

# HEALTHY AT HOME

Navigating COVID-19 with Cooperative Extension

## Kids can have fun with census activities



BY JULIE N. ZIMMERMAN

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Using real-world data, the U.S. Census Bureau's program called Statistics in Schools (SIS) has materials online for kids at <https://www.census.gov/schools>. You can find packets for all different grade levels. Each activity has a teacher guide and a student version. There are also videos and colorful maps.

This year, SIS focuses on the 2020 Census (<https://2020census.gov/en/educators.html>). There is a student "take-home flyer" available in English and 12 other languages that explains to adults the importance of the census and how to count every child in their home (<https://www.census.gov/content/census/en/programs-surveys/sis/2020census/get-involved/take-home-flyer.html>).

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Reach out to a neighbor, a grandparent, or even a local nursing home or assisted living facility and help guide your child through this phone interview.

# Being social while social distancing: A phone activity for youths

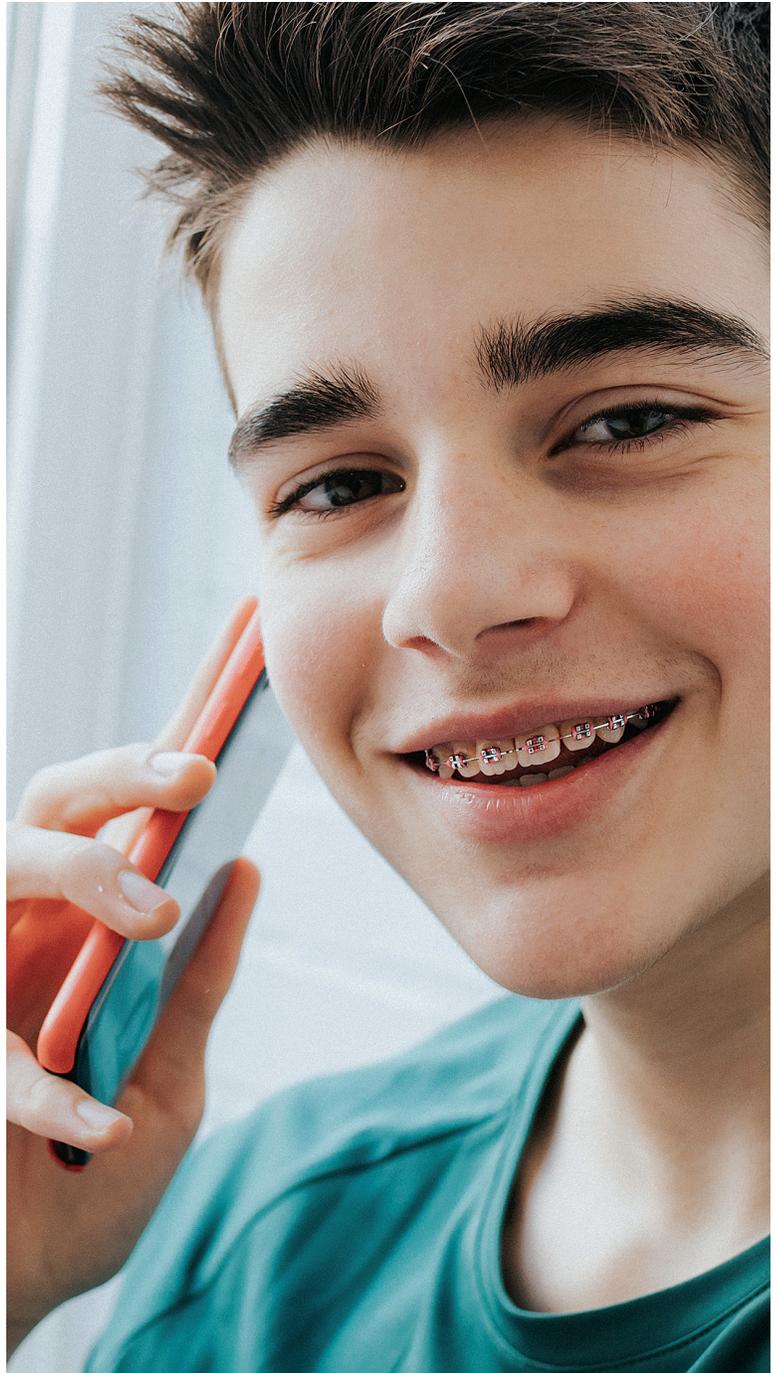
**BY MERCEDES MANESS**  
CEDIK Extension Associate

Social distancing has given us opportunities to be creative and intentional in ways we interact and communicate with one another. If you're looking for ways to engage your child at home that don't involve a tablet or the internet, consider asking them to pick up the phone and make a call. Encourage the child(ren) in your home to talk with your neighbors to catch up and learn more about your community!

This activity helps young people stay connected, interact with people they may not have come into contact with before, and learn about their community's past. This activity is also a meaningful way to connect with people who may be living alone and would appreciate connecting with someone.

Reach out to a neighbor, a grandparent, or even a local nursing home or assisted living facility and help guide your child through this phone interview.

This activity is ideal for kids ages 8 and older. You can download or print out the interview questions at [https://cedik.ca.uky.edu/sites/cedik.ca.uky.edu/files/worksheet\\_phone\\_interview\\_april\\_2020.pdf](https://cedik.ca.uky.edu/sites/cedik.ca.uky.edu/files/worksheet_phone_interview_april_2020.pdf).



## OTHER RESOURCES

### Social distancing:

<https://youtu.be/3ljAWPP7Feo>

### Staying physically distant and socially connected:

[https://youtu.be/mVfK7q\\_5tXQ](https://youtu.be/mVfK7q_5tXQ)

# Sneaking in movement

BY NATALIE JONES

Family Health Extension Specialist

Adding movement throughout your day is a great way to take care of yourself, and can help you cope with stress. If you need little ways to move more instead of completing an hour-long workout, here are 20 ideas. Go ahead and try a few.

1. Stand instead of sitting.
2. Sit on an exercise ball at your desk. (This builds core strength.)
3. Do stretches, walk in place, or ride a stationary bike while watching TV.
4. Before getting out of bed each morning, do some stretches laying down.
5. During commercial breaks, do abdominal crunches, jumping jacks, pushups, or get up and walk around.
6. Alternate standing on one leg, then the other while doing dishes.
7. Play with your kids.
8. Hold a wall sit — stand with your back against the wall and lower your body as if you are sitting down onto a chair — while talking on the phone.
9. Do squats, lunges, or pushups against the kitchen counter while waiting for your food to cook in the microwave.
10. Do a few squats while brushing your teeth.
11. Do calf raises while getting ready.
12. Keep hand weights or cans at your desk. Do bicep and triceps exercises while on phone calls.
13. Perform up to 5 body-weight squats when you rise from a chair.
14. Turn on music, and dance around the house.
15. Clean your house.
16. Do squats while loading clothes into the laundry.
17. When ironing clothes, do 10 to 20 jumping jacks, or 5 to 10 burpees (lowering your hands to the floor, jumping your legs out behind you forming a plank position, jumping back to your hands, and then jumping straight up) after each item.
18. Get up and walk around after sitting for 30 minutes.
19. Set an alarm to remind yourself to move.

20. Most important — have fun and move throughout the day!

Remember, everything counts. You don't have to spend hours following an at-home workout video, you can easily get your daily sweat by trying these short-burst activities.

## OTHER RESOURCES

**Article – getting your heart rate up when you can't get to the gym:**  
<https://fcs-hes.ca.uky.edu/files/physical-activity-at-home.pdf>

**Video – Workout from home:**  
<https://youtu.be/lgtG62tEMbU>



Filling out the 2020 Census is important. The government will use the results for allocating federal funding dollars, for determining political representation, and as a key source of data for our communities.

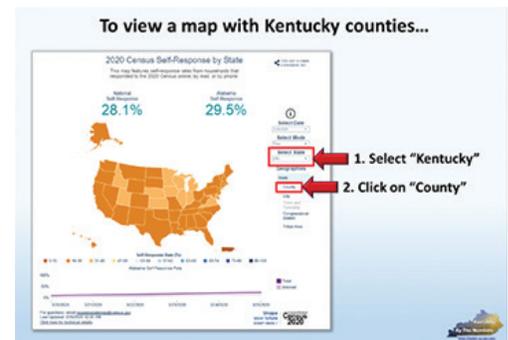
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In addition to activities available through SIS, youths can also help spread the word about the census. For example, they can create and post videos like this 4-H youth leader did (<https://youtu.be/tFRcQWHBIB4>). Resources and more ideas are on the Census Bureau's "Spread the Word" website at <https://2020census.gov/en/how-to-help.html>.

You can also follow the real-time map that shows response rates for the 2020 Census at <https://2020census.gov/en/response-rates.html>. To help you quickly view the response rates within your county, screenshots with tips are available on the Kentucky: By The Numbers website at <https://kybtn.ca.uky.edu/content/2020-census-response-rate-map>.

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results for allocating federal funding dollars, for determining political representation, and as a key source of data for our communities. To help out, Kentucky: By the Numbers has a brief publication called "The 2020 Census: Why it Counts to be Counted" that provides an overview of the 2020 Census as well as answers to some commonly asked questions ([https://kybtn.ca.uky.edu/sites/kybtn.ca.uky.edu/files/2020\\_census\\_kybtn\\_pub.pdf](https://kybtn.ca.uky.edu/sites/kybtn.ca.uky.edu/files/2020_census_kybtn_pub.pdf)).

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