



FAMILY HUDDLE

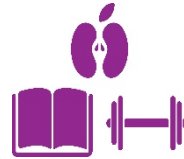
Laughing Makes Everything Better

It is also contagious.

Have a contest to see who can make other family members laugh the fastest without speaking.

Make a funny face or dance a silly dance. Tell some jokes and see who can hold their laughter in the longest.

Or just laugh, and laugh, and laugh. Did you know laughing can make you laugh more? Try it!



HEALTHY SPIRIT, MIND, AND BODY

Skills and Drills

Get the family moving with some at-home skill drills from Kim and Cash from the Eugene Family YMCA in Oregon.

Join them for 15 minutes of fun and easy activities to get your heart pumping.

Kim provides step-by-step instruction with modifications, so family members of all ages and abilities can enjoy active time together.

Watch at [youtube.com/watch?v=rjAS3Aanr3c](https://www.youtube.com/watch?v=rjAS3Aanr3c)



MORE ACTIVITY, MORE FUN

Camp Songs

Do your kids have a favorite song they learned at camp?

Cobie and Nicole from the Treasure Valley Family YMCA in Idaho teach us their favorite camp song.

Sing, dance along, and get ready for summer. It will be here soon!

Watch at [youtube.com/watch?v=OBqFbBwBHsg&feature=emb_rel_end](https://www.youtube.com/watch?v=OBqFbBwBHsg&feature=emb_rel_end)



HOMEWORK HELPER

Math Challenges

Access a variety of games and puzzles, in addition to other resources, from Greg Tang Math to help make learning math fun.

Puzzles are separated by grade level so you can easily find the appropriate one for your child.

Visit [gregtangmath.com/challenges](https://www.gregtangmath.com/challenges)