



D-SHINES
Physical Activity and Healthy Eating Activities
Week One (March 23rd - March 27th)
Middle School

Dear Parents,

Our mission at Dearborn SHINES for Healthy Kids! Is to help you and your family stay healthy by providing you with opportunities to build school gardens, educating and encouraging students and families to eat healthfully and engage in physical activity. We really miss working with your children in the schools and are greatly missing the Dearborn community so we have committed to creating health, nutrition and physical activities that you can do in your home during the quarantine. We hope these help your children manage their energy while they are cooped up and we hope it takes some of the stress off of you to find things to keep your children active. Each week, we will send out a calendar that will provide you with daily suggestions for new and fun ways to engage your children in learning how to stay active and healthy. We also will encourage your children to participate in weekly challenges. We hope you and your family enjoy the activities!

Use the calendar overview below to help you plan your week. If you click on the dates in each column, it will take you to the lesson for that day, or you can just scroll down in the document.

Calendar Overview

Monday (23rd)	Tuesday (24th)	Wednesday (25th)	Thursday (26th)	Friday (27th)
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
<ul style="list-style-type: none"> ● Signup for GoNoodle ● Explore GoNoodle ● Beachbody Fitness Video 	<ul style="list-style-type: none"> ● Rainbow breath Yoga ● Fitness circuit ● Mindful Minute 	<ul style="list-style-type: none"> ● Shaun T's Groove it Out Video 	<ul style="list-style-type: none"> ● Sun Salutation ● YAAS Bounce ● Flow the Wave ● Mindful Minute 	<ul style="list-style-type: none"> ● Name Workout
Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition
<ul style="list-style-type: none"> ● MyPlate Introduction ● MyPlateMyWins ● Color activity if desired 	<ul style="list-style-type: none"> ● A veggie and fruit color adventure 	<ul style="list-style-type: none"> ● Hydration is healthy ● Making better beverage choices 	<ul style="list-style-type: none"> ● Make a healthy snack (Ants on a log) 	<ul style="list-style-type: none"> ● Make a Smoothie

Monday March 23rd

Physical Activity

The first thing you are going to do WITH YOUR GUARDIAN today is sign up for a GoNoodle at Home account. [Use this instruction sheet to help you sign up.](#)

Basic Steps:

1. Go to <https://www.gonoodle.com/for-families>
2. Create a login for families
3. Start to be active!

Now use your GoNoodle account to get some activities!

1. Begin with Strengthen your Focus
 - <https://family.gonoodle.com/activities/strengthen-your-focus>
2. Larger than Life (Duration - 3:00)
 - <https://family.gonoodle.com/mixes/ntv-noodle-television>
 - This is a fun energetic dance
3. Explore some other videos on your own to see what you like!
 - Check out a couple of different Channels
 - NTV
 - Kidz Bop
 - Net Generation

Nutrition and Healthy Eating

MyPlate At Home!

(Handouts: [Whats My Plate all About?](#); [My Plate My Wins](#))

MyPlate is an easy way to remind yourself to make healthy eating choices. The MyPlate shows that a healthy play should include:

- 1) One-half a colorful mix of fruit and vegetables
- 2) One-fourth whole grains
- 3) One-fourth lean protein
- 4) Three servings of low fat dairy

Review the My Plate My Wins handout and reflect on the foods that you have been eating? Do you follow the MyPlate guidelines? What can you change about your next meal to make sure that you are following the guidelines.

Activity: If you like to color, plan your own MyPlate through our fun and easy activity. Here are the steps:

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- 1) Find a paper plate in your house, or cut out a big plate sized circle from paper. You are also going to need something to color with (crayons, markers, colored pencils).
- 2) Fold the plate into 4 parts; once vertically (long way), then fold again horizontally (short side).
- 3) Brainstorm your own ideas and color in how you would plan to have half your plate fruit and vegetables, one-fourth grains, and one fourth protein.
- 4) Be creative as you fill your plate with healthy colors!

Show us your MyPlate online by using the hashtag #healthykidsquarantined

Tuesday March 24th

Physical Activity

(Handout: [Breathing and Seated Poses](#))

1. Today we will practice deep breathing, it is now time to kick back, relax, and breathe. We will practice our breathing in both seated and standing positions.
2. First, look at the handout [Breathing Standing and Seated Poses](#)
3. You can also watch the video above, to help you learn how to breath with the most benefits to your body
 - Learn the Rainbow Breath with this GoNoodle Video
 - <https://youtu.be/O29e4rRMrV4>
4. Now that you practiced your breathing please complete TWO fitness intervals of the following:
 - 10 squats ([Check out this video to learn how](#))
 - 10 broad jumps (jump as far out as you can) ([Check out this video to learn how](#))
 - 10 second sprints (10 X 10 feet sprints) ([Check out this video to learn how](#))
 - 10 pushups ([Check out this video to learn how](#))
 - 10 sit-ups ([Check out this video to learn how](#))
5. End with a Mindful Minute
 - For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.

Nutrition and Healthy Eating

Fruit and Veggie Color Adventure Challenge

(Handout: [A Color Adventure](#))

Today your goal is to try and eat the rainbow! It's fun to find new favorite fruits and vegetables. We challenge you to choose a fruit or vegetable of each color for you and your family to try together. Use the recording sheet to hold a family taste test and record how members of your family felt about each fruit or vegetable. Feel free to draw or write about how everyone felt about each fruit or vegetable.

Wednesday March 25th

Physical Activity

- Today's exercise is going to be with a well known exercise trainer called Shaun T. He created a workout video just for kids!
- You are going to get your groove on with Shaun T and the Fit Kids, doing cool dance steps like the Hustle, We're Cool, Body Jam, Wind & Toss, Bounce & Swipe, and Basketball. You'll be having so much fun, you'll forget you're exercising! It'll become the best part of your day!
- Here is the link to the workout (Duration 24 minutes)
 - <https://vimeo.com/398646959>

Nutrition and Healthy Eating

Hydration is Healthy!

(Handout: [Water Tracker](#); [Make Better Beverage Choices](#))

Today is all about proper hydration. Here is a question for you, what is the healthiest drink for our bodies? Do you think it is milk, Gatorade, water or juice?" If you answered WATER you are correct!

Next, review the [Make Better Beverage Choices handout](#) and think about what you normally consume as your favorite drinks? Do they fall into a healthy beverage choice?

Check out this [Hydration music track!](#)

In order to stay healthy it is important to stay hydrated. Use today's activity handout to track how much water you drink over the course of the next week! Bonus if you write a reflection at the end of the week about how you think you did with drinking water and keeping hydrated!

Thursday March 26th

Physical Activity

(Handout: [Sun Salutation](#))

1. Let's get our bodies warmed up and moving. Today you are going to learn how to do a Sun Salutation!!
2. First you are going to look over the [Sun Salutation Handout](#) and then you are going to follow along with the video to better understand all of the moves
3. Sun Salutation Video (Duration 4 minutes)
 - o <https://www.youtube.com/watch?v=IYYj4ZvpGRo>
 - o Let's use this video to help illustrate the Sun Salutation!
4. Now that we warmed our bodies up with a Sun Salutation, check out and learn these cool dance moves from Hip Hop Public Health
 - o YAAS Bounce
 - <https://hhph.org/resources/yaaas-bounce/>
 - o Flow the Wave
 - <https://hhph.org/resources/flow-the-wave/>
5. Mindful Minute
 - o For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.

Nutrition and Healthy Eating

Did you know March is Nutrition Month! You can celebrate Nutrition Month by trying this recipe and maybe even making it for your family:

Ants On A Log

Ingredients:

- 6 small celery stalks (if celery is unavailable try bell peppers cut in half, carrot sticks, or pitted cucumbers!)
- 1/2 cup of peanut butter (or cream cheese for non-nut option)
- 1/2 cup raisins

Instructions:

1. Make sure everyone washes their hands!
2. Ask an adult to help you wash and cut celery stalks in half
3. Spread peanut butter into the crest of the celery stalks with butter knife
4. Place the desired number of raisins on top of the peanut butter. Enjoy!

Variations:

- Try any spread (like cream cheese or sunbutter)
- Be creative with your toppings (blueberries, cocoa nibs, craisins)
- Try Nutella with shredded coconut, or almond butter with chocolate chips on top for a sweet treat

Friday March 27th

Physical Activity

(Handout: [What's your Name?](#))

- Today we are going to start out with a warm-up Yoga video that can be found at the following link
 - https://www.youtube.com/watch?v=qm9QHvWFEC_A
- Now that we are warmed up, you are going to participate in the “What's Your Name” workout
 - Use the [What's Your Name Handout](#) to complete a workout
 - Spell out your First AND Last Name
 - Then, using the worksheet identify which exercises go with each letter of your name and write it down
 - Perform every exercise of your name (First and Last)
 - Then take a break and hydrate and REPEAT a second time

Nutrition and Healthy Eating

Smoothie Day!

Did you know that you need **three servings** of vegetables and **two servings** of fruits each day? Smoothies are a great way to make sure you have enough servings of fruits and vegetables. They only need a few ingredients, they are easy to make and they are delicious!

Today's activity is to build your own smoothie using these steps:

- 1) Have your child choose their favorite fruit
- 2) Add low fat milk or almond milk
- 3) Add ice and BLEND!