



Family YMCA of Black Hawk County

Y Kids Quest at Home

Grades 1st - 5th

Weekly Theme: Tip Top Don't Stop

Age Range: Grades 1st - 5th

Overview: Welcome to Tip Top Don't Stop! Come explore with us as we learn about tips that keep us healthy and make us feel good!

If you need assistance with supplies and resources for creative learning for the kid(s) in your home, we want to help.

[Click here](#) to learn about our Kids Quest financial assistance program.

Day 1

Theme Kick-Off: Tip Top Don't Stop (literacy; online video)

- Watch a video introduction about balanced diets and how it keeps us healthy [found here](#) and more about healthy habits [found here](#).

*Set up a free account at getepic.com to access this video, as well as 40,000 other children's books and videos. See additional recommended books for this week's theme below.

Home Workout: 9 Min Exercise For Kids (physical activity)

[Visit here](#) to complete a workout from home!

- What was your favorite part of this workout?
- What was your least favorite part of this workout?
- Were there any moves that were difficult?
- How do you feel after this workout?
- What is your favorite way to get up and get moving?



DAY 2

Cosmic Kids Zen Den: Mindfulness (social emotional)

- Visit [Cosmic Yoga](#) to learn about mindfulness!
- What is mindfulness?
- How do we practice mindfulness?
- How long did you practice mindfulness?
- Where did you practice mindfulness?



Cosmic Kids Yoga: (movement, physical activity)

- Visit [Cosmic Yoga](#) to learn about some yoga poses!
- What is your favorite yoga move?
- What move did you find challenging?
- What did you like about Alice and Wonderland?



DAY 3

Special Guest: Y Kids Quest Special With Moonfire Fairy

- Join us Wednesday, May 6th at 11am through our Facebook page (blackhawkymca) for a Live event featuring special guest, Moonfire Fairy.
- Moonfire Fairy will share encouraging thoughts about staying healthy and managing stress during this unique time of our lives.



DAY 4 - This week's Kids Challenge!

Physical Activity Challenge (physical activity)

- Check out [this article](#) to learn about six different exercises that are easy to do at home!
- Pick two exercises to try at home, either from the article above or other exercises.
- Do more research to find out other types of exercise you can do from home!
- Take a picture or video of the two exercises you completed and share about it in our Y Kids Quest Facebook post (see below).

DAY 5 – This week's Family Activity!

Family Cook Off (math; measurement, literacy; vocabulary, fine motor skills)

- After learning about a balanced diet, cook a meal as a family!
- What is your favorite food?
- What meal did you make?
- What was your favorite part of creating your meal?
- Great for the whole family to do together!

WEEKLY THEME BOOKS (available through Epic)

Information: Parents/guardians may go to [this website](#) and access over 40,000 titles for free during a 30-day free trial available due to the COVID-19 pandemic!

Book Title (linked to Epic)	Approximate Ages
Move Your Body! My Exercise Tips	Early Elementary
Choose Good Food! My Eating Tips	Early Elementary
How I Pack My Lunch	Early Elementary
Keep Calm! My Stress-Busting Tips	Middle Elementary
Eat A Balanced Diet (Read To Me Version)	Middle Elementary
Exercise! (Read To Me Version)	Middle Elementary
What's On My Plate? Choosing From The Five Food Groups	Upper Elementary
12 Tips For Managing Stress And Anxiety	Upper Elementary
Healthy Behaviors	Upper Elementary

KIDS CHALLENGE - Participate to Win!

Get ready to move as you complete two exercises right from home! These exercises can be from articles online or some of your personal favorites! Complete the **Physical Activity challenge** as one of many ways to stay healthy (Day 4). Learn about staying healthy and feeling good right from home!

Participating will also enter your child(ren) to win in a variety of ways:

- Earn a Kids Challenge Badge for this week.
- Earn one entry into our Y Kids Quest raffle to win Y gear and Y Bucks (to use for membership and/or programs).

If your child(ren) completes each challenge and posts every week and get entered to win a Year-Long Youth Membership (a \$190 value, and even more as it provides a discount for programs all year).



Please post a picture of your two exercises with a description to our weekly Y Kids Quest Facebook post (available starting Thursdays at 5pm – post anytime from then through Saturday at 12pm). Participate by posting, earn our themed badges, and be entered to win some cool Y prizes. We look forward to seeing your entries!

FAMILY ACTIVITY - Participate to Win!

Family Cook Off: Cook a Meal

- Head to the kitchen and cook your family's favorite meal!
- Look at all the ingredients you used to create the meal. Was it a balanced meal?

Participating means your family will:

- Earn a Family Activity Badge for this week.
- Earn one entry into our Y Kids Quest raffle to win Y gear and Y Bucks (to use for membership and/or programs).

If your family completes each activity and posts every week and get entered to win a Year-Long Family Membership (a \$690 value, and even more as it provides a discount for programs all year).



Please make sure to post a picture or share about your family's meal and the cooking experience, to our weekly Y Kids Quest Facebook post (available starting Thursdays at 5pm – post anytime from then through Saturday at 12pm). Participate by posting, earn our themed badges, and be entered to win some cool Y prizes. We look forward to seeing your entries!