



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TODAY'S TIP

YMCA OF FREDERICK COUNTY



April 23, 2020



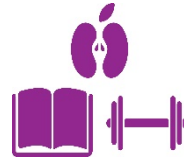
FAMILY HUDDLE

Health Care Heroes

Doctors, nurses, and other hospital staff are the heart of our communities and risking their lives to care for others.

Show them your appreciation by writing letters and mailing them to your local hospital.

Spread the appreciation by writing notes to your police department, fire department, and local grocery stores.



HEALTHY SPIRIT, MIND, AND BODY

Nutrition, Food, and Mental Well-Being

Learn how to choose food that will help you feel better in body, mind, and spirit.

Kate, Dietician with the Oshkosh Community YMCA, reviews how nutrition supports our emotional and mental health in challenging times.

Watch at

[youtube.com/watch?v=MCKrVH9ETCs](https://www.youtube.com/watch?v=MCKrVH9ETCs)



MORE ACTIVITY, MORE FUN

Coffee Filter Butterflies

- Gather two coffee filters, markers, and a pipe cleaner.
- Stack the coffee filters and flatten them with your hands.
- Decorate your filters with markers.
- Using a teaspoon or a dropper, drip water onto the filters.
- Lay the filters in the sun to dry.
- Gather filters in the middle with pipe cleaners or another fastener.
- Spread out the "wings" and shape the ends of the fastener to make antennas.



HOMESCHOOL HELPER

Homeschooling Advice From a Pro

Get tips from a homeschooling mom about how to manage when children are home from school:

- Create a flexible schedule.
- Be responsive to your children's ages.
- Look at the bright side.

Read the full article at [vox.com/the-highlight/2020/3/13/21178234/corona-virus-covid-19-school-closures-kids-home](https://www.vox.com/the-highlight/2020/3/13/21178234/corona-virus-covid-19-school-closures-kids-home)