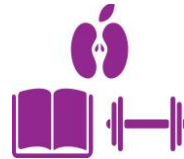




## FAMILY HUDDLE

### 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](https://ymcahealthyathome.blogspot.com)