



FAMILY NEWSLETTER

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.](#)



[Click the picture to learn about deep breathing.](#)

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.
- [Click HERE for more at-home physical activity ideas and a daily recess livestream!](#)

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.](#)



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.



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!



Click [HERE](#) to watch "Lunch Doodles With Mo"-- your kids can draw along!
New videos uploaded daily.

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.



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!



VIRTUAL WALK

every Monday at 9:30am (PST) every Wednesday at 12pm (PST)

VIRTUAL WALK IN SPANISH
every friday at 12pm (PST)

For more information and resources regarding COVID-19, please visit
<https://healtheducouncil.org/covid-19/>