



FAMILY HUDDLE

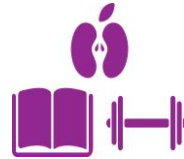
Breathing and Meditation

During stressful times, it is important to find ways to deal with anxiety and uncertainty...and help our families do the same.

Tutu Mora will lead you and your family through breathing techniques to help reduce stress and manage your feelings.

Watch at

[youtube.com/watch?v=QxfhADNAQoc&feature=youtu.be](https://www.youtube.com/watch?v=QxfhADNAQoc&feature=youtu.be)



HEALTHY SPIRIT, MIND, AND BODY

Nature Walk Bracelet

- Place a piece of duct tape or masking tape around your child's wrist, sticky side facing out.
- Head outside for a walk.
- Watch for small leaves, acorns, flowers, and other natural artifacts.
- Stick whatever you find onto the tape to create a beautiful bracelet.



MORE ACTIVITY, MORE FUN

Indoor Parade

- Grab some pots, pans, or any other items that create noise.
- Add color to your parade by wearing your Halloween costumes, other dress-up items you may have, or pulling out the brightest clothes in your closet.
- Create a parade route through your house to make your parade come to life!



HOMESCHOOL HELPER

Latin Root Word Tree

Use a word tree activity to help teach and introduce Latin roots to kids of all ages.

All About Learning Press provides a graphic organizer designed to generate words that include a Latin root.

Learn more at

resources.allaboutlearningpress.com/#activities