



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TODAY'S TIP

YMCA OF FREDERICK COUNTY



May 1, 2020



FAMILY HUDDLE

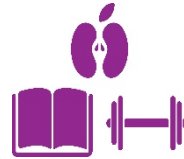
Help With Sleep

Stressful times can affect sleep.

Meditation can be a useful tool to help.

Headspace provides many guided relaxation exercises, including one to help with sleeplessness.

Visit [headspace.com/meditation/sleep](https://www.headspace.com/meditation/sleep)



HEALTHY SPIRIT, MIND, AND BODY

Virtual Gym Class

Hop like a bunny, crawl like a bear, walk a tight rope, ski, and swim...all from the comfort of home.

Coach Mike leads this total body gym class from the YMCAs in Canada.

A workout for kids and adults of all ages.

Watch at

[youtube.com/watch?v=ORRzXu1hqtE&list=PLA2C6WTfk7jWt50-XYPyPN-Z_965Tca2Z](https://www.youtube.com/watch?v=ORRzXu1hqtE&list=PLA2C6WTfk7jWt50-XYPyPN-Z_965Tca2Z)



MORE ACTIVITY, MORE FUN

Activity Jar

Create a jar containing all the activities you wish you could do while you have been self-quarantining.

Every time someone says they wish they could do something, or what they miss doing, write it on a slip of paper. Place the paper in a jar.

When you are able to enjoy activities again outside of your home, pull a slip of paper out of the jar for ideas.



HOMEWORK HELPER

Story Time from Space

Astronauts from the International Space Station have recorded themselves reading stories and conducting science experiments for the children of Earth as the world rotates below.

Check it out at [storytimefromspace.com](https://www.storytimefromspace.com)