MINDFUL MINUTE EXERCISES
Quick and easy practices.

Tense and Release
Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.

Next, squeeze the large muscles in the legs and hold for 5 seconds, then gently release.

Working your way up the body, squeezing each muscle for 5 seconds, then releasing.

Great exercise before bed for kids and adults.

SELF-CARE RESOURCES
How to Teach your Children about Self-care
Self care is just as important as academics for growing, developing kids. When taught correctly, self care will help kids identify their physical needs and begin to take care of them, before emotions can ever get in the way.

READ More...

GOOD READS
Tips for Working From Home
Enjoy a quick 20 min video with creative tips for developing a routine when working from home, includes workout examples, online meeting suggestions, and staying connected. READ More....

The University of Maryland Extension 4-H Youth Development Program
Amy Rhodes, Amanda Wahle, Dwayne Murphy, Santana Ways, Vernelle Mitchell-Hawkins, Ann Sherrard, Christine Allred

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.