



FAMILY HUDDLE

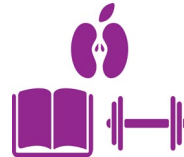
Answering Hard Questions

Are your kids asking questions about the coronavirus pandemic?

Get tips on how to answer questions kids are asking at this time, from will I get sick to when can I see my friends again.

Read at

[vox.com/2020/3/20/21186739/coronavirus-kids-parents-covid-19-pandemic-parenting](https://www.vox.com/2020/3/20/21186739/coronavirus-kids-parents-covid-19-pandemic-parenting)



HEALTHY SPIRIT, MIND, AND BODY

Practice Soccer Skills

- Use two trees, cones, or other objects to create a goal.
- Set up three objects in a line in front of the goal.
- Have your child dribble a soccer ball around the objects and shoot the ball into the goal.

See the drill in action with Coach Alex at the Hockomock Area YMCA in Massachusetts at

[facebook.com/watch/?v=210383523513868](https://www.facebook.com/watch/?v=210383523513868)



MORE ACTIVITY, MORE FUN

Indoor Scavenger Hunt

Go on an indoor scavenger hunt. See how many of the following items you can find:

- Four things that are purple
- A toy with wheels
- Your favorite pair of shoes
- Something square
- A photo of someone you love
- A red crayon

Get additional suggestions from the New Jersey YMCA State Alliance at

[facebook.com/NJYMCA/photos/a.954806454554033/3180784575289532/?type=3&theater](https://www.facebook.com/NJYMCA/photos/a.954806454554033/3180784575289532/?type=3&theater)



HOMEWORK HELPER

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