



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TODAY'S TIP

YMCA OF FREDERICK COUNTY



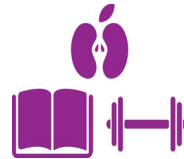
April 8, 2020



FAMILY HUDDLE

Activity Cards

- As a family, choose an exercise for each suit of a deck of cards, e.g., hearts are jumping jacks, diamonds are push-ups, etc.
- Have each family member pick a card and do the exercise associated with that suit the number of times on the card (e.g., draw a five of hearts, do five jumping jacks). For a face card, pick someone else to do the exercise 10 times. For an ace, everyone does the exercise 10 times.



HEALTHY SPIRIT, MIND, AND BODY

Flex Your Brain!

Learn new words and practice your problem-solving skills through online crossword puzzles you can do for free.

Visit [dictionary.com/e/crossword](https://www.dictionary.com/e/crossword)



MORE ACTIVITY, MORE FUN

Spirit Week

As a family, brainstorm fun themes for each day, such as the following:

- crazy hair day
- pajama day
- sports jersey day
- superhero day
- crazy sock day

Finish it off with Fancy Friday:

Encourage your family to dress in their finest for Friday dinner. Don't forget to include your pets!



HOMEWORK HELPER

Math Is Fun!

- Get out a large piece of white paper, sticky notes, and markers.
- Write math equations on the sticky notes, one equation on each note.
- Write the answers to each math equation on a piece of white paper.
- Have your child match the equation to the correct answer.

For more ideas, visit

ymcahealthyathome.blogspot.com