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DSHINES For Healthy Kids

Physical Activity and Healthy Eating Activities

Week Eight: May 11th – May 15th

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 (5-11)	Tuesday (5-12)	Wednesday (5-13)	Thursday (5-14)	Friday (5-15)
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
<ul style="list-style-type: none"> • 30 Minute Ramadan Workout • Cosmic Kids Yoga relaxation 	<ul style="list-style-type: none"> • Body awareness yoga flow with Kids Work It Out • 5-minute Ramadan - Abs 	<ul style="list-style-type: none"> • 5 minute Ramadan – Lean and Strong Legs • Volleyball Quest 	<ul style="list-style-type: none"> • Finding focus yoga flow with Kids work it Out • 5 minute Ramadan – Full Body 	<ul style="list-style-type: none"> • Physical activity + 6° of Separation Campaign
Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition
<ul style="list-style-type: none"> • MyPlate: Plant-Based Protein 	<ul style="list-style-type: none"> • Hydration: Fruity Ice Cubes 	<ul style="list-style-type: none"> • Healthy Snack Hack: Hummus 	<ul style="list-style-type: none"> • Vitamin: B9 (Folate) 	<ul style="list-style-type: none"> • Build a Smoothie Bowl

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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Monday, May 11th

Physical Activity

Today we begin our week with a great, fun workout led by Fatema. This workout, will make you work up a sweat, but you will have fun doing it! Then finish off with a great relaxation from Cosmic Kids Yoga.

1. Our first workout today is a fitness video that is specifically designed to participate in during Ramadan. To maximize this month spiritually you have to make sure you keep your body and mind fit. Check out this workout by Fatema to learn more how to do this while fasting!
 - <https://youtu.be/WnWEdcUTVuU> (Time: 9:52)
2. Don't forget to cool down with Cosmic Kids Yoga and their Peace Out guided relaxation.
 - https://youtu.be/9_vEZTrmtYA (Time: 5:33)

Nutrition and Healthy Eating

Handouts: [Protein Tip Sheet](#); [Protein Tracker](#)

During Ramadan it is important to ensure that the iftar meal provides you and your family with balanced energy throughout the day. A great way to ensure that everyone is getting the nutrients they need to stay satisfied is to ensure that they are getting enough protein. Protein is one of the 5 essential food groups from MyPlate. It is helpful to think of protein as a building block that helps your children BUILD our muscles, bones, skin and blood.

Did you know that there are many plant-based protein sources that are inexpensive and easy to find? Canned beans like kidney, pinto and black beans are a great source of protein. Chickpeas and lentils are also a great way to get some protein. Check out this [protein tip sheet HANDOUT](#) for suggestions on how to vary your family's protein.

Have your children keep track of their protein intake this week to see how much and what types of protein they are eating! [Use this Protein tracker handout to help!](#)

BONUS RECIPE: Black Bean and Corn Salsa

Ingredients:

- 1 can (14 1/2 ounces) diced tomatoes, well drained
- 1 can (8 3/4 ounces) whole kernel corn, well drained
- 1 cup canned black beans, drained and rinsed
- 2 tablespoons chopped onion
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- 1 teaspoon chile pepper
- 1/4 teaspoon salt

Instructions:

- Mix all ingredients in medium bowl
- Cover
- Refrigerate at least 30 minutes or until ready to serve
- Serve with baked tortilla chips

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Tuesday, May 12th

Physical Activity

Handouts: [Body Awareness Yoga Flow](#)

Today we are going to begin by learning about body awareness with Kids Work It Out. After you are done with your yoga flow, you can try a quick five minute ab workout that is designed specifically for Ramadan.

1. Today's yoga is from the Kids Work It Out program and focuses on **Body Awareness**. Through this yoga flow, you will be better to understand how your body feels while practicing a series of poses that encourage strength, focus, and flexibility. With practice, body awareness can teach anyone to take great care of their mind, body and feelings.
 - <https://youtu.be/MgUjrvC9wqg> (Time: 12:01)
2. Now it's time to do a Belly Fat burn workout. This workout is quick and designed by Amanah Fitness specifically for Ramadan!
 - https://youtu.be/3w_ZAhpYmwk?t=111 (Time: 7:00)

Nutrition and Healthy Eating

Hydration- Fruity Ice Cubes

It is important to hydrate throughout Ramadan- at the start of your family's iftar meal and up until suhoor. Yet as the weather heats up, water bottles also get warm, and no one likes to chug down warm water- especially kids. This week help your children make our fruity ice cubes for a fun and cold way to infuse their water with flavor.

To Make:

- Choose a favorite fruit/s (canned frozen or fresh)
 - Our favorites- canned pineapple, frozen berries or fresh oranges
- Chop them into small pieces
- Drop into each cube of the ice tray
- Pour water over the fruit
- Freeze for six hours or overnight



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Wednesday, May 13th

Physical Activity

Handout: [Volleyball Quest Handout!](#)

Today, begin with a lean and strong legs workout. Then practice your at home volleying using equipment that you have around the house!

1. The lean and strong legs workout is designed to take place in Ramadan and is created by Amanah Fitness. It is 7 minutes of a great workout that is safe for you to do while fasting.
 - <https://youtu.be/edYr5WpM754?t=126> (time: 7:00)
2. Once you are finished with your led workout, check out this At Home Volley Challenge! A volleyball or beachball would be ideal, but if you don't have it, don't fret! You can make your own ball using socks, a stuffed animal, anything that is soft and won't hurt!
 - Check out this handout to determine what challenges to follow to practice your volleyball skills!
 - [Volleyball Quest Handout!](#)

Nutrition and Healthy Eating

Healthy Snack Hack: Hummus

In honor of National Hummus Day, let's make a hummus dip for our healthy snack hack. The main ingredient in hummus is chickpeas, which pack a serious punch of plant-based protein that your children are sure to enjoy. Chickpeas are also filled with fiber, which will help fill your children up. Our easy recipe swaps some ingredients you may not have on hand (like tahini) with some simple spices so you can whip this up with your children anytime.

Hummus Recipe:

Ingredients

- 1 (15 oz.) can garbanzo beans (chickpeas), drained and rinsed
- 2 to 4 tbsp. water
- 2 tbsp. extra virgin olive oil
- 1 tbsp. lemon juice
- 1 garlic clove minced
- 3/4 tsp. ground cumin
- 1/4 to 1/2 tsp. salt

Instructions

- Add the garbanzo beans, 2 tablespoons of water, the olive oil, lemon juice, garlic, cumin, and 1/4 teaspoon of salt to a food processor or blender
- Process until smooth and creamy
- If needed, add additional water to thin out the hummus and 1/4 teaspoon of salt to your taste preference
- Enjoy with veggies or whole grain crackers or make our make and serve this [WHOLE WHEAT PITA BREAD recipe](#)



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Thursday, May 14th

Physical Activity

Handout: [Finding Focus Yoga Flow](#)

Today you will begin with yoga from Kids Work It Out. Then we will finish out with a 5 minute full body Ramadan workout!

1. Today's KWIO yoga sequence is called "Finding Focus." This lesson will help you identify specific focus points that will help you balance during active poses. This teaches us how to intentionally choose what to focus our minds on, whether it be focusing on staying balanced in a challenging yoga pose, concentrating during a test, and even turning our attention inward. [Check out this handout to follow along!](#)
 - o <https://youtu.be/KtB1A-HuJYI> (Time: 14:32)
2. Now finish your day with another 5-minute Ramadan workout from Amanah Fitness. Today you are going to work on a full body workout.
 - o <https://youtu.be/cxmE6KBhkNM?t=100> (Time: 7:00)

Nutrition and Healthy Eating

F is for Folate

Do you ever find yourself telling your children, "Don't forget to take your vitamin!" or "Eat your fruits and veggies— they're packed with vitamins!" But what exactly are vitamins and how do we explain them to our children? Vitamins and minerals are substances that are found in foods we eat. Our bodies need them to work properly, especially children who are growing and developing. When it comes to vitamins, each one has a special role to play. Want your children to learn more about vitamins? Check out check out this [VIDEO](#).

To get a daily dose of Folate have your children try one of these foods this week:

- Spinach
- Romaine lettuce
- Asparagus
- Brussel sprouts
- Broccoli
- Kidney beans
- Peanuts
- Sunflower seeds
- Oranges
- Whole grains
- Fish
- Eggs



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Friday, May 15th

Physical Activity

Physical activity is important for your mental health and so is staying connected with important people in your life! Today, try to arrange to do some physical activity with friends or family – connect remotely on Zoom or Facetime, or do it together from a safe distance. Try these fun, exercises that are easy to do together:

- Do an exercise workout together – like [this one called “Recess” from Double Time](#)
- Practice some remote yoga – like this fun [Fairy Floss from Cosmic Kids Yoga](#)
- Try learning a dance – like [the Best Time Ever from Kidz Bop Kids](#)
- Take a walk (while maintaining a safe social distance!)

The Detroit Police Athletic League (PAL) is a local nonprofit who has recently launched the 6° of separation campaign to check-in on family and friends while many are socially isolated. All you have to do is commit to check-in on 6 people in your life on the 6th, 16th, and 26th throughout May and June. The idea might be simple – but your impact might be simply amazing!

- [Take the 6° of Separation Pledge from Detroit PAL](#)
- Let us know that you're in for connecting with others! Post your support on social media and tag *#CheckingInSavesLives* and *#HealthyKidsQuarantined*

Nutrition and Healthy Eating

Build a Smoothie Bowl

It's Friday and we're treating ourselves to a smoothie bowl! Eating a smoothie bowl will make your children feel like they are indulging in ice cream when in fact they are eating something good for them. Smoothie bowls, like smoothies are a great addition to your suhoor because they are full of nutritious ingredients like fruit and vegetables- they are just a thicker consistency. Have your children grab a spoon and give it a try! Share your creation online using *#healthykidsquarantined*

Ingredients:

- 1 banana frozen
- 1½ cups frozen berries
- ½ cup milk (almond or coconut work too)
- Optional toppings- low fat granola/whole grain cereal, seeds nuts, more fruit

Instructions:

1. Combine frozen banana, frozen strawberries, and milk in a blender
2. Puree until completely smooth - the mixture should be **thick**
3. Add a touch more liquid if necessary to get it to blend completely smooth
4. Transfer to a bowl and add toppings as desired. Enjoy!