



UNIVERSITY OF
SAN FRANCISCO

Koret Health and
Recreation Center



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

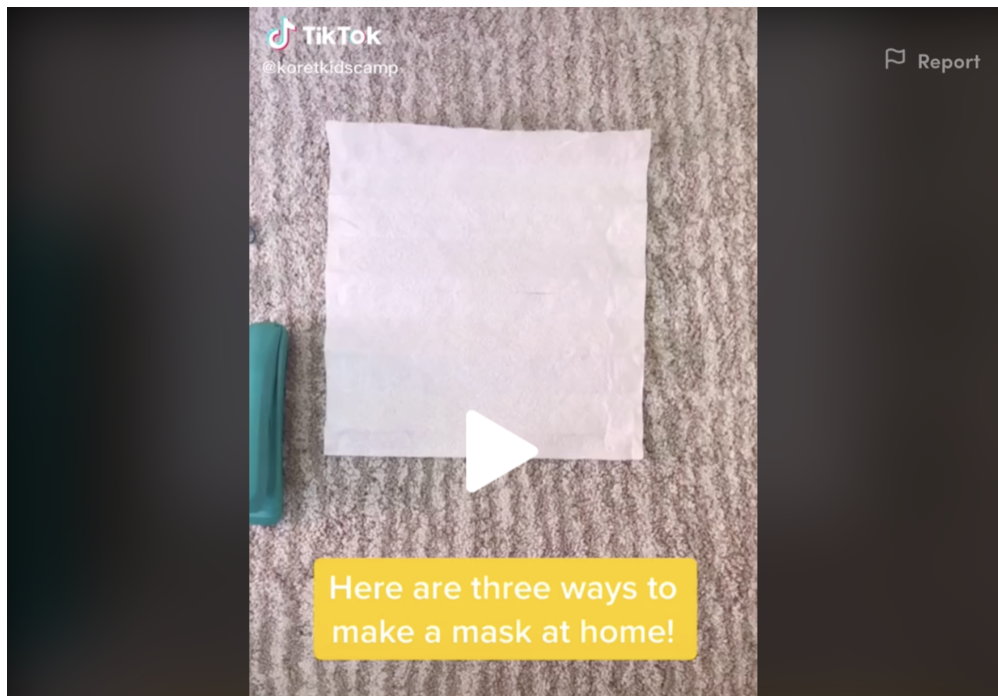
"You cannot change the circumstances,
the seasons, or the wind, but you can
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have." - *Jim Rohn*

SAFETY COMES FIRST!

Wear a Mask, Save Lives



Do it Yourself Face Masks

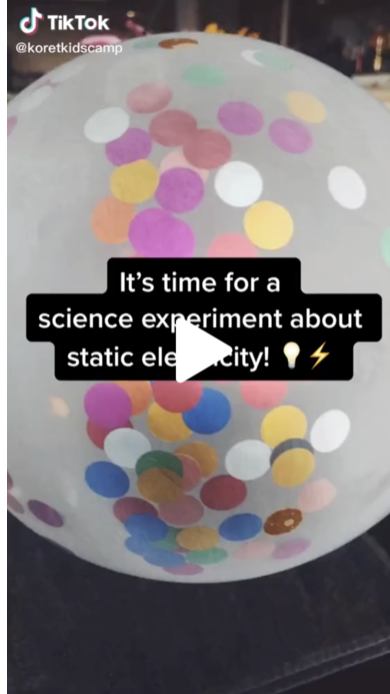


FUN ACTIVITIES

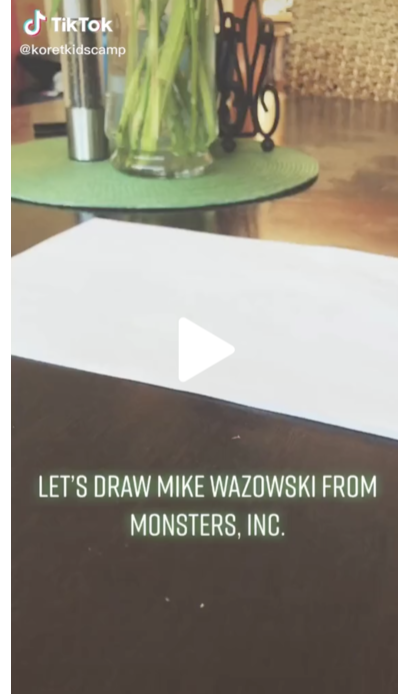
For Ages 5-7



Make **mini cookie cereal** with your kids!



Try this science experiment about **static electricity**!



Learn how to **draw Mike Wazowski** from Monsters, Inc.

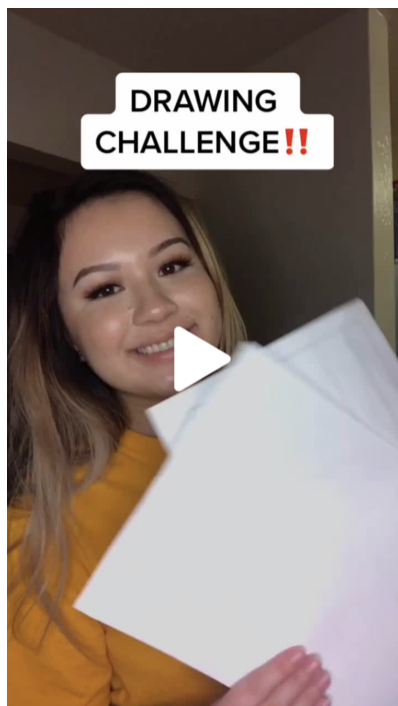
For Ages 8-10



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 all 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. Demonstrate the actions.
- **How to Play:** Everyone starts out as an egg. Each player finds a pair and they 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). Players can only play someone at the same stage of evolution (unless there are too few players). They must walk around and find someone to play.
- **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

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 (jjjavier@usfca.edu) and stay safe!

Join the conversation **#USFCA**



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