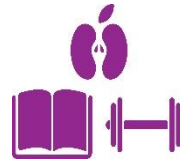




## FAMILY HUDDLE

### 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/smycacadamps/videos/844478982685509](https://www.facebook.com/smycacadamps/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](https://www.youtube.com/channel/UCowhHSUaWp3KJDcuI0nR0vw?fbclid=IwAR3tAqSyupaZd3pke8xaXBYkuzcON0SFwSJLM6ocCGMaFrD5AAunLDgcuCU)