



# The HUSKIE HERALD

*A weekly newsletter to help keep you entertained and healthy while self-isolating*



## BE WITH NATURE

*Want to improve your mood and energy, get some exercise, and combat boredom and isolation? Getting outside and being with nature is a great way to do all of those things!*

**Talk to the people you care about most.**



**Play Chips & Guac, and other games with friends.**



## OUR FAVOURITE APP RIGHT NOW:

### HOUSEPARTY

*Reminiscing about days gone by when you could get all of your friends together to socialize face-to-face? HouseParty is the perfect virtual solution to gather all of your friends in a 'room' to play games, share stories and connect during self-isolation and social distancing.*

# TRAILS

Saskatchewan is home to many beautiful parks and trails, many of which are right in Saskatoon! While many stores, locations, and forms of entertainment are closed right now, you still have access to nature and the outdoors.

Many trails, such as the Meewasin trail, are only a ~15 minute walk from your Residence building. You can take a look at the image on the right for an idea of where the trails are in relation to you, and you can also check out the following link for more details on the location of the trails, and the distance of the routes: <https://meewasin.com/map/>

Remember to go alone or only with the people you live with, and stay 6 ft away from anyone else on the trails. Remember to walk during the day, wear comfy shoes, bring a water bottle, wear a helmet (if you go biking), and don't forget to bring your phone in case you want to take some photos of the beautiful scenery around you!



## HOW TO USE HOUSEPARTY

1. Download the Houseparty App to your device.
2. Create a Houseparty account. You will be asked to create a username and provide contact information.
3. Confirm your account with the code sent to your cell.
4. Connect your contacts to Houseparty. You can opt to let Houseparty access your contacts on other social media networks to add friends and connect with those who already have the app.
5. Swipe up on your screen to start or join a Houseparty. Tap the phone icon to call or the wave icon to get your friends attention that you want to video chat.

How to play games on Houseparty:

1. Start or join a party with friends.
2. Click the dice icon in the corner to see game options.
3. Select from the following games: Heads Up, Trivia, Chips and Guac or Quick Draw. Have fun!



## Ready Reads

*Do You Mind If I Cancel?*

By Gary Janetti

*The Gift and Power of Emotional Courage*

Ted Talk with Susan David

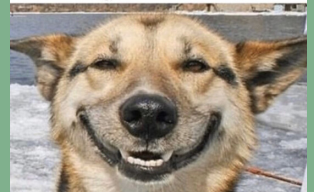
[HTTPS://WWW.TED.COM/TALKS/SUSAN\\_DAVID\\_THE\\_GIFT\\_AND\\_POWER\\_OF\\_EMOTIONAL\\_COURAGE/UP-NEXT?LANGUAGE=EN](https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage/up-next?language=en)

*A Letter to the King*

On Netflix

Humans: Dang I need to self-quarantine for 2 weeks

Their Dogs:



Thoughtful Thinking

Memeworthy