

Youth and Family Resources

Dairy Council of CA - School Meal site finder

<https://www.healthyeating.org/Schools/School-Wellness/School-Feeding-Locations>

Home Physical Activity

From CATCH Global Foundation – Health at Home

To help all our families, we've set up a Google Classroom to provide free and easy access to several of CATCH's evidence-based health, nutrition, and physical education materials. These activities require limited space and supervision, and are organized into three sections: Physical Activities, Activity Breaks and Family Health and Nutrition.

Teachers:

- Share the "[CATCH Health at Home](#)" resources with parents of your students using the "share messages" below
- Use the resources with any children in your care by following the simple [Google Classroom access instructions](#)
- Look out for **distance education resources** – made for remote instruction in the event of long-term school closures – coming out the week of 3/22

Parents:

- Use the resources with any children in your care by following the simple [Google Classroom access instructions](#)
- If you'd like, share the resources with fellow parents using the "share messages" below

Share Messages

- Social Media: With schools closing due to #coronavirus (#COVID19), it's important to keep kids engaged, healthy, & active at home. @CATCHhealth has a free, easy-to-use set of #HealthEd & #PhysEd materials that require limited space & supervision. Full info: catch.org/pages/health-at-home #HPEatHome
- Email/Text: With schools across the country closing due to the Coronavirus (COVID-19), it's important to keep kids engaged, healthy, and active at home. CATCH Global Foundation has released "**Health at Home**" – a free set of health, nutrition, and physical education materials that require limited space and supervision. Access is quick-and-easy via Google Classroom. Full details and instructions are available at catch.org/pages/health-at-home.

Other Physical Activity Resources

Fuel Up to Play 60 -

https://drive.google.com/file/d/1vXeH9YVE493CZSVWR7uqBCH_MHaeExIP/view?usp=sharing

Hip Hop Public Health videos - <https://hhph.org/repository/#filter=.videos>

Shape America PA resources for teachers/parents (includes monthly PA/health calendars) -

<https://www.shapeamerica.org/covid19-resources.aspx>

Open PE YouTube Channel -

<https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A/videos>

NCHPAD physical activity and wellness videos - <https://www.nchpad.org/Videos> (

GoNoodle Good Energy at Home - <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

Kahoot! - <https://kahoot.com/>

10 At Home Learning and Movement Activities - https://drive.google.com/file/d/1e_wiOgOgfkIXpVLo-ST0hi2J-L2mf3BN/view

Exercise and Healthy Living check list game -

https://docs.google.com/file/d/1mfLJxcFcWCFt21cx_E5XRTlaHh_cqKc/edit?filetype=msword

Cooking and Food Activities with Kids

Chop Chop Kids Club <https://mcusercontent.com/b1ea30ff4c07c4e770929e7f7/files/1003bc6f-6975-4472-8e33-dd568d320ae9/ccnewsletter01.pdf>

Food Literacy Center cooking videos for kids <https://www.foodliteracycenter.org/curriculum>

Kitchen Scavenger Hunt

<https://dinnertonight.tamu.edu/kitchen-activities-scavenger-hunt/>

Kid Approved Healthy Recipes

<https://www.foodhero.org/kids>

ChopChop magazine – Free access to magazine for Parents to use with their Pre-K and elementary school children. Includes recipes and activities that families can participate in together. Add to your website, newsletters and/or any online communications to teachers or parents.

https://issuu.com/chopchopkids/docs/spring_20_english_highres

Family Meals

Family dinner project, conversation starters, mealtime games

https://ucanr.edu/sites/hhf/Family_Meals/Additional_Resources_337/

Handwashing Activities for Kids

Hand washing activities to do with kids

- <https://www.fightbac.org/kidsfoodsafety/curricula-and-programs/>
- https://www.teachingideas.co.uk/sites/default/files/handwashingcurriculum_0.pdf (shared on CDC website)

OrganWise Guys – Are You Germ-Wise? <https://digital.organwiseguys.com/book/75>

Activities at Home for Kids

Stories.audible.com is offering **free audio books** during the coronavirus pandemic. Hope this help a bit with the current situation, especially those with children at home.

Link: <https://stories.audible.com/start-listen>

Story Time in Space

If you need to mix up your bedtime story routine a little bit, the [Global Space Education Foundation](#) has just the thing for you: [Story Time in Space](#). It's exactly what it sounds like — astronauts on various missions in space read popular children's books while floating about, and the videos are edited and shared with kids way down on Earth.

From FoodPlay: Stuck at home? Some Fun Activities To Do with Kids

***Please note:** Some of the materials are marked copyrighted; therefore, downloads are for personal use and not to print and distribute.*

Here's wishing everyone the best during these strange and difficult times. We've talked to parents, looked through our materials and wanted to offer some activities and videos that might be both fun and educational for something kids can do while they're staying close to home. Feel free to share these with your family or community, and please keep healthy and safe!

1. Music Helps!

Some of you know my brother Dan, who is the founder of Putumayo World Music. He's collected and compiled music from all over the world — "guaranteed to make you feel good!" One way to get through these times, is to just put on some yoga and meditation music and chill; or some great dancing music and dance! Have kids make up their own dance and be the leader, and the rest of the family follows, taking turns.

You can have fun listening to world music on streaming services, YouTube, or check out short bursts of music from countries around the world, many ideal for children: <https://www.putumayo.com/>

2. Take a Walk and Turn it into a Fantastical Story! "And To Think That I Saw It on Mulberry Street!" –

You can hear and see the story being read here:

<https://www.youtube.com/watch?v=-GhCK9wdAbw>

3. For fun bite-size nutrition videos and to "Learn How to Juggle!", watch them at:

<https://foodplay.com/foodplay-video-clips/>

*(Scroll down to: **New! FOODPLAY VIDEO SHORTS**)*

And for more short videos for kids, check out YouTube – search for: "FoodPlay Productions Fun Nutrition for Kids" or click:

https://www.youtube.com/results?search_query=FoodPlay+productions+fun+nutrition+for+kids

4. For Fun in the Kitchen

Explore the internet or cookbooks for a fun recipe to make together. Or go back to your roots and make SOUP, just like your mama, grandmama, or great grandmama used to make! There is something very soothing, nurturing, and even medicinal about the soup of our ancestors!

Or, for fun and healthy fruit and veggie snacks – use these Tickets to Fresh Adventures!

Kids can also make their own snack recipe booklet!

In color:

<https://foodplay.com/downloads/FreeMaterials/janey-tickets-color.pdf>

In black + white, and kids can color in:

<https://foodplay.com/downloads/FreeMaterials/janey-tickets-bw.pdf>

5. Here's a Tracker Log to help you keep physically active every day:

(Please note - some of these suggested activities are not appropriate during this time)

<https://www.foodplay.com/free/FoodPlay-Activity-Tracker-Log.pdf>

6. Try to Make a Schedule...so you don't go stir-crazy!

Parents recommend that during this time – it helps to make a schedule - and break down the long day into time slots with activities. You can create this plan together with older children. While there will be times for activities to do together, make sure to schedule in some personal time, where your kids are doing things on their own such as coloring, making things, reading, etc. But, be loose about it, rest and relax!

7. Make a list of all the things you've always wanted to do but never had the time.

Refer to your list throughout this period and see if any are what you feel like doing in this moment.

Some popular ones:

- Sew and repair clothes
- Cook batches of food and make freeze ahead dinners
- Groom the dog
- order seeds for a spring garden, all things shall pass
- collect loose change
- read that book on your shelf
- write letters to your friends, family, servicemen, prisoners or people in need.
- meditate, do yoga, learn something new
- Make mama's chicken soup
- Spring clean
- Make a photo book
- take pictures of your belongings for insurance
- have a movie marathon
- think about ways you can help others

8. Stress Busters for Teens:

<https://foodplay.com/downloads/FreeMaterials/stressbusters.pdf>

9. Coloring Sheet to Take the FoodPlay 5 Challenge!:

<https://foodplay.com/downloads/School-Special/15-FoodPlay-5-Challenge-coloring-sheet.pdf>

10. Quick and Easy FoodPlay Activity Sheets for Younger Children:

1. [Rate Your Plate](#)
2. [MyPlate Bingo](#)
3. [Fruit & Veggie Juggle](#)
4. [Fruit & Veggie Power Shield](#)
5. [Fruit & Veggie Color Wheel](#)
6. [Soak in the Coke Experiment](#)
7. [Make Your Own Soda - Naturally!](#)
8. [I Spy - A Healthy Snack!](#)
9. [It's Fun to Be Active](#)