

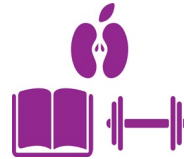


## FAMILY HUDDLE

### Color the Neighborhood

- Gather some rocks from your yard or around your neighborhood.
- Paint them with pictures and bright colors—a sun, flowers, cars, happy faces.
- Go for a walk and leave them for your neighbors to find.

Check back in a day or two to see if they were found.



## HEALTHY SPIRIT, MIND, AND BODY

### Indoor Obstacle Course

Turn your living room into an obstacle course. Coach Tatum from the Rye YMCA in New York will show you how.

Take it up a notch and see who can complete the course the fastest.

#### Watch at

[video214.com/play/hDpvc3VCEZD4mkph6QhZqg/s/dark](https://video214.com/play/hDpvc3VCEZD4mkph6QhZqg/s/dark)



## MORE ACTIVITY, MORE FUN

### Martial Arts

Learn tae kwon do moves with Master Branch of the YMCA of Austin.

Warm up, then learn and practice to master your own skills.

Watch at [youtu.be/wvGYfixL7sw](https://youtu.be/wvGYfixL7sw)



## HOMESCHOOL HELPER

### Understood.org

Access a list of learning activities that are simple and fun to keep children engaged while schools are closed.

Get ideas on board games you can play to build critical thinking skills and explore fun things your child can read besides books.

Visit [understood.org/en/school-learning/stuck-at-home-activities](https://understood.org/en/school-learning/stuck-at-home-activities)