The Health Education Council wants to provide your family with some information to help you remain happy and healthy while staying home.

This Issue's Features: For the Body, For the Brain, In the Kitchen, Just for Fun!

For the Body

Staying physically active is a great way to burn extra energy, ease tension, and help your body and mind feel better!

- Click HERE to access a physical activity packet to follow along with for the month of April.

For the Brain

During times of uncertainty it is important to take time to care for your mental health and check in on others.

- Click HERE to learn the signs of stress and how to soothe the symptoms.

Click the picture to learn about deep breathing.

Click HERE for more at-home physical activity ideas and a daily recess livestream!

Here are tips for remaining active at home:
- Go for walks around your neighborhood; keep a safe distance of 6 feet from others.
- Play music and have a dance party with the whole family!
- Kids need at least 60 minutes of physical activity per day and adults need 30 minutes.

Here are tips on how to reduce stress & talk to your children about mental health:
- Monitor your own stress levels to model calmness in your household.
- When speaking with your children, listen actively and validate their feelings.
- Practice relaxation strategies, like breathing exercises, journaling, drawing, or some light stretching to help everyone feel calmer.

Click HERE for more tips to deal with Coronavirus anxiety.
In the Kitchen

Cooking is a great way to try something new and build healthy habits with the whole family.

- Click HERE to access guides & recipes for cooking with your family.
- Click HERE to learn about food planning during the Coronavirus pandemic.

Here are tips to engage kids in the kitchen & make the most of your meals:

- Invite your kids into the kitchen and ask them to help read the recipe or measure the ingredients.
- Make a large batch of one recipe all at once to eat during the week or to freeze meals for later.
- Spice up leftovers—use them in new ways. Try using leftover chicken in a stir-fry, over a salad, or in chicken chili.
- Create nutritious meals by keeping all food groups in mind when cooking: proteins, grains, fruits, and veggies.

Just for Fun!

Don't forget the importance of staying positive and having fun.

Take a break from the news and try these ideas with your whole family:

- Click HERE for fun and educational activities for kids ages 2-8 years old.
- Click HERE for a list of animal livestreams you can watch from home!

Don't forget to fill out the 2020 Census online! Click HERE to visit: https://my2020census.gov/
*Remember—all responses are confidential and private.

Virtual Walk With Friends
Join our walking group on Zoom every Monday and Wednesday (in English) & Friday (in Spanish) at noon! Click HERE to learn more and register to join us!

LUNCH DOODLES with Mo Willems
Click HERE to watch "Lunch Doodles With Mo"—your kids can draw along! New videos uploaded daily.