



WEEK 4

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.

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Check out this [YouTube Playlist](#) from [Active Classrooms Month](#). The videos will engage all ages in a variety of settings. Also, save the date for October 2-6, 2023 for [Family PE Week](#).

May is [Mental Health Awareness Month](#). Exercise helps improve our mood and reduce anxiety and depression. However, this isn't always enough. If you need help, ask for it!

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The [US Soccer Foundation](#) created a [video library](#), along with other [Soccer for Success at Home](#) resources to help improve your skills. Now, go play!



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.

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Create a lasting change today! Here are strategies from [Action for Healthy Kids](#) to stay [Healthy at Home](#). Also check out the [AFHK Resource Library](#).



It's Memorial Day Weekend and the unofficial start to summer. Each day this weekend do something fun. Get creative and play a game using things you have ([link with some ideas](#)).

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