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DSHINES For Healthy Kids Physical Activity and Healthy Eating Activities

**Week Five: April 20th – April 24th
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 (4-20)	Tuesday (4-21)	Wednesday (4-22)	Thursday (4-23)	Friday (4-24)
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
<ul style="list-style-type: none"> Sun Salutations KIDZ BOP: Best Day of My Life Calming Activity Balloon Volleyball 	<ul style="list-style-type: none"> Strength Flow with Kids Work It Out Yoga Captain America ABC Workout 	<ul style="list-style-type: none"> Jungle Safari with Cosmic Kids Yoga KIDZ BOP Shuffle Calming exercise Crab Frenzy 	<ul style="list-style-type: none"> Seated Spinal Yoga with Kids Work It Out Family Fitness Calming Activity Scavenger Hunt 	<ul style="list-style-type: none"> RoboDog Yoga with Cosmic Kids KIDZ BOP – If I can't have you Juggling
Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition
<p>My Plate</p> <ul style="list-style-type: none"> Eat the Rainbow to fill MyPlate 	<p>Healthy Drinks</p> <ul style="list-style-type: none"> Rainbow Infusion 	<p>Healthy Snack:</p> <ul style="list-style-type: none"> Trail Mix with dried fruit BONUS: Earth Day Activity 	<p>Vitamins</p> <ul style="list-style-type: none"> Vitamin A Benefits 	<p>Smoothie Day!</p> <ul style="list-style-type: none"> Smoothies across the rainbow Smoothie Building App Hip Hop Public Health: You Are What You Eat

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, April 20th

Physical Activity

Start your week off right today with some gentle yoga. Then, when you're ready to get moving, try a KIDZ BOP dance – and play some balloon volleyball indoors or out! We've also included some calming stretches that are great for winding down.

1. Yoga For Kids: Sun Salutations (Duration: 7:37)
 - o <https://youtu.be/iOEJnwT3cyo>
 - o Start your day with a nice, calming yoga video that will stretch the body.
2. KIDZ BOP Kids - Best Day Of My Life (Duration: 4:12)
 - o <https://youtu.be/sNog54ovi8Q>
 - o This is a fun dance video that will get the heart rate up.
3. Balloon Volleyball
 - o Make a net by tying a piece of yarn from one chair to another. Then use a balloon or beachball and start hitting the ball/balloon back and forth over the net! No net? No Problem! See how many times you can hit it in the air without it hitting the floor. For other fun activities to play with balloons, visit this [website!](#)
4. Calming Exercises for Kids: Breathing and Stretching (Duration: 3:59)
 - o https://youtu.be/cyvuaL_2avY
 - o This is a calming video that stretches and rejuvenates the body.

Nutrition and Healthy Eating

Handout: ([Eating the Rainbow Tracking Sheet](#))

Eating the rainbow ensures that you children are getting a variety of fruits and vegetables that keep their bodies healthy and strong. But sometimes fresh food isn't always an option. Frozen produce is usually less expensive and you don't have to worry about it spoiling before you get to eat it. Here are some of the best and most nutritious options to eat the *frozen* rainbow:

- **berries and cherries** are much more affordable when you buy them frozen. Use them in smoothies, use them in healthy desserts, add them to your favorite yogurt, or as a snack right out of the freezer!
- **green veggies**, like broccoli, beans, edamame, brussel sprouts or asparagus are a great frozen option and are often easier to prepare than their fresh counterparts. Pop them in the microwave or sauté them for a nutritious side dish for dinner.
- **cauliflower rice** is a great substitute for white rice - it has the same texture and lots more health benefits. The frozen bagged option is inexpensive, easy, and lasts a while in your freezer.
- **chopped onion** is a cheap, easy, and convenient way to add quick flavor to recipes without the watery eyes and chopping!
- **mixed veggies** are an easy addition to lots of meals - steam them or use them in soups, stews, curries, stir-fries, slow-cooker meals, and even casseroles.

To reinforce eating the rainbow with your child, check out this “Eat the Rainbow” song and video! <https://youtu.be/1u5HOURq7kQ>

To keep track of how well your family eats across the rainbow this week use this [tracking sheet](#).

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Tuesday, April 21st

Physical Activity

Handouts: [Strength Yoga Flow](#), [ABC Workout of the Day](#)

Today will take you through a range of physical activities that are fun for the whole family. Begin with a yoga strength flow from Kids Work it Out, then get your heart pumpin' by participating in a fitness activity with Captain America! If you really want to challenge yourself today, use the ABC Workout of the Day to finish out your activity.

1. Today's yoga, the *Strength Flow*, from the Kids Work It Out program starts with an energizing 'bunny breath' exercise and then focuses on strengthening and stretching the legs, hips, and sides of the waist.
 - o <https://youtu.be/ZJNqcBcNTcM> (Time: 4:41)
2. Last week we worked out with the Avengers, but this week we are going to be physically activity with Captain America! So, grab your shield, check out this video, and follow along with the moves.
 - o <https://youtu.be/Zm9qhyh4TJk> (Time: 5:02)
3. Finish the day, with the ABC Workout of the Day. Instead of the site word sheet this week, spell out the word STRENGTH and HAPPINESS.
 - o Check out the workout handout here: [ABC Workout of the Day](#)

Nutrition and Healthy Eating

Did you know that many popular drinks like soda, sports drinks and even juice can have as much as 10 teaspoons of sugar added? Yikes! That much sugar is not good for our bodies or our teeth. Did you also know that water has zero sugar? This is what makes water our healthiest drink. But healthy does not need to be boring! There are many ways to flavor water and keep it fun. This week as we work to eat the rainbow, let's also try to flavor our water using as a rainbow of fruits and veggies. Follow the schedule below to make your way across the rainbow.

- Tuesday: Add watermelon and/or strawberries
- Wednesday: Add orange slices
- Thursday: Add lemon slices
- Friday: Add cucumbers slices
- Saturday: Add blackberries and/or blueberries
- Sunday: Build a rainbow drink by adding any or all of the above

To prepare your rainbow water:

- Fill one half of a pitcher with cold water and fruit/vegetable from above
- Let sit for at least two hours
- Enjoy your cold and healthy drink!

Feel free to share what your favorite berry infusion recipe is on social media! Make sure to use our handles listed above and add *#HealthyKidsQuarantined*.

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Wednesday, April 22nd

Physical Activity

Today we will start off with a Jungle Safari with Cosmic Kids Yoga. Then we will learn a new dance shuffle with Kidz Bop. Finally, we end the activity session today with a calming video that stretches and rejuvenates the body.

1. Jungle Safari with Cosmic Kids Yoga (Duration: 13:39)
 - o <https://www.youtube.com/watch?v=C4CaR0syf1g>
 - o Start your day with a nice, calming yoga video that will stretch the body.
2. KIDZ BOP Kids - KIDZ BOP Shuffle (Duration: 4:31)
 - o <https://www.youtube.com/watch?v=QfzRP6V5rE4>
 - o This is a fun dance video that will get the heart rate up.
3. Crab Frenzy
 - o Have your child walk like a crab by placing their palms and feet on the floor while raising their stomach up to face the sky. Staying in that pose, let them see how long they can balance and hold it. Then have them add something to their belly and give them places to transport the item around the house or yard.
4. Calm Kids: Full Body Stretch (Duration: 7:37)
 - o <https://youtu.be/xELgfiXSw-s>
 - o This is a calming video that stretches and rejuvenates the body.

Nutrition and Healthy Eating

Healthy Snacks – Dried Fruits!

Changing the texture of the fruit or vegetables is a great way to help children eat more variety of fruits. For today's snack have your child try dried fruits! Grapes (raisins), mango, coconut, or bananas all come in dried options! They taste great on their own but you can also add them to many snacks. Add dried fruits to trail mix, yogurt and oatmeal, or put on celery with peanut butter. They are a healthy source of energy and fiber and are convenient to eat!

Try our Snack Recipe - Trail Mix with Dried Fruit!

1 cup of popcorn
1 cup of whole grain cheerios
¼ cup dried fruit of choice, raisins, craisins or any other dried fruits
Mix together and serve

BONUS: Happy Earth Day! Celebrate by checking out these Earth Day fruit and veggie tips [Healthy Foods For a Healthy Earth](#); [Lifestyle and Healthy Earth Decisions](#)

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Thursday, April 23rd

Physical Activity

Handout: [Seated Spinal Yoga Flow](#)

Today you will begin with yoga from Kids Work It Out. Then there is a great physical activity video designed for whole families to participate in together. After having fun with the family check out the scavenger hunt and calming of mind activity.

1. Today's yoga flow with Kids Work It Out is called "Seated Spinal Yoga." It is important to stretch out your body, especially your spine. These stretches can even help you maintain good posture.
 - o <https://youtu.be/IBOAZ4lnLtl> (Time: 9:51)
2. Exercises for kids & parents to work out together (Time: 7:01)
 - o <https://youtu.be/yxMmyild390>
 - o This a fun workout video you can do with the whole family.
3. Calming the Mind (Time: 5:45)
 - o https://youtu.be/qtapT_dp5NQ
 - o This is a calming meditation video to calm the mind and body.
4. Scavenger Hunt
 - o A scavenger hunt is all about finding items from a list in certain rooms or areas of the outdoors. The kids will love checking off each item found or collected on the list. (Examples: fruit, vegetable, toy, activity toy, leaf, crayon, pencil, piece of paper, cereal box, rock, etc.). This [Good Housekeeping article](#) has lots of ideas!
 - o *Variations* – Make this activity into a treasure hunt. You'll just need to write the clever hints to lead them to the next clue! Here's a [good sample from The Spruce](#)

Nutrition and Healthy Eating

Last week you introduced vitamins and their importance to your children. Today we're going to start looking at the benefits of individual vitamins and we will start with **Vitamin A**. Vitamin A is good for vision, helps strengthen our immune systems and makes bones strong

As we try to eat across the rainbow this week, also keep in mind the food below that will not only add variety to your family's diet but will also provide a daily dose of Vitamin A:

- Sweet potato
- Kale, spinach, collard greens
- Squash
- Red peppers
- Cooked carrots
- Mango
- Cantaloupe
- Grapefruit
- Watermelon
- Salmon and Tuna

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Friday, April 24th

Physical Activity

Today will begin with yoga from Cosmic Kids. Then you can join KIDZ BOP, learn a new dance, and finish with learning how to juggle.

1. RoboDog Yoga with Cosmic Kids Yoga (Time: 11:49)
 - o https://www.youtube.com/watch?v=iS_B6Jhlpqg
 - o Start your day with a nice, calming yoga video that will stretch the body.
2. KIDZ BOP Kids - If I Can't Have You (Time: 3:45)
 - o <https://www.youtube.com/watch?v=ZAf83seXbRU>
 - o This is a fun dance video that will get the heart rate up.
3. Finish the day with learning how to juggle using scarves (if you don't have scarves you can use plastic bags or bandanas)
 - o Check out this video to learn two scarves first:
<https://www.youtube.com/watch?v=ve2FKNctOBg>
 - o Then check this three scarf video out:
<https://www.youtube.com/watch?v=uWiZ4fNqu5c>

Nutrition and Healthy Eating

Healthy Smoothie Recipe (Creative Rainbow Smoothie)

Smoothies are a great way to encourage children to eat the rainbow. You can add fruit and veggies and even add in some ingredients that can provide plant-based protein and healthy fat.

Use our formula to be creative this week as you build a creative smoothie so that your child can eat across the rainbow!

Ingredients:

- 1 cup milk
- 1/2 cup fresh or frozen fruit (ex: blueberries, strawberries, mango, apple, banana)
- 1/2 cup veggies fresh or frozen (ex: kale, spinach, cauliflower, zucchini, squash, sweet potato, beets)
- Add in plant protein and fat: hemp or chia seeds, nut butter, avocado

Print this [mini poster](#) for your fridge so you can practice smoothie building in the kitchen!

Add to the nutrition fun! Listen to [You Are What You Eat](#) from Hip Hop Public Health while you are making your smoothie! Don't forget to share your smoothie creations by posting it online, using [#healthykidsquarantined](#).