

Let's Make the Best of Our "Social Distancing" Time to Strengthen Our Health and Wellness!

Enjoy the health benefits of outdoor play and exercise

StarkParks <https://starkparks.com/parkfinder/>

Neighborhood parks <https://northeastohiofamilyfun.com/parks-playgrounds/>

Free Bike Rentals <https://starklibrary.org/home/about/library-news/bikesmart-expands-with-more-bikes-new-locations-and-new-features/>

Enjoy Time for Family Conversations

These conversation cards were originally created by North Canton Hoover High School JA students to improve family conversation around the dinner table. Use them to improve conversation at any time during the day! Thank you StarkMHAR for making them available!

<https://starkmhar.org/prevention-resources/conversation-cards/>

Enjoy Time for Spring Cleaning and Cleaning Out Your Closets

Give your children opportunities to contribute and serve by helping you spring clean

Great time to donate any items that you do not need but can be valuable to others

Eliminating clutter can improve focus, decrease stress and improve sleep

<https://www.prevention.com/life/a20516000/declutter-your-home-0/>

Enjoy Time to Create and Enjoy Healthier Family Meals and Snacks

Great time to start preparing your gardens and get your kids involved in learning gardening skills

Time to try new, fun, and healthier recipes that your children can help you prepare

<https://wayne.osu.edu/program-areas/snap-ed/budget-friendly-healthy-recipes>

Enjoy Time to Spread More Kindness

Challenge your children to come up with ways to spread kindness without spreading germs

<https://www.randomactsofkindness.org/kindness-ideas>

Enjoy Time for Reading and Listening to Books

Stark County Library has great on-line access options:

<https://starklibrary.org/home/services/online-library/>

Enjoy Time to Breathe and Learn New Strategies to Decrease Stress

<https://gozen.com/eight-60-second-anxiety-relief-tools-for-kids-infographic/>

<https://gozen.com/50-calm-down-ideas-to-try-with-kids-of-all-ages/>

<https://gozen.com/49-phrases-to-calm-an-anxious-child/>

<https://copingskillsforkids.com/calming-anxiety>

<http://www.freemindfulness.org/download>

Enjoy Time to Practice Common Sense Use of Television, Movies and Digital Media

<https://www.commonensemedia.org/>

Discontinue use of electronic devices at least 1 hour before bedtime for improved sleep

Remove electronic devices from the bedrooms of your children/teens at night