



# *SOCCER FOR SUCCESS AT HOME*

While we're social distancing, let's continue to connect with each other and stay active. We've created activities and gathered tools from trusted sources to help you incorporate the five components of *Soccer for Success* into your at-home routine.

Volume 5

## PHYSICAL ACTIVITY

This week, we practice dribbling while keeping our heads up with Coach Bruno. He also talks about nutritional value and serving sizes for fruits and vegetables. This *Soccer for Success* at Home session is appropriate for all ages and requires little space.

Watch in [English](#) or [Spanish](#)!



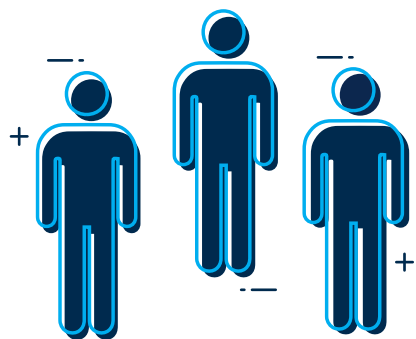
## HEALTH & WELLNESS

Canned, fresh, or frozen fruit? All three options provide you and your family with the numerous health benefits that fruit offers. Check out American Heart Association's tip sheets in [English](#) and [Spanish](#), which offer guidance on making the most nutritious choice and affordable ways to enjoy fruit throughout the day!

## MENTORSHIP

Mindfulness is the practice of being fully present in the moment and aware of your own feelings and emotions. Incorporating these practices into your daily routine can help calm anxiety and build healthy coping skills. The following resources provide tips to practice mindfulness at home with your family.

- [Action for Healthy Kids](#) (English)
- [Conscious Discipline](#) (Spanish)

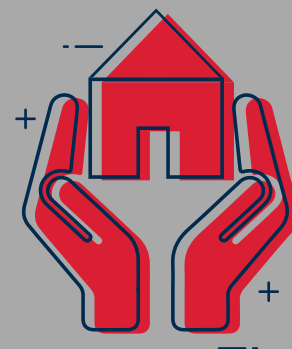


## COMMUNITY ENGAGEMENT

Are your young people looking for ways to support the community? From helping isolated seniors to making masks, [this resource](#) includes many great ideas from Youth Service America to make an impact in your local community.

## SAFE SPACES

While many of us have to move our exercising indoors, we also want to make sure that we are creating safe spaces for these activities. From your safe space, try out this week's *Soccer for Success at Home* [physical activity session](#) and pair it with a Play at Home Recess video. Playworks streams these videos live three times per day every weekday from their [Facebook page](#).



Tag the U.S. Soccer Foundation and use the hashtag #SoccerForSuccessAtHome to show us how you are staying active at home, and you may be featured on our social media channels!



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For more *Soccer for Success* at Home resources, visit [soccerforsuccess.org/athome](https://soccerforsuccess.org/athome).