



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TODAY'S TIP

YMCA OF FREDERICK COUNTY



April 7, 2020

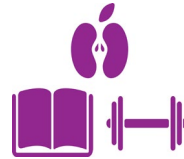


FAMILY HUDDLE

Become a Newscaster!

- Have each family member come up with five to six interview questions to ask each other. Find out what your child's favorite color is or what they want to be when they grow up.
- Record your interviews to watch later or share with other family members who may be feeling isolated.

Brush up on your interviewing skills at kpcnotebook.scholastic.com



HEALTHY SPIRIT, MIND, AND BODY

Family Obstacle Course Fun

- Create an obstacle course using household items: chairs, cushions, spare boxes, a broom, jars, clothesline, balls, bowls, pans, etc.
- Let kids help create obstacles and decide how to complete them, e.g., throw a ball into a pan.
- Space out the obstacles to make a course.
- Take turns completing the course. Time each person to turn it into a competition!



MORE ACTIVITY, MORE FUN

Indoor Dribbling All Stars

Did you know you can practice dribbling skills indoors with the help of a table and some paper cups?

Coach David Parker from the YMCA of Greater Williamson County in Texas gives some tips to improve your dribbling skills.

Watch at [facebook.com/watch/?v=218316182611945](https://www.facebook.com/watch/?v=218316182611945)



HOMEWORK HELPER

STEM Gems

Access short, discovery-based experiences that involve little or no materials. Designed to engage young people in active experiential learning, the activities

- connect to prior knowledge,
- include a hands-on activity,
- connect to a different scenario to help solidify the learning.

Visit naaweb.org/resources/stem-gems