

TODAY'S TIP





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-19pandemic-parenting



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 <u>facebook.com/watch/?v=</u> <u>210383523513868</u>



MORE ACTIVITY, MORE FUN

Indoor Scavenger Hunt

Go 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.95480 6454554033/3180784575289532/?type =3&theater



HOMEWORK HELPER

PBS Kids

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For children up to age 8.

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