



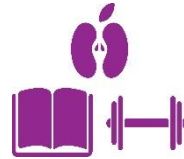
FAMILY HUDDLE

Family Bucket List

Here's a challenge that everyone will enjoy! See how many activities your family can complete (safely) in the month of June.

Get the list here:

<https://bucketlistjourney.net/family-activities-things-to-do-with-kids/>



HEALTHY SPIRIT, MIND, AND BODY

Benefits of Being Active

See some of the reasons why outdoor play is incredibly beneficial to your child's spirit, mind, and body by visiting the link below.

Visit the website:

<https://healthpoweredkids.org/exercise-to-help-the-body-mind-and-spirit/>



MORE ACTIVITY, MORE FUN

Happy Trails

Looking for a way to make family walks more fun? Use The Walking Classroom program.

- Kids take a brisk 20-minute walk while listening to a kid-friendly podcast that features different elements of literacy education.
- Typically, this is done as a class, but we encourage you to give it a try as a family.

Visit the link here:

<https://www.thewalkingclassroom.org/>



HOMEWORK HELPER

Lessen the Load

For parents that are now teaching kids from home, we want to encourage you to check out this list of ten free websites that offer homework help.

Parents and guardians, you don't have to do this on your own!

Visit this link to see the homework helpers:

<https://www.familyeducation.com/school/top-10-free-homework-help-websites>