

Mabel-Canton April 2020 Wellness Newsletter

Are your kids
BORED?

About **1 in 7**
children experienced
child abuse and neglect
in the last year.

How to nurture a child's mental health



Education.com is offering Free Worksheets and Printables for Kids during school closures- Connect the Dots, Color by Number, Fun Snack Recipes, Arts and Crafts – many more at-home things to do. You can search by grade, topic, subject, or standard.

THIS site is a list of MANY companies offering FREE SUBSCRIPTIONS during school closure. From virtual tours/field trips around the world, fun workouts to burn all that energy the kids have built up, - pretty much any topic you want to do they have a link for it!!!

Who doesn't love National Geographic?! Pick between Games, Videos, Animals, Brain Boosters, Go Exploring, take a Personality Quiz, and Fun DIY Activities.

STAY home
STOP the spread
SAVE lives

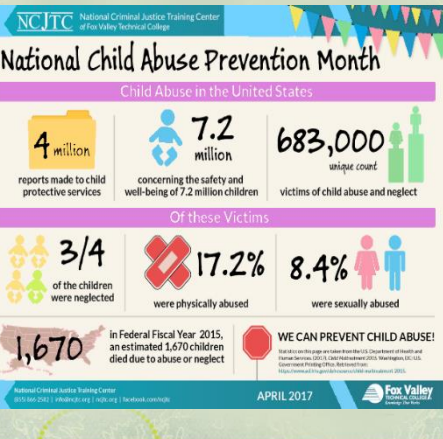
happy
easter



When you can't control what is happening,
challenge yourself to control the way
you respond to what's happening.

THAT'S WHERE YOUR POWER IS!

April is National Child Abuse Prevention Month



EVERY KID HEALTHY WEEK 2020 SCHEDULE

APRIL 20	APRIL 21	APRIL 22	APRIL 23	APRIL 24
MINDFULNESS MONDAY	TASTY TUESDAY	WELLNESS WEDNESDAY	THOUGHTFUL THURSDAY	FITNESS FRIDAY
Mindfulness	Nutrition and Healthy Eating	Earth Day—Sustainability and Wellness	Social Emotional Health	Physical Activity

ALL children between
0-18 years old can
receive a FREE cold
breakfast and lunch
during the COVID-19
school closure.

SIGN UP
HERE or

Please contact
Jane Hall at
jhall@mabelcanton.org
or
507-272-9363
BY TEXT ONLY

