

# WHATS ON...

# Monday Minds

llam on Facebook & Insta



#### TikTok Tuesday

llam on Facebook & TikTok



## Wednesday DigiAye Quiz

7.30pm on Facebook & Kahoot



## Arts Therapy Thursday

llam on Facebook & Insta



## Friday Family Fitness

llam on Facebook



#### Saturday Fakeaway

llam on Facebook & Insta



#### Sunday Selfie Check-In

llam on Facebook & Insta











ACTIVITIES & CHALLENGES FOR YOUNG PEOPLE & FAMILIES IN NORTH AYRSHIRE DURING COVID 19

