



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

youtube.com/channel/UCowhHSUaWp3KJDcuI0nR0vw?fbclid=IwAR3tAqSyupaZd3pke8xaXBYkuzcON0SFwSJLM6ocCGMaFrD5AAunLDgcuCU