



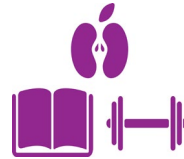
FAMILY HUDDLE

Supporting Kids and Teens

Learn how to address the three basic concerns kids have during difficult times, according to Gene Beresin, MD, Executive Director of the MGH Clay Center for Young Healthy Minds:

- Am I safe?
- Are the people caring for me safe?
- How will this affect my daily life?

Read all tips at mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-the-coronavirus-pandemic



HEALTHY SPIRIT, MIND, AND BODY

Move Through Yoga

Cosmic Kids Yoga videos feature different themes designed for kids ages 3 and up.

Kids learn

- yoga poses,
- mindfulness,
- relaxation.

Visit

www.youtube.com/user/CosmicKidsYoga



MORE ACTIVITY, MORE FUN

Make Your Own Slime!

Ever wondered why slime sometimes acts like a liquid and sometimes appears as a solid? Amelia from the Eugene Family YMCA in Oregon explains.

Learn about non-Newtonian fluids. Then put your new knowledge into practice by making oobleck (simple slime) from ingredients you have in your house—cornstarch, water, and food coloring.

Watch at

youtube.com/watch?v=Q0SaLNGVuGk



HOMEWORK HELPER

Encourage Reading

Get tips to encourage your kids to read in the quick guide, "6 Ways to Help Your Child Read Short Stories," from All About Learning Press:

- Set a timer.
- Divide the story into parts.
- Share the reading. You read a page, then have your child read a page.

For more tips visit

resources.allaboutlearningpress.com/#quickguides