

Fl♥rida KidCare

Unwind After School with Florida KidCare!

Try one or more of these activities to help you relax and recharge:



Color or Draw for 10 Minutes

Psst... we've already checked this one off — you're doing it right now!



Pick a playlist that makes you feel happy and relaxed



Stretch your arms, legs and back to shake off the school day



Take a walk, ride your bike or just enjoy the outdoors!

