



WEEK 3

Did you know that kids of all ages should be active for at least 60 minutes EVERY day ([CDC](#))? Here are some "[Tools for Action](#)" with ideas on what you can do. Get outside and play today!

MAY 15

MAY 16

It is [National Safe Sun Week](#). This reminds us that we don't have to stop playing, but when you are outside be sure to stay safe and protect yourself from sun exposure.



[Rising New York Road Runners](#) is a fun, free resource that promotes running, movement, and physical activity for Pre-K to high school age youth.

MAY 17

MAY 18

Each month [CATCH](#) provides an SEL journey that highlights a dance of the month. The dance for May is the Merengue. Use this [link](#) for details.



It is [National Paper Airplane Day](#)! Make your best paper airplane and challenge a friend to see whose plane flies the farthest. Post using #PlayAllMay & #PaperAirplaneDay.

MAY 19

MAY 20

[Hip Hop Public Health](#) has resources (video games, dances, comics, and more) to help you and your family get more active and make healthier choices.



[May is Stroke Awareness Month](#). One way to reduce the risk of stroke is to be physically active. Download [25 Ways to Get Moving in English](#) or [Spanish](#).

MAY 21