



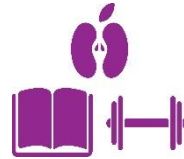
FAMILY HUDDLE

Family Stroll

Walk around your neighborhood, count how many robins you see.

Count how many dogs you hear barking and bark back.

Bring a pack of chalk with you and look for areas in the community to draw a picture that will make people smile.



HEALTHY SPIRIT, MIND, AND BODY

Tips for Keeping Life Cool

Keep a healthy spirit, mind, and body using these tips:

<https://www.nj.com/opinion/2020/04/keeping-a-healthy-spirit-mind-and-body-during-stressful-times.html>



MORE ACTIVITY, MORE FUN

60 Second Challenges

Take one minute to try these fun and short challenges.

See the challenges here:

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>



HOMEWORK HELPER

If you're looking for a way to help kids with homework, or continue their education into the summer, check out Amazon.com and view all of the homework helper tools they have available.