

# Every Kid Healthy Week

April 20-24, 2020

Improving Health Together



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- Sit down and eat a meal as a family! Come up with conversation starters and talk!

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!



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

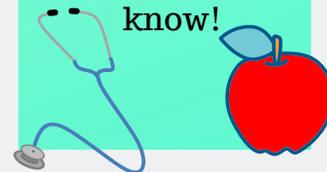
**FIND OUT HOW HERE!**

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 family fitness course (inside or outside)!

**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- drink water!



Make sure you take pictures and tag: #EveryKidHealthyWeek

## Random Acts of Kindness for KIDS

The list below is packed with thoughtful and clever kind gestures to do SAFELY while "SHELTER IN PLACE.". Have your kid try one or two today.

1. Say thanks—just thanks—to your parents, for no particular reason.
2. Be a study buddy—or help a younger sibling with homework.
3. Clear your own dishes. Then surprise your parents and clear theirs, too.
4. Let your brother/sister go first.
5. Make your brother's/sister's bed one morning. Turn it down that night.
6. Clip coupons for mom/dad.
7. Pitch in: Take out the garbage after family dinner. Do it without complaining.
8. Clean out the pantry and get can goods ready for donating.
9. Clean your room—without being asked to. Find clothes and toys to donate.
10. Deliver a compliment a day—and mean it. Deliver two if it makes the family happy.