

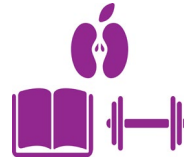


## FAMILY HUDDLE

### Outdoor Picnic

Enjoy some fresh air and time together. Make some sandwiches; grab a few pieces of fruit, some water, and a blanket; and head outside. Spread your blanket and enjoy a picnic.

Consider having your picnic at night and taking a few minutes to enjoy the stars.



## HEALTHY SPIRIT, MIND, AND BODY

### Superhero Skills

Pull out your favorite superhero shirt, make a cape, and test your crime-fighting skills by practicing jabs, slices, and kicks.

Sonya from the Summit Area YMCA in New Jersey reminds us that exercise can be fun when we use our imagination.

#### Watch at

[youtube.com/watch?v=cvMbkw2572k&feature=youtu.be](https://www.youtube.com/watch?v=cvMbkw2572k&feature=youtu.be)



## MORE ACTIVITY, MORE FUN

### Draw a Llama

A what? A LLAMA!

Miss Marisa from the Community YMCA of Eastern Delaware County in Pennsylvania shows step-by-step how to draw your own llama.

Personalize your drawing. Grab your markers and crayons and see how colorful you can make your llama.

#### Learn how at

[facebook.com/CYEDC1/videos/202624697680757/](https://www.facebook.com/CYEDC1/videos/202624697680757/)



## HOMEWORK HELPER

### Scratch

Access free computer programming for kids ages 8–16 on the Scratch website. Kids can program their own interactive stories, games, and animations.

Get creative, then share your computer coding creations with others around the world in the online community.

Visit [scratch.mit.edu](https://scratch.mit.edu)