



## FAMILY HUDDLE

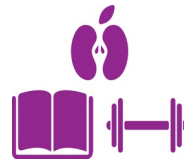
### Mindfulness

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)