



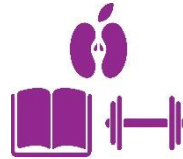
FAMILY HUDDLE

Fun Facts

Take a few minutes to look up what "national" day it is.

May 26, 2020 National Days:
National Blueberry Cheesecake Day
Paper Airplane Day

How can you celebrate these holidays at home?



HEALTHY SPIRIT, MIND, AND BODY

Giving Back

One part of a healthy spirit is giving back.

Challenge your kids to come up with at least 3 ways that they can give back to others.

One way they might be able to "give back" is in your home.

You can get ideas for age appropriate chores here:

<https://www.webmd.com/parenting/features/chores-for-children#1>



MORE ACTIVITY, MORE FUN

Global Running Day Challenge

- Celebrate Global Running Day, June 3rd, by joining the Rising New York Road Runners Virtual Challenge.
- This challenge encourages kids (and families) to be active throughout the month of May.

Join and participate in the challenge here:

<https://activeathome.nyrr.org/rnyrr-virtualchallenge/>



HOMEWORK HELPER

Nature at Night

Build a lightning bug catcher during the day and then spend time running around catching (and releasing) them at night.

You can learn how to build your own lightning bug catcher below.

Visit

<https://www.funology.com/lightning-bug-catcher/>