



## FAMILY HUDDLE

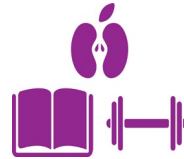
### Supporting Teens

Help your teenager deal with feelings of loss and anxiety:

- Make space for disappointment and sadness.
- Makes space for relief and joy.
- Expect friction regarding their social lives.
- Allow privacy and alone time.
- Treat them as problem-solving partners.

Read more at

[nytimes.com/2020/03/19/well/family/coronavirus-covid-teenagers-teens-parents-kids-family-advice.html](https://nytimes.com/2020/03/19/well/family/coronavirus-covid-teenagers-teens-parents-kids-family-advice.html)



## HEALTHY SPIRIT, MIND, AND BODY

### Build an Alligator

Learn how to build an alligator out of Lego® bricks from Mike, the Camp and Sports Director at the Wilton Family YMCA in Connecticut.

Don't have any green bricks? Don't worry. Alligators can be any color if we use our imagination.

Watch at

[facebook.com/WiltonFamilyYMCA/videos/585164515544603/](https://facebook.com/WiltonFamilyYMCA/videos/585164515544603/)



## MORE ACTIVITY, MORE FUN

### Lunch Doodle

Encourage your child to get creative. Join Mo Willems, creator of the Pigeon book series and *Elephant and Piggie*, weekdays at 1 p.m. ET (and available to view any time after that) for a Lunch Doodle.

Spend time drawing with Mo, exploring his studio, and creating together.

Find more at [kennedy-center.org/education/mo-willems/](https://kennedy-center.org/education/mo-willems/)



## HOMEWORK HELPER

### Census Activities

Access resources spotlighting the 2020 Census and the importance of making sure everyone is counted, especially children.

Find appropriate activities to engage kids from kindergarten through high school.

Learn more at [census.gov/programs-surveys/sis/2020census/2020-resources/k-12.html](https://census.gov/programs-surveys/sis/2020census/2020-resources/k-12.html)