



FAMILY HUDDLE

Spelling Bee Game

- On Monday, choose seven words. Write each word and its definition on a slip of paper. Place the slips in a clean jar or container.
- Each morning, choose one slip. Practice the spelling and definition of each word throughout the day.
- On Friday, see who can define and spell the words. The person who gets the most correct is the week's champion.

Find words at [vocabulary.com](https://www.vocabulary.com)



HEALTHY SPIRIT, MIND, AND BODY

Sidewalk Chalk Balance

- Draw different kinds of lines (e.g., straight, wavy) on the ground with chalk.
- Walk along each line, one foot in front of the other, balancing.

Mindful Minute

For 60 seconds, clear your mind and focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.

Find more at [shapeamerica.org](https://www.shapeamerica.org)



MORE ACTIVITY, MORE FUN

Jumbo Tic-Tac-Toe

- Have each player create custom tic-tac-toe pieces out of paper plates.
- Use masking or painter's tape to create a giant tic-tac-toe board on the floor.

Additional challenge: Add an extra row and column to your gameboard!



HOMEWORK HELPER

Scholastic Learn at Home

Access more than 20 days' worth of active learning journeys in reading, math, science, and more.

The day-by-day projects include different activities linked to national learning targets for different age groups:

- Grades PreK and Kindergarten
- Grades 1–2
- Grades 3–5
- Grades 5–9

Visit [scholastic.com/learnathome](https://www.scholastic.com/learnathome)

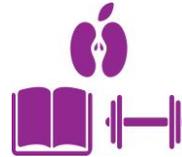


FAMILY HUDDLE

Become a Newscaster!

- Have each family member come up with five to six interview questions to ask each other. Find out what your child's favorite color is or what they want to be when they grow up.
- Record your interviews to watch later or share with other family members who may be feeling isolated.

Brush up on your interviewing skills at kpcnotebook.scholastic.com



HEALTHY SPIRIT, MIND, AND BODY

Family Obstacle Course Fun

- Create an obstacle course using household items: chairs, cushions, spare boxes, a broom, jars, clothesline, balls, bowls, pans, etc.
- Let kids help create obstacles and decide how to complete them, e.g., throw a ball into a pan.
- Space out the obstacles to make a course.
- Take turns completing the course. Time each person to turn it into a competition!



MORE ACTIVITY, MORE FUN

Indoor Dribbling All Stars

Did you know you can practice dribbling skills indoors with the help of a table and some paper cups?

Coach David Parker from the YMCA of Greater Williamson County in Texas gives some tips to improve your dribbling skills.

Watch at [facebook.com/watch/?v=218316182611945](https://www.facebook.com/watch/?v=218316182611945)



HOMESCHOOL HELPER

STEM Gems

Access short, discovery-based experiences that involve little or no materials. Designed to engage young people in active experiential learning, the activities

- connect to prior knowledge,
- include a hands-on activity,
- connect to a different scenario to help solidify the learning.

Visit naaweb.org/resources/stem-gems



FAMILY HUDDLE

Activity Cards

- As a family, choose an exercise for each suit of a deck of cards, e.g., hearts are jumping jacks, diamonds are push-ups, etc.
- Have each family member pick a card and do the exercise associated with that suit the number of times on the card (e.g., draw a five of hearts, do five jumping jacks). For a face card, pick someone else to do the exercise 10 times. For an ace, everyone does the exercise 10 times.



HEALTHY SPIRIT, MIND, AND BODY

Flex Your Brain!

Learn new words and practice your problem-solving skills through online crossword puzzles you can do for free.

Visit [dictionary.com/e/crossword](https://www.dictionary.com/e/crossword)



MORE ACTIVITY, MORE FUN

Spirit Week

As a family, brainstorm fun themes for each day, such as the following:

- crazy hair day
- pajama day
- sports jersey day
- superhero day
- crazy sock day

Finish it off with Fancy Friday:

Encourage your family to dress in their finest for Friday dinner. Don't forget to include your pets!



HOMEWORK HELPER

Math Is Fun!

- Get out a large piece of white paper, sticky notes, and markers.
- Write math equations on the sticky notes, one equation on each note.
- Write the answers to each math equation on a piece of white paper.
- Have your child match the equation to the correct answer.

For more ideas, visit

ymcahealthyathome.blogspot.com



FAMILY HUDDLE

Keeping It Simple

- Make paper airplanes with your kids.
- Encourage your kids to decorate their planes and make them their own.
- See whose plane can fly the farthest. To keep the fun going, make it best out of five test flights.

Get step-by-step instructions for making paper airplanes at diynetwork.com/made-and-remade



HEALTHY SPIRIT, MIND, AND BODY

Fitness Egg Hunt!

- Write various exercises on slips of paper, for example, jumping jacks, squats, push-ups, lunges, etc.
- Put each slip of paper in a plastic Easter egg.
- Write a number from 1 to 10 on each egg.
- Hide the eggs and go on a hunt!
- When you open each egg, do the exercise written on the paper inside the egg for the number of times written on the egg.



MORE ACTIVITY, MORE FUN

Freeze Dance

- Choose someone to be the DJ.
- Turn on your favorite radio station or playlist.
- When the DJ stops the music, everyone freezes until the music plays again.
- If you move, you're out!
- The last one in wins the round and gets to be the DJ for the next round.



HOMEWORK HELPER

Type Away

Access curriculum designed to help your child practice typing, coding, and overall digital literacy. Used by school districts across the country, the learning is

- gamified,
- customizable,
- available in both English and Spanish.

Visit typing.com



FAMILY HUDDLE

Whistles, Fanny Packs, Tubes, Oh My!

Ever wonder why lifeguards wear so much gear?

Ms. Theresa from the Metropolitan YMCA of the Oranges in New Jersey explains it all for you.

Watch at [facebook.com/SussexCountyYMCA/videos/1056334921402530](https://www.facebook.com/SussexCountyYMCA/videos/1056334921402530)



HEALTHY SPIRIT, MIND, AND BODY

Supporting Our Emotional Health

Dr. Barbara Stroud, parent and licensed psychologist, provides tips for helping children feel safe during stressful times:

- **Stay calm.** Children react to the emotional state of parents and caregivers.
- **Create a daily routine.** Children find a sense of safety in routines.
- **Create a community.** Connect with other people and resources.

Watch at [youtube.com/watch?v=MdKeau2huT4](https://www.youtube.com/watch?v=MdKeau2huT4)



MORE ACTIVITY, MORE FUN

Write to Connect

- Find some paper and an envelope and write a letter to a loved one.
- Draw a picture to include.

To save on stamps and reduce exposure for postal workers, call the individual and read the letter over the phone or video yourself reading the letter and send it on.



HOMEWORK HELPER

ReadTheory

Access exercises to improve your child's reading comprehension.

This free website starts with a placement activity to see where your child should begin and houses thousands of exercises and worksheets.

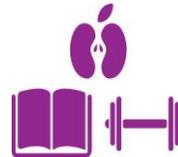
Visit [readtheory.org](https://www.readtheory.org)



FAMILY HUDDLE

Practice Gratitude

Over a meal, ask each family member to share three things they are thankful for.



HEALTHY SPIRIT, MIND, AND BODY

Family Olympics

- **Sack race.** Grab some pillowcases and jump from one end of the room to another. Be careful! Floors can be slippery.
- **Limbo.** Get out a broomstick, turn on some music, and see who can go the lowest.
- **Jumping contest.** See who can jump the furthest, the highest, etc.
- **Animal race.** See who can crab walk or bear crawl across the room the fastest.



MORE ACTIVITY, MORE FUN

Educational...Snakes?!

Get up close and personal with the resident educational snakes at South Mountain YMCA Camps.

Becky, the Outdoor Center Director, provides a 25-minute video about the snakes, their behavior, and why they do what they do.

Watch at

facebook.com/smymcacamps/videos/844478982685509



HOMEWORK HELPER

Read, Draw, Create Community

Access content created by children's book writers and illustrators on this Youtube channel, including

- workshops and readings,
- activities and art projects,
- writing games and advice.

Visit

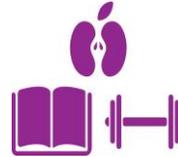
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FAMILY HUDDLE

Junk Robot

- Gather colored paper, wrapping paper, colored tape, markers, pencils, extra craft supplies, and glue.
- Decorate an empty box (cereal, rice, gift box, shoe box, etc.) to create your own robot.
- Buttons or bottle tops make perfect eyes and scrap material can become a cape.



HEALTHY SPIRIT, MIND, AND BODY

The YMCA Triangle

Did you know the triangle is the strongest geometric shape? Perhaps for that reason, early YMCA leader Luther Gulick used it to create the YMCA triangle, whose sides represent spirit, mind, and body.

The look of the YMCA triangle has changed over the years, but you can still find the triangle in the Y logo today. The equal sides remind us to keep balance among these three key elements in our daily life.



MORE ACTIVITY, MORE FUN

Family Fitness

Fitness is more fun when you do it with your family.

Join Amy and her kids Louis and Aibileen from the YMCA of Greater Cincinnati in a 30-minute, family-oriented workout.

Watch at

[youtube.com/watch?v=a3RLcB616ME](https://www.youtube.com/watch?v=a3RLcB616ME)



HOMESCHOOL HELPER

Creativity Catapult

Access research-backed, expert-curated activities that promote creativity skills in children ages 2–14.

Activities can be filtered by a variety of factors, including the following:

- age
- difficulty
- duration

Learn more at creativitycatapult.org