

## Coach Graduates Speak to Schools

Coaches Mickey and Randy graduated with their Masters in Sports Based Youth Development. Here are their personal video messages to their schools.

[Watch Coach Mickey](#)  
[Watch Coach Randy](#)

A personal video message for your school from the WITS coaches



[Coach Jules PS 59M](#)  
[Coach Emilie PS1K](#)

### Move More @ Home

While being at home [creative movement](#) is possible. Experts recommend less time on screens and [more family activity](#).

## Food Meal Planning and Quick and Easy Snack Recipes



Make food shopping easier with this [meal plan](#) for the entire family.

We bet you never thought of these [ice cream flavors!](#) And in a [mason jar?!](#)

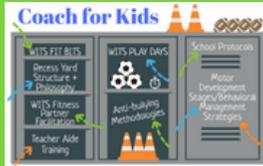
With a little assistance your child can prepare this [versatile Chickpea salad](#) with WITS' Food Corps Service Member Rachel.

Immerse your child in [essential wellness programming](#) that feeds, nurtures and teaches about food.

## Coach For Kids Highlight of the Month



Jump in for a [rainbow tag workout](#) with [Coach Emilie](#) that will get your heart rate going even at home.



## Mindfulness for Kids



Do a [guided meditation](#) with your child for better rest and more dreaming.

Practice gratitude with your child by [writing a thank you](#) letter to healthcare workers.

[18 Mindfulness Games, Worksheets and Activities.](#)

[Mindful eating with the whole family.](#)

## Financial Literacy



Try this [Budgeting 101](#) activity with Chef Rebecca and surprise the kids with this snacking tip.

[Learning about the value of money is true literacy.](#)

Have your child join other students to play the [Stock Market Game](#).

## Home Crafts from Chef Aletha



Make these [usable crafts](#) the whole family will love seeing [around the house](#).

## Have you subscribed to the Famer App yet?

This week learn how you can improve your immunity and a 4-Square game which won't even feel like you're working out.



Email [wendy@wellnessintheschools.org](mailto:wendy@wellnessintheschools.org) to sign up.

## Personal Video Messages from WITS Chefs to Schools



[Chef Cameo PS 217K](#)  
[Chef Jenee' PS 3M](#)  
[Chef Brooke St. Joseph's](#)

## WITS Community Partners



We congratulate partners nationwide for working together with us in schools to ensure that students see, taste and cook nutritious foods in their communities. See our great partners and their work [HERE](#)

## Protein During the Pandemic by WITS' RD Chef Ricardo



Learn from WITS' in-house Registered Dietician Ricardo Diaz as he delves into the science of recommended amounts of protein and types so you can vary your choices for a healthier diet.

## Cook For Kids Highlight of the Month



Chef Laurielle and her son Jett show you how to make a [springtime snack](#) while learning [knife skills](#). Jett's a natural!