



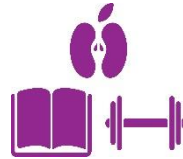
## FAMILY HUDDLE

### Pack a Picnic

The weather is warm and the sunny days are (hopefully) here to stay.

Pack a picnic with the family's favorite foods, and take a walk to a nearby park, or to the other side of your yard if you have a large one.

Remember to observe social distancing guidelines if you go to the park.



## HEALTHY SPIRIT, MIND, AND BODY

### Sleep for Success

Do you know how much sleep you and your family members should be getting each night?

A lack of sleep can lead to numerous health problems and can increase levels of stress.

### Find out how much sleep you should get here:

<https://www.helpguide.org/articles/sleep/sleep-needs-get-the-sleep-you-need.htm>



## MORE ACTIVITY, MORE FUN

### Dance Party

Find free online dance instruction videos. Learn a new dance such as:

- Polka
- Salsa
- Ballet
- Waltz
- Jazz
- Tap
- Ballroom
- Hip-hop



## HOMEWORK HELPER

### Words, Words, Words!

Create your own word find, then complete it.

Make it by hand or use a word find generator website like the one below.

### Visit

<https://www.education.com/worksheet-generator/reading/word-search/?gclid=EA1aIQobChMIo7afppHU6QIVk8DACH23tgbHEAAYAiAAEgLvI D Bw E>