
 **WAYNE STATE**
College of Education
Center for Health and Community Impact

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DSHINES For Healthy Kids
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)
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
<ul style="list-style-type: none"> Memorial Day! Enjoy your family 	<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	Healthy Eating & Nutrition
Happy Memorial Day!!	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
Handouts: [SUN A-B-C Yoga Flow](#)

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-fashion game of monkey in the middle.


- 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.
 - Video: <https://youtu.be/rAJSL2MHZM> (Time: 15:32)
 - Handout: [SUN A-B-C Yoga Flow](#)
- Kids Workout / Stuffed Animal Workout (age 3-8)
 - This a fun workout video you can do with the whole family.
 - <https://youtu.be/ZeztHq-ypZ4> (Time: 16:57)
- Want a break from technology, try to involve everyone in your house with playing an old fashion game of Monkey in the middle.
 - 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!

<p>Deconstructed Veggie Burrito Bowl</p> <p>Ingredients:</p> <ul style="list-style-type: none"> 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 <p>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. Serve and Enjoy!</p>	<p>Simple Veggie Stir Fry</p> <p>Ingredients:</p> <ul style="list-style-type: none"> 2 cups frozen riced cauliflower 1 cup frozen mixed veggies (we like: edamame, peas, carrots and onions) 3 tablespoons of reduced sodium soy sauce 2 tsp Olive Oil Optional: chopped green onions for garnish <p>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. Serve and Enjoy!</p>
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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!

- Run The Red Carpet - Hot Ticket | GoNoodle
 - Start your day with a nice, energizing GoNoodle video.
 - https://youtu.be/rd_GNRDlc17E (Time: 4:18)
- Kids Workout / LEGO TOYS Kids Workout Videos! (age 3 -10)
 - 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!
 - <https://youtu.be/lIBokdawb-4I> (Time: 14:58)
- Babs the Beaver | A Cosmic Kids Yoga Adventure!
 - This is a fun yoga video to calm the mind and body.
 - <https://youtu.be/KFEurjMsh4I> (Time: 19:05)
- Treasure Hunt
 - 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:

- Chop up watermelon into small chunks and puree in the blender
- Pour the pureed watermelon into small paper cups (or popsicle molds).
- Cover each cup with plastic wrap or foil and insert a popsicle/craft stick (or plastic spoon) through and into the cup.
- Freeze until hard.
- 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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