



# Keep your family healthy this week with fun activities!

## MINDFUL MONDAY

## TASTY TUESDAY

## WELLNESS WEDNESDAY

## THOUGHTFUL THURSDAY

## FAMILY FRIDAY

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



Family Taste Testing: Be Brave! Try a new food or recipe with your family!!



Create a family self-care plan:- take actions to improve health physically and emotionally.



Spend time together as a family developing a family emergency response plan and kit.

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

Screen Free Meal: Enjoy a meal at home without Digital Devices!



Family Mealttime: Sit down and eat a meal as a family! Use conversation starters to communicate.

Explore the outdoors as a family!



As a family, discuss internet safety and create a list of alternate screen-free activities.



Take a healthy "school" vacation: Consider, health, nutrition, and learning as you travel as a family!



Create a garden of your own with your family using household items!



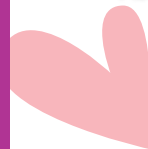
Participate in a virtual cooking class as a family!



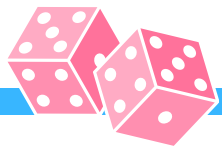
Obstacle Challenge: Set up a family fitness course (Inside or Outside)!



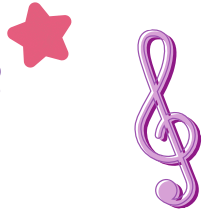
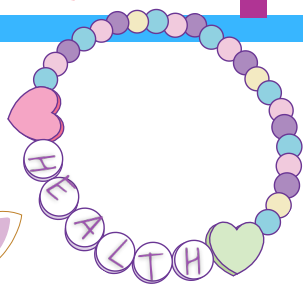
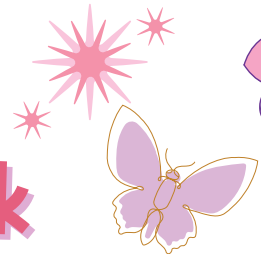
Complete 2 random acts of kindness at home!



Family Game Night: Limit screen time, choose a fun game instead.



# Every Kid Healthy Week



### Home Edition ~ April 21-25, 2025

### Improving Health Together



For great tips, ideas, and resources: visit our website: [howdyhealth.tamu.edu/ekhw](http://howdyhealth.tamu.edu/ekhw)



## Make sure you take pictures and tag: #EveryKidHealthyWeek and #EKHW25

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating