



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TODAY'S TIP

YMCA OF FREDERICK COUNTY



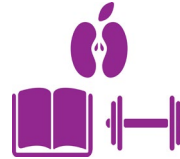
April 12, 2020



FAMILY HUDDLE

Junk Robot

- Gather colored paper, wrapping paper, colored tape, markers, pencils, extra craft supplies, and glue.
- Decorate an empty box (cereal, rice, gift box, shoe box, etc.) to create your own robot.
- Buttons or bottle tops make perfect eyes and scrap material can become a cape.



HEALTHY SPIRIT, MIND, AND BODY

The YMCA Triangle

Did you know the triangle is the strongest geometric shape? Perhaps for that reason, early YMCA leader Luther Gulick used it to create the YMCA triangle, whose sides represent spirit, mind, and body.

The look of the YMCA triangle has changed over the years, but you can still find the triangle in the Y logo today. The equal sides remind us to keep balance among these three key elements in our daily life.



MORE ACTIVITY, MORE FUN

Family Fitness

Fitness is more fun when you do it with your family.

Join Amy and her kids Louis and Aibileen from the YMCA of Greater Cincinnati in a 30-minute, family-oriented workout.

Watch at

[youtube.com/watch?v=a3RLcB616ME](https://www.youtube.com/watch?v=a3RLcB616ME)



HOMEWORK HELPER

Creativity Catapult

Access research-backed, expert-curated activities that promote creativity skills in children ages 2–14.

Activities can be filtered by a variety of factors, including the following:

- age
- difficulty
- duration

Learn more at creativitycatapult.org