



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



EAT HEALTHY



PLAY EVERY DAY



GET TOGETHER



GO OUTSIDE



SLEEP WELL

Generously supported by



Download additional tools and activities and learn more at ymca.net/healthy-family-home

QUICK START KIT: GO OUTSIDE



Go Outside. Grow Outside.

Good things happen when we unplug and go outside to play together. Kids and adults benefit from contact with nature as well as unstructured play and exploration.

KEY HEALTHY HABITS

► Protect the Right to Play

More children than ever are involved in scheduled, structured activities. Children benefit greatly from unstructured play as well. According to the American Academy of Pediatrics, free play helps children grow and develop toward important intellectual, emotional, and social milestones along their developmental journey toward healthy teen and adult years.

► Introduce Children to Nature

A growing body of research is pointing to the fact that time spent in contact with nature is good for everyone, but that it is particularly important to the healthy development of children. Nature engages all of the senses, helps children to develop curiosity and creativity, reduces stress and fosters a sense of wonder and a desire to explore and learn. Children who spend time in nature are also more likely to develop a lifelong sense of connection to and concern for the environment.

FAMILY GOAL EXAMPLES

Try getting the family together to select one of the following goals or come up with your own. To begin, go for something that is realistic and achievable. In one week, get back together to see how you did and what you learned. Take into account this week's experience, set another goal and keep going. You can do it!

1. This week, I will take my children to a park to let them play.
2. This week, we will have a family discussion about priorities.
3. This week, we will plant something together.
4. This week, we will do a family nature scavenger hunt.
5. This week, we will take ____ (#) family walks together around the block.

Our own: _____

Use the Healthy Family Home progress tracker to keep tabs on your goals.



PROGRESS TRACKER



PICK A NEW HABIT AND FILL IN A STAR EACH TIME YOU TRY IT.



EAT HEALTHY

OUR GOAL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



PLAY EVERY DAY

OUR GOAL

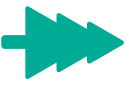
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GET TOGETHER

OUR GOAL

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GO OUTSIDE

OUR GOAL

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SLEEP WELL

OUR GOAL

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Learn more at: ymca.net/HealthyFamilyHome

