



FAMILY HUDDLE

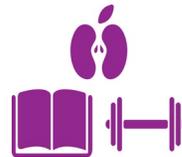
Supporting Teens

Help your teenager deal with feelings of loss and anxiety:

- Make space for disappointment and sadness.
- Makes space for relief and joy.
- Expect friction regarding their social lives.
- Allow privacy and alone time.
- Treat them as problem-solving partners.

Read more at

nytimes.com/2020/03/19/well/family/coronavirus-covid-teenagers-teens-parents-kids-family-advice.html



HEALTHY SPIRIT, MIND, AND BODY

Build an Alligator

Learn how to build an alligator out of Lego® bricks from Mike, the Camp and Sports Director at the Wilton Family YMCA in Connecticut.

Don't have any green bricks? Don't worry. Alligators can be any color if we use our imagination.

Watch at

facebook.com/WiltonFamilyYMCA/videos/585164515544603/



MORE ACTIVITY, MORE FUN

Lunch Doodle

Encourage your child to get creative. Join Mo Willems, creator of the Pigeon book series and *Elephant and Piggie*, weekdays at 1 p.m. ET (and available to view any time after that) for a Lunch Doodle.

Spend time drawing with Mo, exploring his studio, and creating together.

Find more at kennedy-center.org/education/mo-willems/



HOMEWORK HELPER

Census Activities

Access resources spotlighting the 2020 Census and the importance of making sure everyone is counted, especially children.

Find appropriate activities to engage kids from kindergarten through high school.

Learn more at census.gov/programs-surveys/sis/2020census/2020-resources/k-12.html



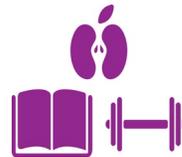
FAMILY HUDDLE

Share Memories

Find pictures from when you were younger, and share stories of your youth with your kids.

Talk about your favorite subject in school, your childhood friends, what hobbies you enjoyed, or any other fun facts you can think of.

Ask them to share their memories.



HEALTHY SPIRIT, MIND, AND BODY

The Alphabet Game

Move like the animal whose name begins with a particular letter of the alphabet to help your toddlers and preschoolers continue to develop gross motor skills.

Join the Cadillac Area YMCA in Michigan in this silly age-appropriate game.

Get the chart at

[facebook.com/cadillacareaymca/photos/a.10150372734652286/10157053824482286/?type=3&theater](https://www.facebook.com/cadillacareaymca/photos/a.10150372734652286/10157053824482286/?type=3&theater)



MORE ACTIVITY, MORE FUN

Paper Football

Learn how to make and play paper football with Dylan, a staff member at the Treasure Valley Family YMCA in Idaho.

Make this a Friday night tradition. Play "under the lights" with team names and uniforms.

Watch at youtu.be/Fvndruzpgzk



HOMEWORK HELPER

Science Fun

"Salty Ice" helps kids learn the effect of salt on the freezing point of water:

- Place a string on an ice cube, and sprinkle salt on the string.
- After 30 seconds, gently lift the string.
- Observe what happens and talk about why!

For more detail visit

jumpstart.com/common/salty-ice



FAMILY HUDDLE

Answering Hard Questions

Are your kids asking questions about the coronavirus pandemic?

Get tips on how to answer questions kids are asking at this time, from will I get sick to when can I see my friends again.

Read at

[vox.com/2020/3/20/21186739/coronavirus-kids-parents-covid-19-pandemic-parenting](https://www.vox.com/2020/3/20/21186739/coronavirus-kids-parents-covid-19-pandemic-parenting)



HEALTHY SPIRIT, MIND, AND BODY

Practice Soccer Skills

- Use two trees, cones, or other objects to create a goal.
- Set up three objects in a line in front of the goal.
- Have your child dribble a soccer ball around the objects and shoot the ball into the goal.

See the drill in action with Coach Alex at the Hockomock Area YMCA in Massachusetts at

[facebook.com/watch/?v=210383523513868](https://www.facebook.com/watch/?v=210383523513868)



MORE ACTIVITY, MORE FUN

Indoor Scavenger Hunt

Go on an indoor scavenger hunt. See how many of the following items you can find:

- Four things that are purple
- A toy with wheels
- Your favorite pair of shoes
- Something square
- A photo of someone you love
- A red crayon

Get additional suggestions from the New Jersey YMCA State Alliance at

[facebook.com/NJYMCA/photos/a.954806454554033/3180784575289532/?type=3&theater](https://www.facebook.com/NJYMCA/photos/a.954806454554033/3180784575289532/?type=3&theater)



HOMEWORK HELPER

PBS Kids

Find activities, crafts, recipes, games, and more featuring your favorite PBS characters.

For children up to age 8.

Sign up for a daily newsletter or visit the site for weekly activity updates.

Visit [pbs.org/parents](https://www.pbs.org/parents)



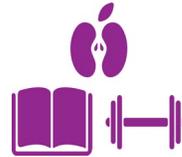
FAMILY HUDDLE

Health Care Heroes

Doctors, nurses, and other hospital staff are the heart of our communities and risking their lives to care for others.

Show them your appreciation by writing letters and mailing them to your local hospital.

Spread the appreciation by writing notes to your police department, fire department, and local grocery stores.



HEALTHY SPIRIT, MIND, AND BODY

Nutrition, Food, and Mental Well-Being

Learn how to choose food that will help you feel better in body, mind, and spirit.

Kate, Dietician with the Oshkosh Community YMCA, reviews how nutrition supports our emotional and mental health in challenging times.

Watch at

[youtube.com/watch?v=MCKrVH9ETCs](https://www.youtube.com/watch?v=MCKrVH9ETCs)



MORE ACTIVITY, MORE FUN

Coffee Filter Butterflies

- Gather two coffee filters, markers, and a pipe cleaner.
- Stack the coffee filters and flatten them with your hands.
- Decorate your filters with markers.
- Using a teaspoon or a dropper, drip water onto the filters.
- Lay the filters in the sun to dry.
- Gather filters in the middle with pipe cleaners or another fastener.
- Spread out the "wings" and shape the ends of the fastener to make antennas.



HOMESCHOOL HELPER

Homeschooling Advice From a Pro

Get tips from a homeschooling mom about how to manage when children are home from school:

- Create a flexible schedule.
- Be responsive to your children's ages.
- Look at the bright side.

Read the full article at [vox.com/the-highlight/2020/3/13/21178234/corona-virus-covid-19-school-closures-kids-home](https://www.vox.com/the-highlight/2020/3/13/21178234/corona-virus-covid-19-school-closures-kids-home)



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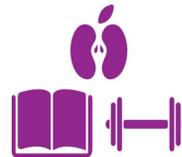
Parenting in Uncertain Times

Struggling with how to talk to your kids and calm their fears during these uncertain times?

Print this bulleted list of tips from Rebecca Schrag Herschberg, PhD, and hang them on your fridge as a reference.

Get the tips at

psychologytoday.com/us/blog/little-house-calls/202003/parenting-during-covid-19



HEALTHY SPIRIT, MIND, AND BODY

12 Bursts

Make sure you and your family are getting the recommended 60 minutes of activity per day with 5-minute bursts that can be done anytime, anywhere throughout the day.

Access the five-minute bursts and track your completed activities on the 12 Bursts site created by the YMCA of the Greater Twin Cities in Minnesota.

Track at 12bursts.org



MORE ACTIVITY, MORE FUN

Make Milk Dance

- Gather milk, dish soap, food coloring, and cotton swabs.
- Fill a shallow dish with about a quarter inch of milk.
- Squeeze several drops of different colored food coloring into the milk.
- Dip a cotton swab in dish soap and touch it to the drops of food coloring.
- Swirl the cotton swab in the milk to make the colors dance.

See this trick from YMCA of Greater Rochester in New York at

youtube.com/watch?v=Bm2Yxf0tHCg



HOMEWORK HELPER

Khan Academy

Access practice exercises, instructional videos, and a personalized learning dashboard to improve your child's skills in math, science, computer programming, history, art history, economics, and more.

Find lessons by grade level and free tools for parents and caregivers to track your child's progress and better support their learning.

Visit khanacademy.com



FAMILY HUDDLE

Craft Supply Swap

Do you need new ideas to keep the kids busy or are having a hard time finding craft supplies? Consider trading with neighbors. Trade bird seed for pipe cleaners or finger paints for felt.

Send an email to your neighbors with a list of extra supplies you are willing to trade.

Drop traded items off at their front door. Share pictures of what you create to stay connected as a community.



HEALTHY SPIRIT, MIND, AND BODY

Baked Apple Oatmeal Bars

Gather your ingredients, mix them together, and get baking.

This healthy recipe for baked apple oatmeal bars from the YMCA of South Palm Beach County in Florida can be eaten right away or frozen and enjoyed later.

Get the full recipe at

[facebook.com/YMCASPBC/photos/a.10150153771623131/10157209682513131/?type=3&theater](https://www.facebook.com/YMCASPBC/photos/a.10150153771623131/10157209682513131/?type=3&theater)



MORE ACTIVITY, MORE FUN

Secret Maze Game

Grab some paper plates and markers and get ready to test your memory skills.

Coach Chuck and his daughter Hailey from the YMCA of Greater Rochester in New York are back to show you how to make and complete a Secret Maze.

Learn how at

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



HOMEWORK HELPER

Round Robin Story Time

- Sit in a circle.
- Take a sheet of paper and begin your story.
- Write a few lines and pass it to your neighbor to continue.
- When the page is back to you, read the story aloud!

For more information visit

[foundationinc.org/wp-content/uploads/2019/07/CGG-Round-Robin.pdf](https://www.foundationinc.org/wp-content/uploads/2019/07/CGG-Round-Robin.pdf)



FAMILY HUDDLE

Parent Self-Care

Get tips on balancing your needs and the needs of your children during challenging times.

Tips include the following:

- Be kind to yourself.
- Use teachable moments.
- Do family challenges.

Read more at

gwaea.org/parents/carpool_lane/2020/03/top-10-list-parents



HEALTHY SPIRIT, MIND, AND BODY

Rainbow Pasta

- Cook pasta noodles.
- Drain and cool.
- Fill a sealable bag with enough water to cover the pasta.
- Add food coloring to the water.
- Place pasta in the bag for 20 minutes.
- Drain water from the bag and enjoy.

How many different colors can you make?



MORE ACTIVITY, MORE FUN

Spring Bottle Painting

- Gather an empty plastic bottle, paint, a paper plate, and a sheet of paper.
- Squeeze different colored paint onto the paper plate.
- Dip the bottom of the plastic bottle gently into the paint.
- Press the bottom into the paper to create the petals of a flower.
- Use a brush to add in the flower's center, stem, and leaves.

See this activity from the YMCA of Greater Richmond in Virginia in action at youtu.be/srKUZm37Vvc



HOMESCHOOL HELPER

Spanish Children's Stories

Access well-known children's stories translated into Spanish and spoken by a native Spanish speaker.

Great for both adults and kids, you can read along in Spanish or English.

Visit thespanishexperiment.com/stories