

April 20-24, 2020

Every Kid Healthy Week

Keep your family healthy this week with these fun stay at home activities!

Mindfulness Monday

Start your day with a Mindful Morning- Breathe easier with some simple breathing exercises!

FOLLOW THESE EXAMPLES!

Stay Grounded! Refocus with this simple 5-4-3-2-1 technique.

FIND THE HOW-TO HERE

End the day with yoga! Poses + positive affirmations = confidence boost.

TRY THESE !

Tasty Tuesday

Family Mealtime- Try to sit down and eat a meal as a family! Come up with conversation starters to talk about!

Cook healthy meals at home **TOGETHER** as a family!

TRY THESE KID FRIENDLY RECIPES

Make a FUN healthy snack and involve the kids!



Wellness Wednesday (Earth Day)

Recycle paper towel and toilet paper rolls into a fun craft!

FIND IDEAS HERE!

Think outside the garden box: Plant a creative garden using containers from your home!

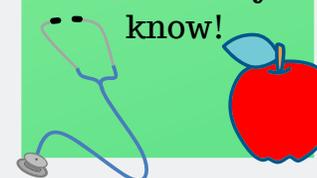
FIND OUT HOW HERE!

Family Game Night! Limit electricity use and screen time, choose a fun game instead.



Thoughtful Thursday

Make a "Thank you" video and send it to your teacher or nurse/doctor you know!



Complete 2 random acts of kindness at home!

NEED IDEAS?

Make a sensory play path or hands-on activity for your kids!

FIND SOME IDEAS HERE!

Fitness Friday

Obstacle Challenge: Set up a backyard family fitness course!

FIND INSPIRATION HERE!

Go for a Rainbow Walk! Identify one thing for each color of the rainbow: Red, Orange, Yellow, Green, Blue, Indigo and Violet.

Don't forget to hydrate during physical activities!



Make sure you take pictures and tag: **#EveryKidHealthyWeek**