



## 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](http://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](https://youtu.be/srKUZm37Vvc)



## HOMEWORK 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](http://thespanishexperiment.com/stories)