



We're back with Team Canada Champion Chats LIVE CHAT, hosted by Tessa Virtue and Benoit Huot! Join us **this Friday**, for a lively and fun discussion around mental health, wellness, personal growth, as well as incorporate fun, physical activities to get kids moving. Tessa and Benoit will be joined by some awesome Olympic and Paralympic athletes, and will be taking questions from YOU, the viewers.



Here's what you need to know for Friday.

WHEN: Friday, May 29th

- English Language Chat with Tessa Virtue **12:00-12:45pm ET**
- French Language Chat with Benoit Huot **2:00 - 2:45pm ET**

WHERE:

- Anywhere you can login to a computer, laptop, device and project your screen for your class.
- We will be streaming live from the [Komak Team Canada](#), [Classroom Champions](#) and Canadian [Paralympic Team's](#) Facebook pages.
- You can also access the Live Chat by going to championchats.olympic.ca

WHAT to do:

- Be at your computer ready to project your screen at least 5 minutes prior to the chat start time.
- Submit questions for the featured athletes in your lesson plans (Angela, Andrew, Lanni, Michelle) that could be read live during the broadcast. You can do this through your Dashboard under the "Ask an Athlete" section. Or submit a question via Twitter using the #BeAChampion hashtag, and tagging @ClassroomChamps @TeamCanada or @CDNParalympics.



We will get to as many questions as possible!

And lastly, **SHARE the excitement!**

- Here is your [parent/teacher toolkit](#) for the big day. This includes tips for watching at home, hosting a virtual viewing party with your class, and posts you can use for social media.

- Let your fellow friends and teachers in on the fun! Share with your colleagues so they can also join the live chat with their class. Have them register for the chat today by going to championchats.olympic.ca

We can't wait to have you tune in to this awesome live event. Please feel free to reach out with any questions or concerns. You can also give me a call directly at (403) 921-1989.

Look forward to having you!

Paulina