INSPIRATIONAL KIDS QUOTE

“You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have.” - Jim Rohn

SAFETY COMES FIRST!
Wear a Mask, Save Lives

Do It Yourself Face Masks

FUN ACTIVITIES

Fun Activities 5-7

- Make mini cookie cereal with your kids!
- Try this science experiment about static electricity!
- Learn how to draw Mike Wazowski from Monsters, Inc.

Fun Activities 8-10

- Try this science experiment to make a bouncy egg!
- Make mini pancake cereal with your kids!
- Guess what the leader is drawing!

GAME OF THE WEEK
Evolution

- Set up a base camp in the living room. Draw a circle and explain the evolution of all life. The egg is low to the ground, the chicken walks like a chicken and clucks, the dinosaur has T-Rex arms, the rock star plays guitar, and the superhero flies around. Demonstrate the actions.

- How to Play: Everyone starts as an egg. Players find a partner and play Ro-Sham-Bo. If they win, they move up to the next stage of evolution. If they lose, they go down one stage (unless they are an egg).

- How to Win: Once someone reaches superhero, they can fly around until everyone reaches superhero level.

KORET PLAY AT HOME HANDBOOK
Here’s even more games for you and your family to play at home! Each week we will roll out more activities on our Koret Play at Home Handbook!

RIDDLES

1. What is full of holes but still holds water?
2. What can you hold in your left hand but not in your right?
3. What can fill a room but takes up no space?

Answers from previous week: The fence; A platypus; After breakfast

CLOSING REMARKS
Follow the Koret Health & Recreation Center (@usfkoret) on Instagram to keep in touch with us! Share ideas for our next newsletter with the Rec Sports Manager (jyjavier@usfca.edu) and stay safe!

Join the conversation #USFCA (415) 422-6821 USFCA.EDU

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