



## FAMILY HUDDLE

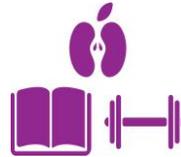
### Breathing and Meditation

During stressful times, it is important to find ways to deal with anxiety and uncertainty...and help our families do the same.

Tutu Mora will lead you and your family through breathing techniques to help reduce stress and manage your feelings.

#### Watch at

[youtube.com/watch?v=QxfhADNAQoc&feature=youtu.be](https://www.youtube.com/watch?v=QxfhADNAQoc&feature=youtu.be)



## HEALTHY SPIRIT, MIND, AND BODY

### Nature Walk Bracelet

- Place a piece of duct tape or masking tape around your child's wrist, sticky side facing out.
- Head outside for a walk.
- Watch for small leaves, acorns, flowers, and other natural artifacts.
- Stick whatever you find onto the tape to create a beautiful bracelet.



## MORE ACTIVITY, MORE FUN

### Indoor Parade

- Grab some pots, pans, or any other items that create noise.
- Add color to your parade by wearing your Halloween costumes, other dress-up items you may have, or pulling out the brightest clothes in your closet.
- Create a parade route through your house to make your parade come to life!



## HOMESCHOOL HELPER

### Latin Root Word Tree

Use a word tree activity to help teach and introduce Latin roots to kids of all ages.

All About Learning Press provides a graphic organizer designed to generate words that include a Latin root.

#### Learn more at

[resources.allaboutlearningpress.com/#activities](https://resources.allaboutlearningpress.com/#activities)



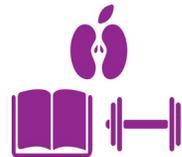
## FAMILY HUDDLE

### Supporting Kids and Teens

Learn how to address the three basic concerns kids have during difficult times, according to Gene Beresin, MD, Executive Director of the MGH Clay Center for Young Healthy Minds:

- Am I safe?
- Are the people caring for me safe?
- How will this affect my daily life?

Read all tips at [mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic](https://mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic)



## HEALTHY SPIRIT, MIND, AND BODY

### Move Through Yoga

Cosmic Kids Yoga videos feature different themes designed for kids ages 3 and up.

Kids learn

- yoga poses,
- mindfulness,
- relaxation.

Visit

[www.youtube.com/user/CosmicKidsYoga](https://www.youtube.com/user/CosmicKidsYoga)



## MORE ACTIVITY, MORE FUN

### Make Your Own Slime!

Ever wondered why slime sometimes acts like a liquid and sometimes appears as a solid? Amelia from the Eugene Family YMCA in Oregon explains.

Learn about non-Newtonian fluids. Then put your new knowledge into practice by making oobleck (simple slime) from ingredients you have in your house—cornstarch, water, and food coloring.

Watch at

[youtube.com/watch?v=Q0SaLNGVuGk](https://youtube.com/watch?v=Q0SaLNGVuGk)



## HOMEWORK HELPER

### Encourage Reading

Get tips to encourage your kids to read in the quick guide, "6 Ways to Help Your Child Read Short Stories," from All About Learning Press:

- Set a timer.
- Divide the story into parts.
- Share the reading. You read a page, then have your child read a page.

For more tips visit

[resources.allaboutlearningpress.com/#quickguides](https://resources.allaboutlearningpress.com/#quickguides)



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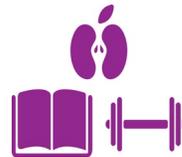
### Dinner Conversations

Use questions from the Family Dinner Project to connect over dinner:

- Write questions on slips of paper and place in a jar.
- Select a slip, read the question aloud, and take turns answering.
- After everyone has answered, share one thing you learned about someone else.

For more visit

[thefamilydinnerproject.org](http://thefamilydinnerproject.org)



## HEALTHY SPIRIT, MIND, AND BODY

### Chickpea Cookie Dough Truffles

Chickpea cookie dough truffles are a healthy alternative to regular cookie dough.

Learn how to make this and other healthy recipes through online Y Cooking classes from the Irsay Family YMCA at CityWay in Indiana.

View the video at

[facebook.com/watch/?v=520529378663510](https://www.facebook.com/watch/?v=520529378663510)



## MORE ACTIVITY, MORE FUN

### Carnival Samba Hat

Gather cardboard, scissors, glue, paint, sparkles, sequins, buttons, and anything else you can think of!

- Draw the basic design of a samba hat on the cardboard, being careful to make the ends long enough to fit around the head.
- Cut and decorate the hats with the assorted materials.
- Staple the ends together in the back.
- Put on your hat and dance in a samba parade!



## HOMEWORK HELPER

### NASA Kids' Club

Access fun activities and games from NASA. With something for children of all ages, the activities support STEM (science, technology, engineering, and mathematics) learning.

Find out who is on the Space Station and view the Kids' Club Picture Show, an image gallery of some of NASA's most interesting pictures, among many other things.

Explore at [nasa.gov/kidsclub](http://nasa.gov/kidsclub)



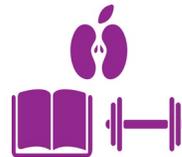
## FAMILY HUDDLE

### Tour the World

Learn about the nine most visited attractions in the world, including Stonehenge, Niagara Falls, and Machu Picchu.

Create your own list of places you would like to visit in your area.

Visit [skyscanner.com/tips-and-inspiration/inspiration/9-of-the-most-visited-tourist-attractions-in-the-world](https://www.skyscanner.com/tips-and-inspiration/inspiration/9-of-the-most-visited-tourist-attractions-in-the-world)



## HEALTHY SPIRIT, MIND, AND BODY

### Rainbow Food Game

Eating healthy can be difficult, especially during stressful times.

Encourage kids to make healthy choices. Each day challenge your child to eat at least one food from every color of the rainbow.

To track, draw a rainbow on a piece of paper and color it in as you go.



## MORE ACTIVITY, MORE FUN

### Indoor Mini Golf Course

Make your own miniature golf course using everyday household items:

- Brooms make great clubs.
- Cups can serve as holes.
- Use toys, chairs, books, and other objects to create your course.
- Use tennis balls or any other objects that will roll as "golf" balls.

Keep score to identify your course pro.



## HOMEWORK HELPER

### Storyline Online

Access videos featuring celebrated actors reading children's books alongside creatively produced illustration.

Use the suggested grade level and run time listed to find the best story for your family. Check out the activity guides for additional learning!

Visit [storylineonline.net](https://www.storylineonline.net)



## FAMILY HUDDLE

### Laughing Makes Everything Better

It is also contagious.

Have a contest to see who can make other family members laugh the fastest without speaking.

Make a funny face or dance a silly dance. Tell some jokes and see who can hold their laughter in the longest.

Or just laugh, and laugh, and laugh. Did you know laughing can make you laugh more? Try it!



## HEALTHY SPIRIT, MIND, AND BODY

### Skills and Drills

Get the family moving with some at-home skill drills from Kim and Cash from the Eugene Family YMCA in Oregon.

Join them for 15 minutes of fun and easy activities to get your heart pumping.

Kim provides step-by-step instruction with modifications, so family members of all ages and abilities can enjoy active time together.

Watch at [youtube.com/watch?v=rjAS3Aanr3c](https://www.youtube.com/watch?v=rjAS3Aanr3c)



## MORE ACTIVITY, MORE FUN

### Camp Songs

Do your kids have a favorite song they learned at camp?

Cobie and Nicole from the Treasure Valley Family YMCA in Idaho teach us their favorite camp song.

Sing, dance along, and get ready for summer. It will be here soon!

Watch at [youtube.com/watch?v=OBqFbBwBHsg&feature=emb\\_rel\\_end](https://www.youtube.com/watch?v=OBqFbBwBHsg&feature=emb_rel_end)



## HOMEWORK HELPER

### Math Challenges

Access a variety of games and puzzles, in addition to other resources, from Greg Tang Math to help make learning math fun.

Puzzles are separated by grade level so you can easily find the appropriate one for your child.

Visit [gregtangmath.com/challenges](https://www.gregtangmath.com/challenges)



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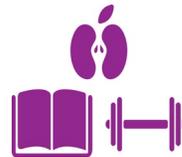
### Mindfulness

The 5-4-3-2-1 method is a short, yet impactful mindfulness technique that benefits both children and adults.

Kristen, a therapist with the Counseling and Social Services Branch at the YMCA of Greater Monmouth County in New Jersey teaches this one-minute exercise for coming back to the present and resting our minds.

#### Watch at

[facebook.com/ymcaGMC/videos/695626004341666/](https://www.facebook.com/ymcaGMC/videos/695626004341666/)



## HEALTHY SPIRIT, MIND, AND BODY

### Follow the Leader...Around the World

Choose someone to be the leader. The leader walks in any direction imitating something from another country. Others follow, mimicking the leader.

In Australia, the leader might hop like a kangaroo or "climb" a eucalyptus tree like a koala.

In Kenya, go on a safari. The leader can stomp like an elephant, prowl like a lion, or stretch like a giraffe.

Use your imagination to travel the world!



## MORE ACTIVITY, MORE FUN

### Builders and Bulldozers

- Have family members choose to be builders or bulldozers.
- Set up plastic cones, water bottles, or other small items.
- Bulldozers knock items down, while builders try to pick them back up.

Watch the game in action with Coach Chuck from the YMCA of Greater Rochester in New York.

#### Watch at

[youtube.com/watch?v=2LRVZ6qX8zo](https://www.youtube.com/watch?v=2LRVZ6qX8zo)



## HOMEWORK HELPER

### Problem-Solving Skills

- Write down a problem on one side of a craft or popsicle stick.
- Give your child a marker to write down their answer on the other side.

#### Get more activity ideas from

[jumpstart.com/parents/activities](https://www.jumpstart.com/parents/activities)



## FAMILY HUDDLE

### Outdoor Picnic

Enjoy some fresh air and time together. Make some sandwiches; grab a few pieces of fruit, some water, and a blanket; and head outside. Spread your blanket and enjoy a picnic.

Consider having your picnic at night and taking a few minutes to enjoy the stars.



## HEALTHY SPIRIT, MIND, AND BODY

### Superhero Skills

Pull out your favorite superhero shirt, make a cape, and test your crime-fighting skills by practicing jabs, slices, and kicks.

Sonya from the Summit Area YMCA in New Jersey reminds us that exercise can be fun when we use our imagination.

#### Watch at

[youtube.com/watch?v=cvMbkw2572k&feature=youtu.be](https://www.youtube.com/watch?v=cvMbkw2572k&feature=youtu.be)



## MORE ACTIVITY, MORE FUN

### Draw a Llama

A what? A LLAMA!

Miss Marisa from the Community YMCA of Eastern Delaware County in Pennsylvania shows step-by-step how to draw your own llama.

Personalize your drawing. Grab your markers and crayons and see how colorful you can make your llama.

#### Learn how at

[facebook.com/CYEDC1/videos/202624697680757/](https://www.facebook.com/CYEDC1/videos/202624697680757/)



## HOMESCHOOL HELPER

### Scratch

Access free computer programming for kids ages 8–16 on the Scratch website. Kids can program their own interactive stories, games, and animations.

Get creative, then share your computer coding creations with others around the world in the online community.

Visit [scratch.mit.edu](https://scratch.mit.edu)