Motivating Kids to Get Fit!
Parents can start the week reading this article on how to keep kids fit and healthy.

Happy Healthy Kids
Keeping our bodies healthy and active is important for self-care.

Fitness Bingo
Create a bingo card using the exercises in the video. You can do some or all of the exercises. Just get moving!

Arthur’s Café
Want to eat some healthy snacks? Try some cool recipes from Arthur and friends.

Fitness Quiz
See how much your children know about physical fitness.

Yoga in the Park
Kids learn about the physical and mental exercise of yoga.

Home Olympics
Help your children create their own Home Olympics with these fun physical activities.

MORE!
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