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## DSHINES For Healthy Kids Physical Activity and Healthy Eating Activities Designed to participate in during Ramadan

**Week Seven: May 18th – May 22nd**  
**Level: Ramadan**

*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).*

<a href="#">Monday (5-18)</a>	<a href="#">Tuesday (5-19)</a>	<a href="#">Wednesday (5-20)</a>	<a href="#">Thursday (5-21)</a>	<a href="#">Friday (5-22)</a>
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
<ul style="list-style-type: none"> <li>Kanga Roo GoNoodle</li> <li>Trolls: Can't stop the feeling</li> <li>Ramadan 30 minute workout</li> <li>Limbo</li> </ul>	<ul style="list-style-type: none"> <li><i>Energizing</i> yoga flow with Kids Work It Out</li> <li>5-minute Ramadan – Couch Workout</li> </ul>	<ul style="list-style-type: none"> <li>ABC Workout of the Day</li> <li>Throw at Home Quest</li> </ul>	<ul style="list-style-type: none"> <li>Centered Yoga Flow</li> <li>5 minute Ramadan – Family Fitness Challenge</li> </ul>	<ul style="list-style-type: none"> <li>Memorial Day Kick Off!</li> </ul>
Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition
<ul style="list-style-type: none"> <li>Healthy Fats!: Choose this or that?</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Garden: Parts of the Plant</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Snack Hack: Three Ingredient Date Bars</li> </ul>	<ul style="list-style-type: none"> <li>Garden How To: Growing Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Memorial Day Kick Off: Rocket Smoothie</li> </ul>

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 18th**

### Physical Activity

Today we begin our week with fun videos from GoNoodle. Check out the great 30 minute fitness Ramadan video and then, if you have siblings or others at home, think about getting active with a fun game of limbo.

1. Pop See Ko - Koo Koo Kanga Roo | GoNoodle (Duration: 2:24)
  - <https://www.youtube.com/watch?v=LMxtwzroMTQ&list=PU2YBT7HYqCbbvzu3kKZ3wnw&index=3>
  - Start your day with a nice, energizing GoNoodle video.
2. Trolls: Can't Stop The Feeling | GoNoodle (Duration: 3:21)
  - <https://www.youtube.com/watch?v=KhfkYzUwYFk&list=PU2YBT7HYqCbbvzu3kKZ3wnw>
  - This is a fun dance video that will get the heart rate up.
3. Today, check out this fitness video to help keep your mind and body healthy during Ramadan.
  - <https://youtu.be/WnWEdcUTVuU> (Time: 30 minutes)
4. Limbo
  - Kids can play limbo with a taut jump rope or a broom or yard stick. Each round the rope/stick goes a little lower until the player falls while trying to go under. A variation for bigger kids is to play on skates if you have them!

### Nutrition and Healthy Eating

Handouts: [Which Fat would you choose?](#)

**Fat** is an important part of a healthy diet during Ramadan. The problem is it comes in many forms so it can be tricky to know which ones are healthy. The easiest way to understand the differences is to use our Go, Slow and Whoa categories. When we think about colors of a stop light, the green represents Go, yellow tells us to Slow down, and red signals us to Stop. Just like a stop light we can think about the different types as Go, Slow, and Whoa fats.

- **Go** for **unsaturated fats** – excellent options during Ramadan include avocado, unsalted nuts, salmon, olives and olive oil.
- **Slow** with **saturated fats** found in meat, butter and cheese. Eating too much saturated fat can raise cholesterol levels and increase the chance of getting heart disease. So, when consuming meat try and avoid frying and instead use steaming, stir-frying in a small amount of oil or baking.
- **Whoa** with **trans fats** (or hydrogenated oils) found in snack foods, cookies, cakes and fried foods. Trans fats come from a chemical process, are not healthy and should be avoided when possible.

To learn more and about different fats watch [this video](#)! For an additional challenge compare the fat on food labels using [this worksheet](#) to decide the healthiest option.



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**Tuesday, May 19th**

### Physical Activity

Handouts: [Energizing Yoga Flow](#)

Today, let's try some family yoga! Practicing yoga requires us to control our breathing and focus on the present moment. It creates more clarity, compassion, and patience – what family couldn't benefit from more of this!?

1. Today's yoga, the *Energizing Flow*, from the Kids Work It Out program takes students through an energizing breathing practice and series of yoga poses that build up endurance, strength and vitality.
  - o Video: <https://youtu.be/xJskB9jDxkE> (Time: 9:44)
  - o Handout: [Energizing Yoga Flow](#)
2. Now check out this 5 minute couch workout that is designed for use during Ramadan and helps you stay fit, even while sitting on the couch!
  - o <https://youtu.be/tQTAp4OEFbg?t=190> (Time: 10 minutes)

### Nutrition and Healthy Eating

Gardening can be a great addition to healthy living, especially during Ramadan because it can provide light physical activity while growing healthy vegetables! When you grow your own veggies, you can teach your children that the part of the plant that you actually eat varies – sometimes it's the leaves (like with lettuce), the stems (asparagus and celery), the roots (carrots and potatoes), fruit (tomato and pepper), seeds (chickpeas), or flower (broccoli and cauliflower). [This worksheet](#) will help your children figure out which part of the plant you're eating!

This week let's kick off some simple and easy to follow gardening activities. Check out [this Video](#), where you can learn how to grow onions, garlic, and other types of vegetables using scraps from your kitchen. Try to grow a few different kinds of "plant parts" and watch what happens! Be sure to share at #healthykidsquarantined



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**Wednesday, May 20th**

### **Physical Activity**

Handout: [ABC Workout of the Day](#); [Home Throw Challenge](#)

Today, begin with the ABC workout of the day. Then practice your at home throwing skills using the at home challenge handout and equipment that you have around the house!

1. This ABC Workout of the Day is a great way to get a great workout in. This time, I want you to choose your favorite FIVE moves and repeat them twice. You can make this as easy or hard as you would like. Check out the videos that are linked to the letter if you need help!
  - Check out the workout handout here: [ABC Workout of the Day](#)
2. Once you are finished with your ABC Workout of the day, check out this At Home Throwing Challenge! A small ball 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 throwing skills!
    - [Home Throw Challenge](#)

### **Nutrition and Healthy Eating**

#### **Three Ingredient Date Bars**

Dates are a popular Ramadan staple for many families. They are used to break the Ramadan fast because they provide a quick source of natural energy and nutrients. Dates are a rich source of fiber, potassium and calcium making them a great addition to a healthy diet. This week try our simple and healthy date bars as you break your fast or as an excellent addition to your suhoor meal.

#### **Ingredients:**

- 1 cup nuts (almonds, cashews, walnuts or pecans)
- 3/4 cup pitted medjool dates
- 3/4 cup other dried fruit (such as cranberries, cherries, raisins, figs or more dates)
- Pinch of salt

**Directions:** Add the nuts to a food processor and pulse until they form large crumbs. Then, with the motor running, add the dates and other dried fruit to the food processor. Process until you have a mixture that sticks together when you press it between your fingers. Pour the mixture onto a large piece of plastic wrap. Form the mixture into an 8-inch square and wrap in plastic. Chill in the refrigerator for at least one hour before cutting into bars.



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**Thursday, May 21st**

### **Physical Activity**

Handout: [Centered Yoga Flow](#)

Today's yoga flow is a great way to build stamina and confidence and enjoy the activity while you're doing it! Then find ways that your family likes to be active!

Today's KWIO yoga sequence is a "Centered Flow" which focuses on knowing that your center of existence and personal power comes from within you! We'll concentrate on cultivating our body's sense of center.

- Video: <https://youtu.be/pKgwWT8SfUc> (Time: 9:09)
- Handout: [Centered Yoga Flow](#)
- 1. Five minute Family Fitness Challenge by Amanah Fitness
  - <https://youtu.be/NHxf8S6v5as> (Time: 7 minutes)
- 2. Tag
  - Try a different type of tag this week: Laser Tag, Dart Tag, Ball Tag or Hide and seek tag. When you get found by the person who is it, run! Or you'll be IT!

### **Nutrition and Healthy Eating**

Vegetables that are easy and cheap to grow at home are also very good for you! If we grow and eat lots of different vegetables, we can get all the nutrients we need to make our bodies strong and healthy. Earlier this week we learned that vegetables come from different parts of the plant, now let's see how they grow.

For today's activity watch the following videos to learn about how [Garlic](#) and [Cauliflower](#) grow and use [this worksheet](#) to answer the questions about how the vegetables grow. Bonus: Use one of the recipes from the end of the video as part of your Iftar meal to see how delicious they are! Be sure to share what you make at #healthkidsquarantined



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**Friday, May 22nd**

### Physical Activity

It's Memorial Day Weekend! Your celebrations may look different this year, but you can still pay some patriotic homage to America's military and classic Memorial Day traditions.

- With parades cancelled this year, have your own, symbolic one. Put on some red, white, or blue and take a walk with your family.
- Enjoy PBS' [Memorial Day Concert](#) on Sunday (8:00 EST) and dance along from your living room!
- Want more of a challenge this weekend? Try this "[Super Solider](#)" [workout](#)

Want to learn more about Memorial Day?

- This [PBS video explains why we celebrate Memorial Day](#).
- Take a [virtual tour of the White House](#) from Google Arts & Culture.

### Nutrition and Healthy Eating

#### Rocket Smoothie

We're kicking off the Memorial Day weekend with a healthy, creamy, and delicious- Oh So Festive looking smoothie! Prep, blend and enjoy this healthy treat!

#### Ingredients:

- 1 frozen Banana
- 1 cup Vanilla Yogurt
- 1/2 cup frozen red fruit ( we like cherries or berries)
- 1/2 cup frozen Blueberries
- 1 cup 100% Juice
- 1/4 cup Milk
- 1 1/2 cup Ice

#### Directions:

1. In a blender, combine 1/4 banana, 1/4 cup yogurt, 1/2 cup frozen cherries or berries, 1/2 cup juice and 1/2 cup ice. Blend until smooth and pour evenly among 3-4 glasses. Place in freezer for 30 minutes to help keep layers separate.
2. In a blender, combine 1/2 banana, 1/2 cup yogurt, 1/4 cup milk and 1/2 cup ice. Blend until smooth and pour evenly among 3-4 glasses. Place in freezer for 30 minutes to help keep layers separate.
3. In a blender, combine 1/4 banana, 1/4 cup yogurt, 1/2 cup blueberries, 1/2 cup juice and 1/2 cup ice. Blend until smooth and pour evenly among 3-4 glasses. Place in freezer for 30 minutes to help keep layers separate.
4. Serve and Enjoy.