



WAYNE STATE

College of Education

Center for Health and
Community Impact

Week 10: May 25 – May 29

Dear BHC Families,

Welcome back to our *#HealthyKidsQuarantined* program! If you're just joining us this week – welcome! We're a group of teachers, researchers, and community leaders who make up The Center for Health and Community Impact at Wayne State University, and we're committed to improving the health and wellbeing of children and their families. Many of us are also parents – so we appreciate the challenge of keeping kids constructively occupied (and off their devices!) during home quarantine.

We're taking Monday off to celebrate Memorial Day – and we hope that you get to enjoy a restful break. We're back at it for the rest of the week with activities, games, and nutrition lessons that will engage the whole family! For exercise this week, we encourage children to try some mindful yoga, some low-intensity workouts they can do in their homes, and games that are easy to facilitate and play. Our nutrition lessons focus on inexpensive ways to add nutrition to family meals, and more ways to experiment with small-scale gardening. On Friday, we provide some ideas for geocaching for children and their families – this is a great way to be active outside and learn some outdoor navigation skills!

For our latest activity suggestions, nutrition resources, and fun challenges, you can access weekly calendars and lessons, [here](#) (be sure to download the documents to access the active links). You can also follow along with us on social media for daily activities:

- [Facebook](#) (Wayne State University Kinesiology, Health & Sports Studies)
- [Twitter](#) (Wayne State KHS)
- [Instagram](#) (WSUKHS)

We may be social distancing, but we don't have to do it alone! Thanks for joining us in working to create happy, healthy days for all of our *#healthykidsquarantined*.

[The Center for Health and Community Impact](#)

Wayne State University