



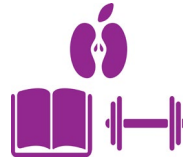
FAMILY HUDDLE

Share Memories

Find pictures from when you were younger, and share stories of your youth with your kids.

Talk about your favorite subject in school, your childhood friends, what hobbies you enjoyed, or any other fun facts you can think of.

Ask them to share their memories.



HEALTHY SPIRIT, MIND, AND BODY

The Alphabet Game

Move like the animal whose name begins with a particular letter of the alphabet to help your toddlers and preschoolers continue to develop gross motor skills.

Join the Cadillac Area YMCA in Michigan in this silly age-appropriate game.

Get the chart at

[facebook.com/cadillacareaymca/photos/a.10150372734652286/10157053824482286/?type=3&theater](https://www.facebook.com/cadillacareaymca/photos/a.10150372734652286/10157053824482286/?type=3&theater)



MORE ACTIVITY, MORE FUN

Paper Football

Learn how to make and play paper football with Dylan, a staff member at the Treasure Valley Family YMCA in Idaho.

Make this a Friday night tradition. Play "under the lights" with team names and uniforms.

Watch at youtu.be/Fvndruzpgzk



HOMEWORK HELPER

Science Fun

"Salty Ice" helps kids learn the effect of salt on the freezing point of water:

- Place a string on an ice cube, and sprinkle salt on the string.
- After 30 seconds, gently lift the string.
- Observe what happens and talk about why!

For more detail visit

jumpstart.com/common/salty-ice