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## DSHINES for Healthy Kids Physical Activity and Healthy Eating Activities

**Week Three: April 13<sup>th</sup> – April 17<sup>h</sup>**  
**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 (4-13)	Tuesday (4-14)	Wednesday (4-15)	Thursday (4-16)	Friday (4-17)
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
<ul style="list-style-type: none"> <li>Betsy Banana Yoga</li> <li>ABC Workout</li> <li>Managing Frustration</li> </ul>	<ul style="list-style-type: none"> <li>Ocean Yoga with Kids Work It Out Yoga</li> <li>POPSUGAR Fitness Cardio</li> <li>UNO Fitness</li> </ul>	<ul style="list-style-type: none"> <li>Get Moving with The Incredibles</li> <li>Cosmic Space Monkey Yoga</li> <li>Relieve Anxiety</li> </ul>	<ul style="list-style-type: none"> <li>Star Yoga with Kids Work It Out</li> <li>Move like an Avenger</li> <li>Hungry Flamingo</li> </ul>	<ul style="list-style-type: none"> <li>The Last Jump Fitness</li> <li>Arnold Ant Yoga</li> </ul>
Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition
<ul style="list-style-type: none"> <li>MyPlate Menu Planner</li> </ul>	<ul style="list-style-type: none"> <li>Wonderful Water</li> </ul>	<ul style="list-style-type: none"> <li>Build a Healthy Breakfast: Banana Split recipe</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin Research</li> </ul>	<ul style="list-style-type: none"> <li>Sweet and Healthy Snack Hack: Chocolate Berry Smoothie Recipe</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, April 13th**

### **Physical Activity**

Handouts: ([Site Word List](#); [ABC Workout of the Day](#))

- i. Betsy the Banana Yoga (Duration: 11:42)
  - o <https://www.youtube.com/watch?v=40SZI84Lr7A>
  - o Use this is child friendly yoga video from Cosmic Kids Yoga to start your week off right and help stretch the body.
- ii. ABC Workout of the Day
  - o Practice work recognition with a fun and engaging activity. Have your child(ren) choose a list of 3-5 words they would like to spell OR select from one of our [Site Word List Handout](#). Have them spell the words using the letter movements listed and modeled on the [ABC Workout of the Day Handout](#).
- iii. Manage Frustration with GoNoodle Yoga (Duration: 3:48)
  - o Sometimes, especially while at-home for a prolonged period of time children and adults get frustrated with each other. Use this GoNoodle video to learn about frustration and how to manage it through yoga.
  - o <https://family.gonoodle.com/activities/manage-frustration>

### **Nutrition and Healthy Eating**

Handouts: ([MyPlate Meal Planner](#))

MyPlate!

*MyPlate* is a wonderful, visual tool that encourages kids to eat a variety of fruits, vegetables, grains, protein and dairy by representing the food groups as different sections of a plate. It is important for parent to remember and explain to their kids that eating healthy does not always have to look like separate foods on our plates! Some of our favorite healthy foods are a mix of food groups.

For today's activity challenge your child to think about all the food groups that have been mixed into their meals recently. Take for example a sandwich; ask your child the food groups they were able to include by eating a sandwich. Next, you and your child can plan out more healthy family meals for the week using this [MyPlate Menu Planner](#)! Need some inspiration? Visit this [online Recipe Box](#) for ideas! Not sure about what food group some of your foods fall in? [Visit here](#) to learn even more about MyPlate!

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**Tuesday, April 14th**

### **Physical Activity**

Handout: ([UNO Fitness](#))

Today's activities take you through a range of physical activities that are fun for the whole family. Begin with a yoga flow from Kids Work it Out, then get your heart pumpin' by participating in a fun dance with POPSUGAR Fitness and finally, get offline and participate in the a fun game called UNO fitness.

1. Ocean Yoga with Kids Work It Out Yoga
  - Use this yoga flow to learn Ocean breath. Ocean breath can calm and relax the mind and body, and empowers children to use their breathing as a tool to affect their mental state of mind. Visualizations, such as traveling to the beach can support students in coping with stress.
    - <https://youtu.be/9oHy6wYvmBE>
2. Have a Blast With This Family Fun Cardio Workout by POPSUGAR Fitness! (Duration: 13:08)
  - <https://www.youtube.com/watch?v=5if4cjO5nxo>
3. UNO Fitness
  - See [UNO Fitness Handout](#) to help guide your game
  - Draw a card, each color represents a different movement and the number on the card tells you how many times to do that movement.

### **Nutrition and Healthy Eating**

Did you know that drinking enough water each day is good for your skin? When you make sure to drink enough water and stay hydrated you also keep your skin from becoming dry, tight and flakey. It is so important that you and your family stay hydrated!

This week, you and your family can make your water more interesting by adding frozen berries instead of ice cubes to your water for a cold and tasty drink.

#### **Berry Infused Water**

- Fill one half of a pitcher with frozen berries (choose strawberries, blackberries, blueberries or a mix of any frozen berries you have on hand)
- 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 15<sup>th</sup>**

### **Physical Activity**

Today we are going to begin our day by going on a mission with The Incredibles. Then we can do a little yoga stretch to calm our bodies and finish with some relaxation and anxiety relieving tips.

1. The Incredibles, Get Moving with Disney (Duration: 10:14)
  - o <https://www.youtube.com/watch?v=sJGZoEXboRQ>
  - o Do you have a superhero lover in your family? Take your child(ren) through this workout video where they can be an Incredible!
2. Mike the Cosmic Space Monkey Yoga with Cosmic Kids Yoga (Duration: 10:58)
  - o <https://www.youtube.com/watch?v=LZAaZDVqCiA>
  - o This is a child friendly yoga video to stretch the body.
3. Relieve Anxiety (Duration: 3:39)
  - o <https://family.gonoodle.com/activities/relieve-anxiety>
  - o This is a calming video that will teach children to relieve their anxiety.

### **Nutrition and Healthy Eating**

Build a Healthy Breakfast with our Banana Split Recipe

Bananas are a great fruit option that many children enjoy! Did you also know that they benefit our bodies in many ways? They provide us with nutrients that give us energy, they improve digestion, strengthen bones, improve eyesight and boost brain power.


Today you can encourage your child to build a healthy breakfast with our Banana Split Recipe and don't forget to share your banana creations by posting it online using #healthykidsquarantined!

#### **Ingredients:**

- ½ cup low fat yogurt
- 1 banana, cut in half lengthwise
- ¼ cup of granola or whole grain cereal
- ½ cup berries

#### **Directions:**

1. Place banana halves on a plate.
2. Top banana with yogurt.
3. Sprinkle granola and berries over yogurt and enjoy!

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**Thursday, April 16th**

### **Physical Activity**

Today we are going to begin with a little yoga from Kids Work It Out, then we will work with Les Mills to learn to move like an Avenger! Finally, we will end the day with calming video that stretches and rejuvenates the body.

1. Star Yoga with Kids Work It Out
  - Today's yoga practice includes Count 5 breath, which will help you build strength in your lungs. Then you will learn the Star Pose. The Star Pose allows you stretch and lengthen your body in all directions; using it in the Yoga flow will help you energize your whole body.
    - <https://youtu.be/zCyvOn8qSMA> (6:45 minutes)
2. Move like an Avenger with Les Mills Fitness (Duration: 7 minutes)
  - <https://watch.lesmillsondemand.com/born-to-move/season:1/videos/born-to-move-marvel-let-s-go>
  - This is a great workout through Les Mills that will motivate your kids to follow along and be active.
3. Hungry Flamingo (Duration: 3:35)
  - <https://www.youtube.com/watch?v=6csheNs32WA&list=PLAwOTEJXH-cPGfHnRhIZhYmNXPNxhmlO5&index=2>
  - This is a calming video that stretches and rejuvenates the body.

### **Nutrition and Healthy Eating**

We need vitamins to live healthy lives! Without vitamins our bodies are more susceptible to illnesses such as the common cold and the flu. Today you can have your child learn more about how important it is to get the right amount of vitamins by watching this video:

- [How Do Vitamins Work?](#)

After watching the video, have your child write about what they learned! Have them write a few sentences about the vitamins mentioned in the video (A,B,C,D E or K), a fact about what the vitamins do in our bodies and the food sources of each vitamin (ex: Spinach contains vitamin A)

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**Friday, April 17th**

### **Physical Activity**

Begin the day with a 20 minute workout designed just for kids to have fun and workout.

1. The Last Jump with 20 Online (Duration 20:46)
  - o <https://www.youtube.com/watch?v=MY8yixtVGMs>
  - o Begin the day with a great family workout video! It was designed with and for kids and helps keep them active and engaged for the full 20 minutes straight!
2. Arnold the Ant Yoga with Cosmic Kids Yoga (Duration: 9:25)
  - o <https://www.youtube.com/watch?v=iWowDC3x0hE>
  - o Calm your bodies down and end the week with this great yoga video by Cosmic Kids Yoga!

### **Nutrition and Healthy Eating**

#### **Healthy Smoothie Recipe (Chocolate Berry Smoothie)**

Have you and your family been craving a sweet treat? Today, let's make a smoothie for an easy, healthy snack that is sure to satisfy everyone's sweet tooth!

Try it out and share your creation by posting it online using #healthykidsquarantined

#### **Chocolate Berry Smoothie**

- 1 ½ c. frozen or fresh berries (ex: raspberries or strawberries)
- 1 cup milk
- ¼ cup low-fat yogurt
- 4 tsp. chocolate cocoa powder
- Adding ice will make this taste like a delicious frozen treat!

**Instructions:** Add ingredients to a blender and blend until very smooth, stopping to scrape down the sides of the bowl and adding more liquid, if needed. Enjoy!