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
For Ages 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.

For Ages 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

Materials Needed: None!
Set up: Designate an area to play in. Ensure there is plenty of space for everyone. Explain the evolution of life to the group- first the egg, then the chicken, then the dinosaur, then the rock star, and lastly, the superhero. Each stage has an action; 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. The leader leads the group in these actions.

How to Play: Players take turns being the egg. Each player finds a partner and plays Rock, Paper, Scissors. The winner moves up to the next stage of evolution. If they lose, they go down one stage (unless they are an egg). Players can only play someone at the same stage of evolution. Previous loser can only play once. Students in the next stage can only be challenged by the leader.

How to Win: Once someone reaches superhero, they 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
Check back next week for the answers.

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
DIRECTIONS
CONTACT US

University of San Francisco
2130 Fulton St
San Francisco, CA | 94117 US
If you wish to be removed from the Koret Health and Recreation Center mailing list, click here.
View this email online.
To continue receiving our emails, add us to your address book.
Subscribe to our email list.