



FAMILY HUDDLE

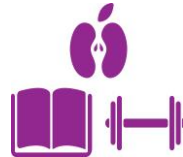
Supporting Kids Health

With schools cancelled and school years ending early, kids may be struggling socially and emotionally.

Read tips on how to support your child during school cancellations and other challenges.

Visit

confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/



HEALTHY SPIRIT, MIND, AND BODY

Extreme Hopscotch

Draw a hopscotch board on the sidewalk, but instead of numbers, put a fitness challenge in each box.

Include activities like the following:

- Jumping jacks
- Spin in a circle
- Star jumps

Throw your rock and begin to hop!

To push yourself further, instead of skipping over the square where your rock lands, double the challenge.



MORE ACTIVITY, MORE FUN

Hatch Dinosaur Eggs

- Make a paste with baking soda, water, and a few drops of food coloring.
- Shape the paste around a small plastic toy, like a dinosaur, in the shape of an egg.
- Freeze overnight.
- When you are ready to play, pour a small amount of vinegar over your egg to excavate the toy.

Watch as your toy hatches from its egg!



HOMEWORK HELPER

National Geographic for Kids

Explore the world of mammals, birds, and other animals on this interactive site with games, brain boosters, and other interesting activities.

Visit kids.nationalgeographic.com