

I'm Still Standing

Play Now

Need to let loose? Kickoff a family dance party with this super fun and empowering [dance video](#)!

Featured Printable

Compare the heights of things when they're "standing" with this [taller/shorter activity](#).

At-Home Activity

Make your own growth chart! (And see how tall your kids are when they're standing.) Feeling DIY and ambitious? Try [this one](#) made of wood, or make one by connecting construction paper and decorating it with drawings, stickers, and whatever art supplies you have!

From Mindless to Mindful

Play Now

This [calming video](#) is a perfect introduction to mindfulness for the whole family. Try taking some time once a day to tune in to your minds and bodies to give everyone a calming break.

Featured Printable

Print out [this sheet](#) and try any of the suggested mindfulness activities.

At-Home Activity

Take a listening walk as suggested by [this article](#) in Parents magazine, which has some other great ideas for mindfulness activities.

Run The Red Carpet

Play Now

Kids will break a sweat and have a blast as they duck, jump, and dodge ridiculous obstacles (and hear some silly jokes), in this [workout video](#).

Featured Printable

Kids might not be using their lunchboxes these days, but everyone can tell these [lunchbox jokes](#) during lunchtime!

At-Home Activity

Have a family comedy night! Everyone can share jokes, tell a funny story, make a funny face, do a funny dance- anything to get some laughs and giggles!

In-hand manipulation: In-hand manipulation is the ability to move and position objects within the hand without using the other hand. Many daily activities require this level hand skill.

Check out these 25 Activities:

<http://www.therapystreetforkids.com/fm-inhandmanip.html#moreabout>

Have fun!

-Ms. Kara