

PAWS UNIVERSITY - HOME EDITION -



Feeling Fit

Louie the Loper was disappointed when he heard the Summer 2020 Olympics were being postponed. Then he got an idea - he could train to be an Olympic athlete himself! He has a lot to learn before he can join the United States' Summer 2021 team, though. This week you will help Louie learn about different Olympic events, how being healthy includes both physical and mental wellness, and how to challenge yourself. All of these activities will leave you FEELING FIT!

VIRTUAL ENHANCEMENT ACTIVITIES SCHEDULE WEEK 2 PLAYLIST

Check out additional playlists on our website: [Awesome Track and Field Moments](#), [Famous Failures and Mental Toughness](#), [Minute to Win It Games](#), and [UNK Physical Activity and Wellness Lab](#).

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| Monday | Feeling Fit Workout led by UNK Volleyball Team
¡Veó, Veó! with Dr. Michelle Warren |
| Tuesday | Weight Lifting at UNK's Wellness Center
Kearney Family YMCA Tour and Workout |
| Wednesday | Physical Activity and Wellness Lab videos by Dr. Brown
Book Read Alouds with Reading Academy teacher Heidi Straka |
| Thursday | Cooking Demo with HyVee Dietician Kaiti George
"Baile Folclórico" Dance feature Pablo Cervantes and guests |
| Friday | Yoga Workout led by Mary Dworak |

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Reminder: Save half of your masking tape to use the next 2 weeks!

Special Thanks: UNK's Dance, Modern Language, and Kinesiology Departments; UNK Volleyball Team; UNK Wellness Center; Kearney HyVee; Pepsi; Kearney Family YMCA



FLAT LOUIE

Louie is dressed and ready to train for Summer Olympics 2021! After you color and cut him out, be sure to include him in your fitness activities throughout the week. We would love it if an adult would share your Flat Louie pictures on our **PAWS University Facebook** page!



** Kit may contain small objects. Additional themed activities are available online at www.unk.edu/pawsuniversity, including: virtual enhancement videos, live experiments/interviews, virtual tours, "celebrity" readers, workouts, and more! We encourage you to post photos to our PAWS University Facebook group throughout the week.*



STEM: Track and Field Challenge

Louie has decided he wants to compete in Track and Field. Yet there are 44 different events to choose from! Luckily, Louie's frog friends are willing to teach him about a few of the events like long jump, hurdles, sprints, shot put, high jump, pole vault, hammer throw, and more. In the kit you will find a [handout that shows a variety of events](#). Check out our [Awesome Track and Field Moments YouTube playlist](#) for motivation.



Challenge: Use a variety of materials from your kit to help the frogs demonstrate the different events. Engineer the various equipment. Have the frogs compete. Use the measuring tape to record distances. Can you make them go higher? Farther? Faster?

Materials you can use: popsicle sticks, masking tape*, cotton balls, straws, rubber bands, pipe cleaners, measuring tape, extra spoon, extra yarn, recyclables from home (cardboard boxes, plastic cartons, etc.)

***Don't use all of your tape! You will need it for activities the next 2 weeks!**

We would love to see your track and field engineering creations! Have an adult post some pictures on our **PAWS University Facebook** page.

Additional activities available at unk.edu/pawsuniversity: Track Moments playlist, Paper Football, ABC Challenge, Pots and Ping Pong Ball Trick Shots, and more!

ARTS: Calming Critters

Adult assistance needed.



Have you ever had a time when you felt sad or overwhelmed? Everyone has days when they feel upset or frustrated, even Louie! There are times during his training when Louie feels very nervous, anxious, and worried. If he ignored these feelings, they would start to make Louie unhealthy. So, he decides to make himself a special calming critter friend named Andy to share his thoughts and feelings with. Andy will help him to be as healthy as possible.



Follow these directions to create your own calming critter.

1. Cut a small piece of yarn, about 6 inches long. (You can use your tape measure.)
2. Take the ball of yarn and *loosely* wrap the yarn around one ADULT hand about 100 times. The assisting adult may want to spread their fingers out. (Don't wrap it too tightly!) The more times you wrap, the fluffier the critter.
3. Take the yarn off the adult's hand gently and set it down.
4. Use the smaller piece of yarn and tie a knot as TIGHT as you can around the middle. (It will kind of look like a bow tie.)
5. Cut the loops of the yarn on each side and move the yarn around to make a puff ball.
6. Add eyes, pipe cleaner antennas, and any other accessories like feet, hands, or a hat made from recyclables.
7. Give your calming critter a name.



Your new friend will be a great listener and will help you stay mentally fit. You can whisper your worries to the critter. Cuddle him when you feel scared. Put it by your bed to protect you from bad dreams. Talk to your critter when you feel angry, worried, or frustrated.

Additional activities available at unk.edu/pawsuniversity: Cosmic Kids Yoga, Calm Down Jar, Sidewalk Chalk Obstacle Course, and more!

HUMANITIES: Sports Psychology

One of the most important things athletes must exercise and train is their minds. As part of Louie's sports psychology training, he learns four important mental skills athletes need.

1. Concentration
2. Motivation
3. Positivity
4. Goal-Setting

Even if you don't plan to play a sport, these are still important skills needed for a healthy mind. With the Minute to Win It games and sand timer included in your kit, you're going to build up your mental skills right alongside Louie.

Game #1: Ping Pong Transfer (Training your concentration)

This game will test your CONCENTRATION. You will need the 5 ping pong balls and 2 spoons from your kit, along with 2 bowls or plates from your home. Put all of the ping pong balls in one bowl and bite down on the end of one of the spoons. The goal is to move as many ping pong balls from one bowl to the other in one minute, using only the spoon and your mouth. Zero in on balancing the ball, and stay focused. Build your concentration with these different challenges!

Round 1: Set up the bowls about six feet apart. Place the spoon in your mouth, set the timer, and start moving.

Round 2: Use your hands or a blindfold to cover your eyes. How many can you transfer in one minute?

Round 3: You'll need your eyes for this one! Place the two bowls as far apart in your home as possible. Can you transfer all 5 ping pong balls in under one minute?

Round 4: Try any of these rounds with a family member.

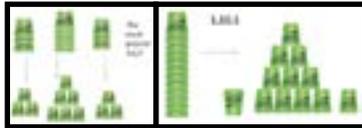


Game #2: Cup Stacking (Training your motivation)

MOTIVATION is another important skill for athletes to have. Having motivation means that while you practice, review, or compete, you are able to tell yourself that the work you put in will be worth it in the end. Motivation is what helps move you forward. For this game, your goal is to stack and unstack all 12 cups from your kit as many times as possible in one minute. Stay motivated as you practice to get better and better!

Round 1: Make the common 3-6-3 pyramid.

Round 2: Make the 1-10-1 pyramid.



Game #3: Puddle Jumper (Training your positive attitude)

Athletes have to keep a POSITIVE ATTITUDE, which means thinking they can instead of thinking they can't. To practice keeping a positive attitude you will use 6 cups and 3 ping pong balls from your kit. Fill the cups completely with water and line them up in pairs. Use your measuring tape to place one pair of cups 3 inches apart, another pair 6 inches apart, and the last pair 9 inches apart. Place a ping pong ball in one cup of each pair. Your goal is to blow all 3 ping pong balls from one cup to the partner cup (3, 6, and 9 inches away) in under one minute. Remember to stay positive! You can do it!



Round 1: Blow the ping pong ball across all three pairs of cups without it falling out.

Round 2: Try setting the cups even farther apart. Can you get the ball from one to the other when they're 12 inches, 15 inches, or 18 inches apart?

Round 3: Add more cups! Can you get the ping pong ball across 3 or 4 cups when they're 3 inches, 6 inches, or 9 inches apart?

Round 4: Grab a sibling, friend, or adult and see who can get their ping pong ball to the end the fastest.

Game #4: Ball Drop (Training your goal-setting)

To be successful in life, you should SET GOALS for right now (or short-term goals) and goals for the future (or long-term goals). For this game, we're going to focus on short-term goals. Grab a few cups and the 5 ping pong balls from your kit. Stand on a chair and try to drop a ping pong ball from shoulder height into each cup. The object is to land ping pong balls in the cup without knocking it over or having the balls bounce out. Before you start this game, set a short-term goal.

Round 1: How many balls do you want to get in the cups in one minute?

Round 2: Increase your goal slightly.

Round 3: Set a long-term goal to land all 5 ping pong balls in 5 cups in less than one minute.



Additional Minute to Win it activities available at unk.edu/pawsuniversity: Nose Dive, Face the Cookie, and more!

READING: Medal Counts

Louie loves to read as a way to keep his brain fit. How many reading medals can you earn this week? Make a goal. Then challenge yourself to accomplish that goal to earn your gold medal.

	Event 1	Event 2	Event 3	Medal Count
	Read while wearing athletic clothes.	Read while in your favorite yoga pose.	Write a letter or email to your favorite UNK sports player or team. (You can find contact information at unk.edu/athletics).	
	Do 5 jumping jacks every time you read 2 pages.	Read while walking. (Have someone with you so you don't run into anything)	Write a poem about how you are feeling today. Start each line with "I feel..." and finish with a description of how you are mentally and physically feeling.	
	Read while doing sit ups.	Pick your favorite letter. Do 2 push ups each time you read a word that starts with that letter.	Write a story about Louie the Loper training for the next Olympic games. Decide which sport he should try out for and what types of activities he would need to do to prepare.	

HEALTHY (AND FUN) SNACKS

Tie-Dye Apples (Adult supervision required)

Courtesy of Kearney HyVee

Ingredients

- 1 apple
- Multiple colors of sugar-free flavored gelatin

Directions

- Wash your hands
- Have an adult cut an apple into wedges
- Sprinkle different flavors/colors of gelatin on the apple slices



Banana Sandwich Bites (Adult supervision required)

Courtesy of Kearney HyVee

Ingredients

- Mini Nilla Wafer cookies
- Peanut butter
- Banana, sliced into ½ inch slices
- Sprinkles (optional)

Directions

- Wash your hands
- Have an adult slice the banana into ½ inch slices
- Spread a small amount of peanut butter on the flat sides of 2 Nilla Wafers
- Place a slice of banana in the middle of the 2 Nilla Wafers
- Roll the banana in sprinkles (optional)



FAMILY ACTIVITY: Scavenger Hunt

 Moving and getting exercise is important for all members of your family (including pets). And walking is a great way that you (and your family) can exercise to stay fit! This week we challenge you and your family to enjoy a few neighborhood walks. On your walk, work together to complete the [Neighborhood Scavenger Hunts](#) in your kit!

After you go for your walk, you can try some other ways to Feel Fit as a family, like going on a bike ride, using sidewalk chalk to draw an obstacle course, or creating your own family Olympics in your backyard!

This kit and its related materials are being provided to your child by PAWS University on behalf of the University of Nebraska at Kearney. These materials have specific uses for the related activities and are expected to be used in such manner. Any damage or injuries caused by the inappropriate use of the materials will not be the responsibility of the University. Furthermore, all activities are voluntary and by partaking you agree not-to-sue the University for property damage or personal injuries arising as a result of engaging in and receiving instruction from PAWS University.