



April 2020

# Be connected

## Join the PCA National Quiz on Thursdays in April

Have some fun with the Pony Club community from across Australia. We will be running the Quiz on Kahoot. Make sure to keep watch on the PCA Facebook page for entry details each week.

## Watch a horse movie with your friends

There are plenty to choose from. [Here is a list to get you started](#)

More fun with your friends so [set up a watch party on Facebook](#)



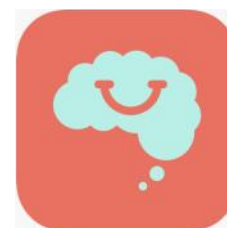
## Reflect

COVID19 is an unimagined global pandemic. We are living through history in the making. It will be talked about by generations to come. Why not make a journal with your thoughts, pictures and videos to share with your children and grandchildren?

## Be mindful

Get the right mindset to see out this period. [This article is written for equestrians.](#)

Smiling Mind is a free app with meditation and mindfulness tracks



## Talk about it

[Sane.org](#) has a helpline 1800 187263 and forums to connect with others

[Lifeline](#) 13 11 14 for 24 hour crisis support

[eHeadspace](#) is on line help for 12-25 year olds

[Kids Helpline](#) 1800 55 1800, email and webchat

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