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DSHINES For Healthy Kids Physical Activity and Healthy Eating Activities

**Week Eleven: June 1st – June 5th
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 (6-1)	Tuesday (6-2)	Wednesday (6-3)	Thursday (6-4)	Friday (6-5)
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
<ul style="list-style-type: none"> Flex Awesome Sauce with GoNoodle HIIT workout Cosmic Kids Yoga Favorite sport 	<ul style="list-style-type: none"> <i>Mindful Moon</i> yoga flow with Kids Work It Out 10 minute Family Fun Cardio workout 	<ul style="list-style-type: none"> Getcha Money Right Warmup ABC Workout Three legged race 	<ul style="list-style-type: none"> <i>Strength & Flex</i> yoga flow Get Moving with Disney Moana 	<ul style="list-style-type: none"> Song exercise challenges
Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition	Healthy Eating & Nutrition
Meatless Monday	<ul style="list-style-type: none"> Dine on a dime: Shop local! 	<ul style="list-style-type: none"> Healthy snack hack: Strawberry frozen yogurt 	<ul style="list-style-type: none"> Gardening Hack: Cardboard tubes 	<ul style="list-style-type: none"> Easy tropical 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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Monday, June 1st

Physical Activity

Today we will begin with a warmup GoNoodle activity, then do an at home HIIT workout for kids! Finally, cool down your body with a yoga activity with Cosmic Kids Adventure. If you feel like being more active, try and practice your favorite sport at some point during the day!

1. Flex - Awesome Sauce | GoNoodle (Time: 1:26)
 - o Start your day with a nice, energizing GoNoodle video
 - o <https://youtu.be/1VV7MZynk44>
2. HIIT workout with the kids at home (Time: 15:43)
 - o This a fun workout video you can do with the whole family.
 - o <https://youtu.be/XT8hRx64jDE>
3. Parsnip The Cat | A Cosmic Kids Yoga Adventure! (Time: 14:46)
 - o This is a fun yoga video to calm the mind and body
 - o <https://youtu.be/Nfd6e4wBQho>
4. Play a Sport
 - o Grab the gear for your favorite sport and play a game! Whether its baseball, soccer, basketball, etc. get outside and have some fun.

Nutrition and Healthy Eating

In general, humans eat a LOT of meat. Eliminating meat just one day a week can make a big difference for your health and the health of our planet. Replacing meat with plant-based choices has potential health benefits, like reducing risk for heart disease and diabetes, and helps take action against climate change by reducing your carbon footprint and helping you conserve precious environmental resources. Planning a “Meatless Monday” is a great place to start! Give it a try this week with a delicious meatless chili.

Meatless Chili

Ingredients:

- 1 (15 ounce) can diced tomatoes
- 1 (15 ounce) can no salt added pinto (or chili) beans, un-drained
- 1 (6 ounce) can tomato paste
- 1 cup of frozen chopped green peppers
- 1 cup of frozen chopped onions
- 1/2 tablespoon chili powder
- 1 teaspoon cumin
- salt and pepper, to taste
- Optional chili toppings: cheese, green onions, plain Greek yogurt

Instructions:

In a large stockpot, combine all ingredients. Heat oven medium heat until warm, and serve with your favorite toppings.

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Tuesday, June 2nd

Physical Activity

Handout: [Mindful Moon Flow](#)

The digital world we live in makes it easy to spend LOTS of time in front of a screen, right? Many of us spend countless hours each week sitting behind a computer screen, watching our phones, and playing video games. Yet the statistics are clear— kids and teens who exercise regularly are more likely to develop healthier lifelong habits than those who don't. So, taking time for your (or your child's) health now will continue to benefit you (or them) in the long run.

1. Today's yoga, the *Mindful Moon Flow*, from the Kids Work It Out, is named in honor of the cooling moon. This flow will stretch the spine and hamstrings while building strength in your arms, back, and core.
 - Video: <https://youtu.be/5ipbCJAPzJI> (Time: 7:45)
 - Handout: [Mindful Moon Flow](#)
2. After you are done with the Kids Work It Out yoga, try this 10 Minute Family Fun Cardio that will allow the whole family to have fun.
 - <https://youtu.be/t7nrOBBfcYI> (Time: 13:08)

Nutrition and Healthy Eating

Handout: [Farmer's Market Word Search](#)

Dine on a dime: Shop local!

Choosing to shop locally and directly from farmers for fruits and vegetables has many benefits – the prices are often lower than in the grocery store, it supports local businesses, and even helps to reduce our carbon footprint! [Check out this word search](#) to learn more about Farmer's markets. The resources below will help you find a market in your area and shop for the freshest, in-season produce:

Find a Farmers' Market:

- [LittleGuide Detroit's Local Market Guide](#)
- [Michigan Farmers' Market Association Guide](#)

Produce Availability Guide:

- [Michigan Guide for Fruits and Vegetables](#)

If you find yourself with too many farmers' market veggies, a great option is to pickle the leftovers – they make a yummy addition to other recipes, toppings for burgers or sandwiches, or in salads. Better yet? It's easy! Check out [this quick \(30 seconds!\) video on a basic how-to for pickling summer veggies](#).

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Wednesday, June 3rd

Physical Activity

Handout: [ABC Elementary Workout Handout](#)

Today, let's try a short warm-up with GoNoodle, and then our ABC workout of the day. If you have a sibling or other family members at home, try a three-legged race for some fun filled activity.

1. Getcha Money Right - Blazer Fresh | GoNoodle
 - Start your day with a nice, energizing GoNoodle video.
 - <https://youtu.be/vMSAzl6V95M> (Time: 3:01)
2. This ABC Workout of the Day is a great way to get a workout in while having fun. To finish your workout right today, spell Dearborn Rocks!
 - [ABC Elementary Workout Handout](#)
 - Don't forget to check out the videos that are embedded in the handout!
3. 3-Legged Race
 - Tie your kids' outside ankles together with something soft and stretchy like a long ski sock, PJ pants or bandage wrap. Now they'll have to work as a team to coordinate their movements to get from point A to point B. This is one of our favorites because it not only builds gross motor coordination, but is great for sibling bonding too!

Nutrition and Healthy Eating

Healthy Snack Hack – Strawberry Frozen Yogurt in ONLY 5 minutes!


Today we have the perfect snack idea when you are feeling like a sweet treat – this strawberry frozen yogurt is a healthier way to satisfy your dessert desires! Finding a frozen treat just got much easier with our quick, simple and in season recipe!

Ingredients:

- 4 cups frozen strawberries
- 2 Tablespoons honey
- 1/2 cup plain yogurt (non-fat)
- 1 Tablespoon lemon juice

To Make:

Add the frozen strawberries, honey, yogurt and lemon juice to the bowl of a blender or food processor. Process until creamy, about 5 minutes. Enjoy!

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Thursday, June 4th

Physical Activity

Handout: [Strength + Flex Flow](#)

Fitness doesn't have to feel like a chore – it can be fun too! Today, try some yoga to strengthen your body and mind, and then Get Moving with Disney Moana!

1. Today's KWIO sequence is "Strength + Flex Flow" that reminds us that yoga helps more than just our bodies - increased academic performance, concentration, and awareness are just a few of the amazing ways that yoga will benefit your brain too.
 - Video: <https://youtu.be/dx0asVu1waM> (Time: 23:16)
 - Handout: [Strength + Flex Flow](#)
2. Get Moving with Disney Moana
 - <https://youtu.be/fMTXq7v3G7U> (Time: 13:07)

Nutrition and Healthy Eating

Garden Hack- Cardboard Seed Tubes so you can grow your veggies!

These past two weeks we have shown you some clever ways to get your family garden going- But it isn't always that easy, right?! This week we have an easy and green way to start your seeds inside! To start, all you need to do is have your children save either toilet paper (6-8) or paper towel (3-4) tubes. Once they have enough tubes follow the instructions below to start your garden!

Inside Instructions: Cut the (toilet paper or paper towel) tubes into 2 in. lengths and set them in a waterproof tray. Fill the tubes with soil and plant your seeds (remember the can be seeds from the fruits and veggies you have in your kitchen). Place in sunlight, water and let grow.

Outside Instructions: When the seedlings are ready to move to the garden, plant them right in their cardboard tube. The cardboard will decompose. Be sure to keep the tube below the soil surface, so it doesn't wick moisture away from the roots.

Are you a visual learner? Check out this [YouTube video about cardboard seed tubes!](#)



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Friday, June 5th

Physical Activity

Today, let's try some fun fitness challenges! These are sneaky workouts – they are all the duration of a single song – but they will work your muscles and endurance!

1. Give the [🎵 Bring Sally Up 🎵 Challenge](#) a try! Follow the beat and listen to the words for a quick (3 minutes!) and challenging exercise. There are lots of ways to do this challenge – here are some good options – try one or several!
 - [Lunges](#)
 - [Squats](#)
 - [Plank](#)
 - [Push Ups](#)
 - [Glute Bridge](#)
 - [Leg Lifts](#)
2. Now try another song fitness challenge! Pick a few of your favorites and sweat it out for a song or two!
 - [Cha Cha Slide Plank Challenge](#)
 - [7 Rings Ab Challenge](#)
 - [Cupid Shuffle Plank Challenge](#)
 - [Baby Shark Ab Challenge](#)

Nutrition and Healthy Eating

Easy Tropical Smoothie

With all the warm weather all of a sudden are you feeling like you could use a cold, creamy smoothie? Try our simple smoothie recipe today that is sure to be a refreshing, tasty treat!

Basic ingredients:

- Handful of ice
- 4 oz. canned pineapple tidbits in 100% juice
- 1 cup skim milk (or a milk alternative like almond, oat, or cashew milk)

Optional additions:

- Frozen fruit: mango, kiwi, papaya, or strawberry
- Banana
- Boosts: spinach, kale, flax or chia seeds, vanilla protein powder

Instructions: Blend all ingredients together in a blender or food processor until smooth. Serve and Enjoy!