessions was to introduce key topics that are important for families living with CHD, including communication, self-awareness, self-monitoring, and relaxation. During the learning sessions we used activities and crafts to explore and discuss each topic.

The crafts are applicable to all ages and are great to do as a family!

### Here are some of our favourites from the Fearless Physical Activity Project!

- Windsock kite
- Balloon stress ball
- Breathing beads
- Fire Breathing Dragon