



WAYNE STATE

College of Education

Center for Health and
Community Impact

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Physical Activity and Healthy Eating Activities

Week Ten: May 26th – May 29th

Level: Elementary School

Use the calendar overview below to help you plan your week. Click on the dates at the top of each column to go directly to the specific lesson for that day (or just keep scrolling down).

Monday (5-25)	Tuesday (5-26)	Wednesday (5-27)	Thursday (5-28)	Friday (5-29)
Happy Memorial Day!	Physical Activity	Physical Activity	Physical Activity	Physical Activity
	<ul style="list-style-type: none"> SUN A-B-C Yoga Flow with Kids Work It Out Stuffed Animal Workout Monkey in the middle 	<ul style="list-style-type: none"> Run the Red Carpet Lego Toys Kids Workout Cosmic Kids Yoga Adventure Treasure Hunt 	<ul style="list-style-type: none"> Move into the silliness yoga with Kids Work It out ABC Workout of the day 	<ul style="list-style-type: none"> Geocaching adventure for the whole family
	Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition
	Dine on a Dime: <ul style="list-style-type: none"> Frozen Riced Cauliflower 	Healthy Snack Hack: <ul style="list-style-type: none"> Watermelon Popsicles 	Garden Day! <ul style="list-style-type: none"> Growing Seeds 	Smoothie: <ul style="list-style-type: none"> Hidden Cauliflower Smoothie

Are you enjoying our activities? Want to challenge your friends to do them too? Follow us on social media and show us your sweaty selfies!

- Facebook: Wayne State University Kinesiology, Health & Sports Studies
- Twitter: Wayne State KHS
- Instagram: WSUKHS



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Tuesday, May 26th

Physical Activity

Today we will begin with a yoga practice from Kids Work It Out, then try a stuffed animal workout with the whole family. Finish with a fun old-fashioned game of monkey in the middle.

1. Today's yoga, the *SUN ABC Yoga Flow*, from the Kids Work It Out program takes students through a full traditional yoga warm-up practice that begins with the breath as a foundation, then uses breath to carry the body through three separate yoga flows meant to strengthen and ignite body, spirit and mind.
 - o Video: <https://youtu.be/rAJtSL2MHZM> (Time: 15:32)
 - o Handout: [SUN A-B-C Yoga Flow](#)
2. Kids Workout / Stuffed Animal Workout (age 3-8)
 - o This a fun workout video you can do with the whole family.
 - o <https://youtu.be/ZeztHq-ypZ4> (Time: 16:57)
3. Want a break from technology, try to involve everyone in your house with playing an old fashion game of Monkey in the middle.
 - o You try to keep the ball away from one person while throwing it back and forth with your partner. If the person does get the ball, whoever threw it is now the monkey in the middle. No points, no winning, just keeping away.

Nutrition and Healthy Eating

Dining on a Dime- Riced Cauliflower Two-Ways

This week we're featuring frozen riced cauliflower as a cheap, versatile and healthy way to swap out grains for veggies in many of your favorite dishes. Cauliflower is a powerhouse veggie- with each serving packing a punch of fiber and B vitamins, but did you also know it is a great substitute for rice? Try one of our recipes below- we bet your kids won't taste the difference!

Deconstructed Veggie Burrito Bowl

Ingredients:

- 2 cups frozen riced cauliflower
- 1 cup canned black beans (drained)
- 2 tsp. Olive oil
- 1/2 tsp. Ground cumin
- 1/2 cup chunky salsa

Instructions:

Heat olive oil in a large skillet on medium heat. Add in riced cauliflower and black beans. Season riced cauliflower and black beans with ground cumin. Cook on medium heat for 10 minutes. Stir in salsa and heat ingredients together for another 5 minutes.

Simple Veggie Stir Fry

Ingredients:

- 2 cups frozen riced cauliflower
- 1 cup fresh or frozen mixed veggies (try: peas, carrots, peppers, edamame, and/or onions)
- 3 tablespoons of reduced sodium soy sauce
- 2 tsp olive oil
- Optional: green onions for garnish

Instructions:

Heat olive oil in a large skillet on medium heat. Add in riced cauliflower and frozen veggies and cook for 10 minutes. Remove from heat- stir in soy sauce and green onions.



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Wednesday, May 27th

Physical Activity

Today, let's try a short warm-up with GoNoodle, and then a Lego toys workout video. Take a fun adventure with Cosmic Kids Yoga and then end the day with a fun treasure hunt!

1. Run The Red Carpet - Hot Ticket | GoNoodle
 - o Start your day with a nice, energizing GoNoodle video.
 - o https://youtu.be/d_GNRDlc17E (Time: 4:18)
2. Kids Workout / LEGO TOYS Kids Workout Videos! (age 3 -10)
 - o Engage with a fun Lego toys workout. This video is targeted for kids ages 3-10 so if your child is a little older, feel free to visit the middle school lesson!
 - o <https://youtu.be/llBdkdwb4I> (Time: 14:58)
3. Babs the Beaver | A Cosmic Kids Yoga Adventure!
 - o This is a fun yoga video to calm the mind and body.
 - o <https://youtu.be/KFEurjMsh4I> (Time: 19:05)
4. Treasure Hunt
 - o Treasure hunts are pretty easy and depending on how many items there are, could last a while. Hide anywhere from 10 to 20 items around the house to keep kids occupied for a few hours. Hide some useful things and ask the child to spell the name and use of that thing once he/she found it.

Nutrition and Healthy Eating

We're heading into summer which means we're also heading into watermelon season. Watermelon is a healthy snack option because it contains Lycopene a **fight-o-chemical** (phytochemical) that **helps fight off sickness**. Did you know that you don't just have to eat it off the rind? Try this week's snack hack for a fun new twist on serving up watermelon!

Watermelon popsicles:

1. Chop up watermelon into small chunks and puree in the blender
2. Pour the pureed watermelon into small paper cups (or popsicle molds).
3. Cover each cup with plastic wrap or foil and insert a popsicle/craft stick (or plastic spoon) through and into the cup.
4. Freeze until hard.
5. Optional: add chopped strawberries, pineapple, or grapes to the molds too!

Feeling extra adventurous? [Check out this website](#) for 10 additional and fun ways to serve watermelon to your kids.



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Thursday, May 28th

Physical Activity

Today, begin with a stillness workout from Kids Work It Out, and end with an ABC workout of the day.

1. In today's yoga practice with Kids Work It Out, students and families learn how to "Move Into Stillness" by warming up the entire body with energizing and strengthening yoga poses, flows, spinal stretches for organ health, and a final meditation to increase tolerance by focusing on the breath.
 - o Video: <https://youtu.be/AoWzmXG6Ss0> (Time: 12:48min)
 - o Handout: [Move into the Silliness Yoga](#)
2. This ABC Workout of the Day is a great way to get a workout in while having fun. To finish your workout right today, spell your first and last name out using the ABC workout handout.
 - o [ABC Elementary Workout Handout](#)
 - o Don't forget to check out the videos that are embedded in the handout

Nutrition and Healthy Eating

Handout: [Using Seeds in your Garden](#)

If you want to plant a garden, you need a few things: soil, water, sunlight, and SEEDS!

- But what is a seed? AND How do plants come out of something so small?! Have your kids watch [this video](#) to see how a tiny seed grows into a full plant.
- You can also have them listen to [this podcast](#) where kids ask all kinds of questions about how seeds grow.
- As they listen, have them think about a question they have and try to find the answer online or in a book.

Once they've learned all about seeds it's time to plant some! You can buy vegetable seeds at the store and they are usually very inexpensive! Make sure to try to find some in the foods you eat - [this handout](#) will show you and your kids how to find and plant seeds.

Interested in some extra tips? [Check out this website that goes into some more details!](#)



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Friday, May 29th

Physical Activity

Have you ever heard of geocaching? It's like a gigantic outdoor treasure hunt with millions of prize-filled containers hidden around the world! Geocaching is a great way to get outside, discover new sites in your town, and even learn about navigation. This is a great activity to do with your family, so head outdoors today and find some treasure!

To get started, just create a free account at geocaching.com, scan the map for geocaches near you, and use a cell phone's GPS to search for these hidden treasures using the coordinates provided. Once you discover the cache, sign and date the logbook, and note your score online.

Even cooler? Prizes! Typically, geocaches include a small trinket for a 'prize' for finding the treasure. Depending on your comfort level, it's fine to take the prize in the cache as long as you leave behind something of equal or greater value for the next geocachers to find.

Happy hunting!

Nutrition and Healthy Eating

Have some leftover frozen cauliflower rice from the recipes earlier this week? We have the perfect way for you to use it up. For something sweet- why not try our hidden cauliflower smoothie- we promise the cauliflower will just give your smoothie a creamier texture and your kids won't taste it at all!

Ingredients:

- 1 cup frozen riced cauliflower
- 1 cup frozen strawberries or berries
- 1 small frozen banana
- 1 ½ cup low fat milk
- 1 tablespoon nut butter

Instructions:

- Add chosen ingredients to a blender and blend until very smooth, stopping to scrape down the sides of the bowl and adding more liquid, if needed. Serve immediately.



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