

# 5210 FEATURE:

# April



## How to practice healthy habits at home

Here's how you can put 5-2-1-0 into action this month:

### Responding to COVID-19

Due to the COVID-19 outbreak, schools in Iowa have closed, activities have been canceled, and many parents are spending more extended time at home with their children.

*During this unprecedented time, it is more important than ever to prioritize our physical and mental health by practicing healthy habits.*

**FREE RESOURCE:** Get the whole family involved in healthy habits with the [5-2-1-0 Goal Tracker](#). Print the template to craft your own. Post in a prominent place in your home as a reminder to keep track your daily habits.

### FREE AT-HOME RESOURCES FOR FAMILIES:

# 5

#### Make healthy eating a family affair

More time at home means more time to prioritize [family meals](#) and more opportunity to involve kids in the kitchen. (Check out these [age-by-age cooking guidelines!](#)) Also, remember to choose [healthy snacks](#) while at home.

# 2

#### Keep learning – don't overdo screen time

Scholastic is offering free, online [learn-at-home lessons](#) for parents. When not learning, it's important during this time to set [screen-time limits](#). Try these [tips and alternate activities](#). Now is the perfect time for Family Game Night!

# 1

#### Get creative with daily physical activity

Move for [1 hour each day!](#) It will benefit your physical and mental health during this time. Make family walks or bike rides outside a new daily habit. We also compiled our 10 favorite ways to keep kids active – check it out [here](#).

# 0

#### Water boosts your immune system

Water is a natural immunity booster – so drink up! Educate kids on how much water they should drink with this [activity sheet](#).

The 5-2-1-0 Feature is brought to you by:



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