



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TODAY'S TIP

YMCA OF FREDERICK COUNTY



April 25, 2020



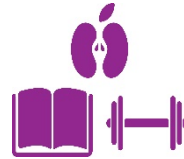
FAMILY HUDDLE

Craft Supply Swap

Do you need new ideas to keep the kids busy or are having a hard time finding craft supplies? Consider trading with neighbors. Trade bird seed for pipe cleaners or finger paints for felt.

Send an email to your neighbors with a list of extra supplies you are willing to trade.

Drop traded items off at their front door. Share pictures of what you create to stay connected as a community.



HEALTHY SPIRIT, MIND, AND BODY

Baked Apple Oatmeal Bars

Gather your ingredients, mix them together, and get baking.

This healthy recipe for baked apple oatmeal bars from the YMCA of South Palm Beach County in Florida can be eaten right away or frozen and enjoyed later.

Get the full recipe at

[facebook.com/YMCASPBC/photos/a.10150153771623131/10157209682513131/?type=3&theater](https://www.facebook.com/YMCASPBC/photos/a.10150153771623131/10157209682513131/?type=3&theater)



MORE ACTIVITY, MORE FUN

Secret Maze Game

Grab some paper plates and markers and get ready to test your memory skills.

Coach Chuck and his daughter Hailey from the YMCA of Greater Rochester in New York are back to show you how to make and complete a Secret Maze.

Learn how at

[youtube.com/watch?v=2qLkciqDZCE](https://www.youtube.com/watch?v=2qLkciqDZCE)



HOMEWORK HELPER

Round Robin Story Time

- Sit in a circle.
- Take a sheet of paper and begin your story.
- Write a few lines and pass it to your neighbor to continue.
- When the page is back to you, read the story aloud!

For more information visit

[foundationinc.org/wp-content/uploads/2019/07/CGG-Round-Robin.pdf](https://www.foundationinc.org/wp-content/uploads/2019/07/CGG-Round-Robin.pdf)