

# boiks

# Summer

## HOLIDAY FUN PACK



### **BUILD OUR KIDS' SUCCESS**

Find many activities for kids in Kindergarten through Grade 9 to get moving and stay busy during the summer.

## WHO IS THIS BOOKLET FOR?

EVERYONE – kids, parents, camps, childcare providers, and anyone that is involved with kids this summer. BOKS has compiled a Summer Fun Pack that is meant to engage kids and allow them to “Create Their Own Adventure of Fun” for the summer. This package is full of easy to follow activities for kids to do independently, as a family, or for camp counselors/childcare providers to engage kids throughout the summer.

We have included a selection of:

- BOKS Bursts (5–10 minute activity breaks),
- BOKS lesson plans - 30 minutes of fun interactive lessons including warm ups, skill work, games and nutrition bits with video links,
- Crafts,
- Games,
- Recipes,
- Calendar template to “create their own adventure”.

## HOW DOES THIS WORK?

**Choose two or three activities daily from the selection outlined on page 4:**

1. Get physically active with Bursts and/or BOKS fitness classes.
2. Be creative with cooking and crafts.
3. Have fun outdoors (or indoors), try our games!

### How do your kids benefit?

- Give kids time to play and have fun.
- Get kids moving toward their 60 minutes of recommended daily activity.
- Build strong bones and muscles with simple fitness skills.
- Reduce symptoms of anxiety.
- Encourage a love of physical activity through engaging games.
- We encourage your kids to have fun creating their own BOKS adventure this summer.

## WHO WE ARE...

BOKS (Build Our Kids' Success) is a FREE physical activity program designed to get kids active and establish a lifelong commitment to health and fitness.

Find more activities on our website [www.bokskids.org](http://www.bokskids.org) and on our social media platforms.



1

**BOKS Bursts**

These activities have been designed to provide you with quick, easy, and engaging physical activities that help kids stay active throughout the day, firing up their brains and improving their general health and well-being.

2

**BOKS Physical Activity Lesson Plans**

These fun lesson plans focus on getting kids moving while developing functional fitness skills (ex. squat, push up). Each lesson plan lasts 30 minutes and has a warm-up, running related activity, skill of the day, fun game, yoga, and nutrition bit!

3

**BOKS Games**

Have fun with these summer games. You will find outdoor and indoor games to keep the kids entertained no matter what the weather looks like! Get the whole family involved in a good old-fashioned game such as a scavenger hunt or chalk games. Or, let the kids entertain themselves with this selection of kid friendly activities.

4

**BOKS Healthy Learnings**

You and your kids will love these cooking recipes that the kids can create on their own. With easy, straight forward directions and minimum use of kitchen tools, your kids are going to love the kitchen and YOU are going to enjoy their creations.

5

**BOKS Crafts**

Let your kids' creativity flourish! This section provides a diverse range of activities that will have kids creating unique objects such as paddle bats, beanbags and bubble wands. Most of the crafts can be used right away and can be used indoors or outdoors.

6

**BOKS Calendar Template**

Create your own adventure this summer by filling out the calendar template with the BOKS activities found throughout the summer fun pack. It is time to create your own ADVENTURE!

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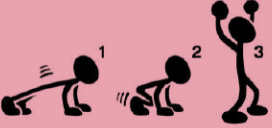


6

## BOKS CALENDAR TEMPLATE

1. July Fitness Calendar	p.45	2. August Fitness Calendar	p.46
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# Fitness skills

Before you start these exercises, it's important to make sure you do the movements properly. These exercises can help develop strength and endurance. Click on the fitness skills to have a visual on how to perform them.

<b>Running</b>		<ul style="list-style-type: none"> <li>• Stand up tall with core tight</li> <li>• Shoulders and arms are relaxed and swing naturally</li> <li>• Breathe rhythmically, filling the belly</li> </ul>
<b>Push-ups</b>		<ul style="list-style-type: none"> <li>• Keep body in a straight line, with arms a bit wider than shoulder width</li> <li>• Arms fully extended at the top</li> <li>• Chest close to the floor at the bottom</li> </ul>
<b>Plank</b>		<ul style="list-style-type: none"> <li>• Keep body in a straight line</li> <li>• Keep knees off the ground</li> <li>• Keep weight evenly distributed between elbows/forearms and feet</li> </ul>
<b>Donkey Kicks</b>		<ul style="list-style-type: none"> <li>• Start from standing position, move hands to the floor slightly wider than shoulder width</li> <li>• Kick the feet off the ground and move them back in the air</li> <li>• Stand up straight at the end</li> </ul>
<b>Jumping</b>		<ul style="list-style-type: none"> <li>• Start with your feet at shoulder-width and keep heels super-glued to the ground</li> <li>• Bend your knees and squat deep</li> <li>• Use arms by bringing them back and driving them forward to initiate the jump</li> <li>• Jump up straight and tall, and land softly by absorbing the landing by bending at ankles, knees and hips</li> </ul>
<b>Burpees</b>		<ul style="list-style-type: none"> <li>• Drop into a push-up, keeping the body straight</li> <li>• Jump up to stand with feet moving between the hands</li> <li>• Stand up tall, jump up and clap hands above head</li> </ul>
<b>Squats</b>		<ul style="list-style-type: none"> <li>• Keep heels super-glued to the floor</li> <li>• Squat deep to get your knees at a 90-degree angle to the floor</li> <li>• Keep your back arched like a superhero</li> </ul>
<b>Crunches</b>		<ul style="list-style-type: none"> <li>• Keep core contracted through the entire movement</li> <li>• Elbows are wide, don't pull on your head or neck</li> <li>• Imagine bringing your ribcage toward your hips</li> </ul>

1

# BOKS Bursts

These activities have been designed to provide you with quick, easy, and engaging physical activities that help kids stay active throughout the day, firing up their brains and improving their general health and well-being.



# BOKS Bursts

## 1. SHUFFLEBOARD



Materials: Painter tape, box, frisbee, plastic plate.

1. Tape two 10"x10" squares about 15 feet across from each other.
2. Get a box, frisbee, plastic plate or any small item that can be slid across the floor.
3. Players stand at opposite taped squares.
4. Player 1 kicks the item (box, frisbee, plate) trying to get it into the opponents' taped square. If the item lands with any portion in the taped square the person who kicked it gets a point.
5. First person to score 5 points wins.

## 2. BOKS BOOTCAMP



1. Set up 3 stations around the room
  - Station 1 (jumping jacks, mountain climbers, fast feet)
  - Station 2 (broad jumps, jumping squats, wall sits)
  - Station 3 (walking lunges, jump rope, star jumps)
2. Complete 5 of each activity at the station, continuing through the exercises until time is up.
3. After 60 seconds, switch stations clockwise.
4. Continue to rotate through the stations for as much time as you have.

## 3. POTATO SACK RACE



Materials: Potato sack (or similar object such as a pillow case). Create 2 lines/race courses.

1. Create two lines with plastic glasses (or other objects) with enough space between them to pass between.
2. Create two teams. Why not children against adults?
3. Each team must put their legs in a potato sack (or similar object).
4. Put yourself on a starting line and start the race at the same time.
5. Each team must jump as fast as possible to the finish line passing between the objects.
6. The team that finishes first wins.



## 4. DISCOVER THE OCEAN



1. Have the kids move their arms in a front crawl swimming motion as they travel around the space.
2. Call out the following cues to match a movement for the kids to perform:
  - a. Starfish – 5 jumping jacks.
  - b. Seaweed – stand tall with arms up toward the ceiling swaying with the waves.
  - c. Clam – crouch down into a ball.
  - d. Dolphin – burpee.

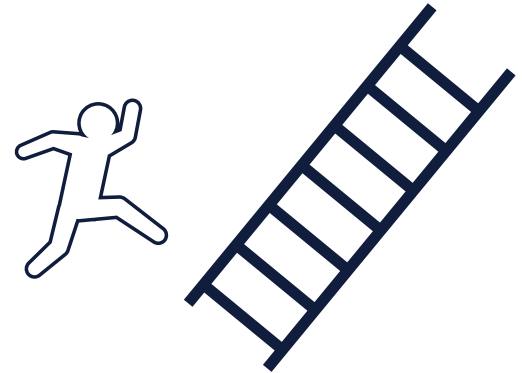
# BOKS Bursts

## 5. AGILITY LADDER



Materials: Agility ladders. If you don't have agility ladders, you can use cones or tape on the floor. Create a ladder within your space, you can use cones, tape or chalk. Have the kids perform the different drills for 1 or 2 minutes:

- Running forward: one or two feet in each square
- One-foot hop: left and right
- Lateral run through the ladder: one or two feet per square
- Bunny Hop: forward, sideways, and backwards
- In and out
- Hopscotch
- Skiers
- 2 forward and 1 back



## 6. TIC TAC TOE



Materials: Tape, hoops or even string for the grid and 5 bean bags (or any other object) of the same color.

- Start with a partner lying flat on the floor and with a tic tac toe grid between them. You can build the grid using tape, hoops or even strings.
- Individuals have 5 bean bags (or any other object) of the same color, but a different color than their partner.
- Partners alternate who goes first and start by facing each other in a plank position. Repeat until one wins or until all bean bags (or any other object) are placed.

## 7. LIKE A BOXER



- Round #1 – Perform action 10 times and always come back to a neutral stance.
  - Straight punches, right side – punch the air with your right fist without rotating shoulder.
  - Straight punches left side – punch the air with you left fist without rotating shoulder.
  - Uppercut, right side – start with your right arm in an “L” shape and move in an upwards direction.
  - Uppercut, left side – start with your left arm in an “L” shape and move in an upwards direction.
- Round #2 – Perform each action 10 times and always come back to a neutral stance.
  - Hook, right side – start with your right arm in an “L” shape at eye level and swing across your face.
  - Hook, left side – start with your left arm in an “L” shape at eye level and swing across your face.
  - Jab with right side – turn slightly to the left and punch with your right fist.
  - Jab with left side – turn slightly to the right and punch with your left fist.
- Round #3 – Do 1 minute of each activity.
  - Push-ups – as many as possible in 1 minute.
  - Jump Rope – as many times as possible in 1 minute.



# BOKS Bursts

## 8. ALPHABET RELAY



Materials: Piece of paper and marker.

1. Divide group into even teams.
2. Instruct each team to form a straight line behind the designated cone or object at one end of the room. On the opposite end of the room, supply each team with a piece of paper/chart paper with each letter of the alphabet written on it.
3. One at a time each team member will race to the other side of the room.
4. Once there, they will pick a letter that is available to write a word that relates to the topic the lead adult picks for that day such as fruits and vegetable. (i.e. kid could write "Banana" beside the letter B).
5. Kid will run back and tag the next person in line to go.
6. If the kid cannot think of something to write, they can perform 5 squats and return to their team.
7. When waiting in line, kids must perform jumping jacks while they wait for their turn.
8. Continue for a specific duration or until the alphabet is complete.

\*If you only have 2 or 3 people, form one team and try to complete the alphabet as fast as possible!

## 9. GONE CAMPING



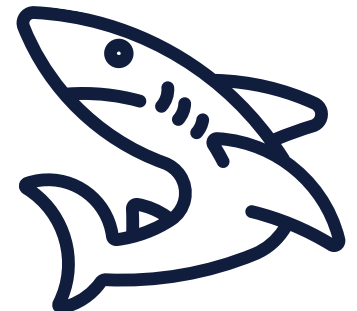
Get excited for summer camping by doing each activity for 20-30 seconds:

1. Jog in place as if a big scary bear is chasing you.
2. Reach up as if you are picking berries.
3. Do toe touches as if you are hammering in tent stakes.
4. Wall sit (or squat) as if you are sitting around the campfire.
5. Move your arms as if you are swimming from a big fish.
6. Shake your body as if you are a wet dog.
7. Torso twist as if you are paddling the kayak side to side.
8. Jump up and down as if you have finally roasted the perfect marshmallow.
9. Repeat as time permits.

## 10. AVOID THE SHARK CHALK GAME

Materials: Chalk (2 different colors).

1. Find a safe spot in a driveway or on a sidewalk.
2. With different colors of chalk, draw "beaches" various distances apart.
3. Use blue chalk to draw water and shark fins between the beaches.
4. Have kids jump from beach to beach to avoid the "sharks" in the "water."



# BOKS Bursts



## 11. TRACK & FIELD BURST

Materials: Tape, rope, toilet paper roll, ball, metronome to set the pace.

### Standing Long Jump

- Start from behind a line or tape, jump as far as you can and land with soft knees.
- Repeat and try to jump over the 1st mark!
- Try a single-leg take-off into a two-foot landing.
- Repeat on the other leg.

### Javelin Throw on a Rope

- Place a toilet paper roll on a rope.
- Anchor the rope up high.
- Grab the toilet paper roll palm up, take a step towards the anchor while keeping your throwing arm behind you.
- High throwing arm!
- Long pull and try the other arm.

### Relay Races

- Line up in a crab walk start position.
- Place an object on your core.
- Ready, Set, Go! Race to a line (touch it) and back.
- Try with a ball or a balloon between your knees.

### Pace-Race

- Use a Metronome to set the pace.
- Start in a plank position.
- On a command, start "running" by performing Mountain Climbers to the beat! KEEP TO THE BEAT!!
- For a faster race, set it to 155 bpm (or faster) and for a steady pace, set below 140 bpm.
- Try to run for 30 secs or 1 min... or until you are the last one standing.

## 12. PING PONG BALL CUP BURST

Materials: Red cups, ping pong balls, sharpie.

1. 6 cups/team or person, 1 ping pong ball/2 teams.
2. With a sharpie, write a skill name and # on each cup.
3. 2 teams will perform the challenge against each other.
4. Place 6 cups touching each other in any shape and place them approximately 2 meters away from the other team.
5. A kid from the opposing team will bounce a ping pong ball and try to get it to bounce INTO an opponent's cup.
6. If the kid succeeds in getting the ping pong ball IN the cup, the opposing team performs the movement indicated on the cup. If the kid does not succeed in getting the ping pong ball in the cup (target), their entire team will jog on the spot for 20 seconds.
7. Kids take a turn one team at a time and alternate until each kid has a turn.

### Variations/Challenges:

- Attempt to bounce the ping pong ball twice before it lands in the cup.
- Vary the distance between the start line and cups.



# BOKS Bursts

## 13. TABATA PLANKS



1. Turn on music of your choice from the [BOKS Spotify playlist](#).
2. Hold plank for 20 seconds.
3. Rest for 10 seconds.
4. Mountain climbers for 20 seconds.
5. Rest for 10 seconds.
6. Hold plank for 20 seconds.
7. Rest for 10 seconds.
8. Mountain climbers for 20 seconds.
9. Rest for 10 seconds.
10. Repeat these 5 times.

Note: Tabata is a form of exercise that alternatives intense activity with resting.

## 14. CLAP FOR 10



1. Do 10 jumping jacks clapping your hands when they are above your head.
2. Do 10 lunges clapping your hands when your hands are above your knees.
3. Do 10 burpees clapping your hands above your head when you jump up.
4. Do 10 crunches clapping your hands when they are above your knees.
5. Do 10 squats clapping your hands when you extend your legs.

## 15. FLOOR IS LAVA

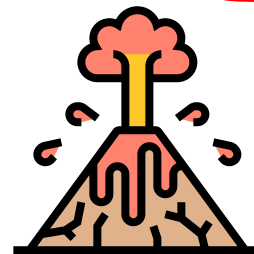


Materials: Pieces of paper.

1. Set pieces of recycled paper (flat) around the room.
2. Kids must hop from one piece to the next. If they touch the ground it is lava and they must do 5 jumping jacks before returning.

Variations/Challenges:

Switch skill from jumping jacks to squats, lunges, push-ups, crunches, burpees, etc.



## 16. TRIATHLON



1. Lay down on the ground with your tummy touching the floor, "swim" for 30 seconds in a row.
2. Do a "v" sit on the ground and cycle (pedaling movements with feet while you pretend to hold the handles of the bicycle or place hands behind you to balance) for 30 seconds.
3. Stand up and jog on the spot for 30 seconds.
4. Repeat sequence 10 times.

# BOKS Bursts

## 17. SUMMER SPORTS BURST

Do each activity on the spot for 30 – 60 seconds:

1. Beach Volleyball – squat and bump the volleyball.
2. Hiking – vertical mountain climbers, jog with one arm reaching to the sky and the opposite leg comes up to hip height.
3. Lake swim – lean forward and windmill your arms in a swimming motion.
4. Marathon show off – high knee jog while you cross the finish line.
5. Golf swing – squat and swing facing one direction, 180-degree squat jump to face the other direction, repeat your swing on the other side.
6. Kayak – torso twist to warm up, paddle your kayak twisting from side to side.
7. Soccer – fast feet making a square (forward, side, back, side).

## 18. INDEPENDENCE DAY BURST

Let's celebrate the USA Flag! The United State of America Flag has 3 colors, 50 stars, and 13 stripes.

Complete the below 3 exercises, representing the colors of the flag, 13 times to represent the stripes:

- Squats
- Sit-Ups
- Push-Ups

Complete the below 4 exercises 5 times each side, representing the 4th of July (AKA Independence Day):

- Lunges
- Mountain Climbers
- Lateral Lunges
- Bicycles (core exercise)

## 19. PUSH-UP, CRUNCH, SQUAT LADDER

1. Perform 5 push-ups, 5 crunches, 5 squats.
2. Perform 4 push-ups, 4 crunches, 4 squats.
3. Perform 3 push-ups, 3 crunches, 3 squats.
4. Perform 2 push-ups, 2 crunches, 2 squats.
5. Perform 1 push-up, 1 crunch, 1 squat.
6. Rest for 30 seconds.
7. Repeat.



# BOKS Bursts



## 20. TOWER OF FUN

Materials: Something to stack with (building blocks/math base ten blocks/cups).

1. Pick any exercise or multiple exercises (i.e. jumping jacks, butt kickers, squats).
2. Do 10 butt kickers and then take 1 building block or cup.
3. Repeat for a designated time.
4. At the end have each person build their biggest tower and have them estimate the height.

Note: Building blocks can be substituted for other objects on hand, such as books, plastic cups, or erasers.

## 21. OLYMPIC BURST

Perform Olympic activity movements for 15 to 20 seconds each:

- Gymnastics - split jumps - step, step, jump.
- Gymnastics - balance beam - walk as if balancing on a beam.
- Track & Field - Sprint in place.
- Track & Field - Long Jump.
- Soccer - Kick a soccer ball.
- Swim - Perform a front crawl stroke, backstroke, breaststroke, butterfly.
- Diving - Jump, two-foot bounce, arms straight up in the air.
- Archery - Shoot arrow, throw arrow.

## 22. PAPER PLATE TENNIS BURST

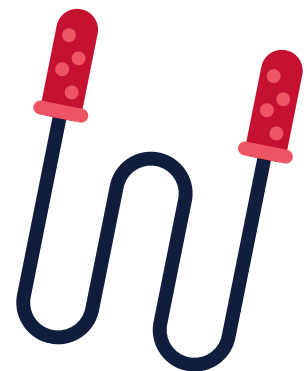
Materials: Paper plate tennis paddles that you create (see the Craft section), balloons, light balls.

- Hold a paddle in the right hand and tap balloon in the air 5x.
- Switch hands and tap balloon in the air using your left hand 5x.
- Hold a paddle in each hand and pass the balloon back and forth right to left 5x.
- Find a friend to play with.
- Give each person one paddle, start by passing the balloon back and forth between partners.
- See how many times you can keep it up without the balloon touching the ground.

## 23. JUMP ROPE BURST

Materials: Homemade jump rope (see the Craft Section).

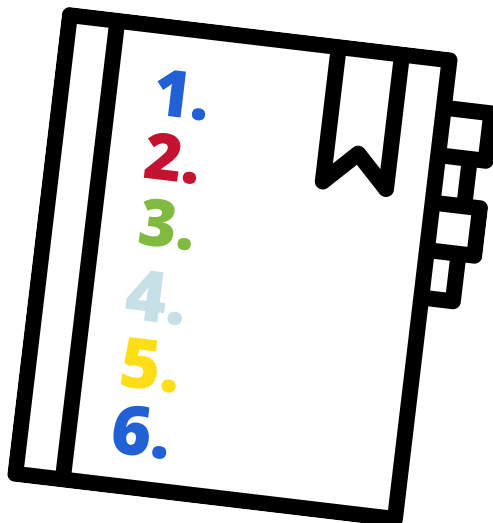
- Allow space for the rope to swing (if you don't have a rope or supplies you can pretend simply by making fists as if you are holding a rope).
- Perform a jump rope ladder with different jump movements
- Start with 10 straight jumps and increase to 15, 20, 25. Repeat 3 times.



# 2

## BOKS Physical Activity Lesson Plans

These fun lesson plans focus on getting kids moving while developing functional fitness skills (ex. squat, push up). Each lesson plan lasts 30 minutes and has a warm-up running related activity, skill of the day, fun game, yoga, and nutrition bit!



# BOKS Lesson Plan 1

Jump into summer!



Click [here](#) to have a visual of the Lesson Plan.



Material Needed: Jump Rope

## 1. WARM-UP: Jump Over the Rope

Perform the following movements over the jump rope:

1-foot hop, 2-foot hop, 1-foot jump, 2-foot jump

## 2. RUNNING RELATED ACTIVITY: Running Around the Rope

- Lay the jump rope on the floor and run around the rope. Switch directions when the trainer yells "Switch!"
- Complete different activities while moving around the rope - for example, if the trainer yells "jumping jacks", complete 5 jumping jacks.
- Make it more challenging by shuffling instead of running. Continue to shout out different activities while shuffling!

## 3. SKILL OF THE DAY: Jump rope

### JUMP ROPE SKILLS

- Double Bounce
- Single Bounce
- 1 foot- alternate sides
- 2 foot jump side to side

### JUMP ROPE CHALLENGES

- Pyramid Challenge on 1 foot (5-4-3-2-1)
- Cross the arms in front
- Double unders
- 30 sec Max 2 foot
- 30 sec. Alternating feet

## 4. GAME: Rock, Paper, Scissors - Jump Rope Edition

Teach kids the following movements:

- Rock- squat down
- Paper- star jump
- Scissors- cross arms and legs

Challenge someone to a game of rock, paper, scissors. If you win, perform a 30 second jump rope. If you lose, your partner gets to choose your activity.

## 5. COOL DOWN: Deep Breathing and Yoga

- Downward Dog - from hands and knees, tuck toes under and lift hips towards the sky.
- Deep breathing for 2 minutes.


## 6. NUTRITION BIT : Smoothie Recipe

Smoothies are delicious and a great way to get some extra fruits and veggies. Save some time by adding all the ingredients for your smoothies in a freezer bag, so you just have to add liquid and blend. Try this combination: 1 cup strawberries, 1 cup blueberries, some banana, Greek yogurt, avocado and spinach.

# BOKS Lesson Plan 2

## Sports Galore



 Click [here](#) to have a visual of the Lesson Plan.

Materials Needed: Ball or rolled up pair of socks, racquet (or flat piece of cardboard)

### 1. WARM-UP: Sports Galore

Complete each activity for 30 seconds to 1 minute:

- Rugby – walking lunges with a twist, forward for one width and then reverse lunge steps with a twist for one.
- Track & Field – high knee skip step or “snap downs”.
- Pickleball – grapevine or carioca.
- Lacrosse – high knee jog forward for one width and then in reverse.
- Softball – side skips with arm swings out to the side.
- Skateboarding – sidestep and squat, switching directions with each squat (180 degree turn with each squat).

### 2. RUNNING RELATED ACTIVITY: Go, Shot, Lap

Trainer will call out different instructions: “Go”, “Shot” or “Lap”. Complete the following movements:

- GO= running on the spot.
- SHOT= jump shot and then run on the spot.
- LAP= take a lap around your activity space.

### 3. SKILL OF THE DAY: Mountain Climbers

Starting from a plank position, alternate bringing your knees to your chest - like you’re climbing up a mountain side. Make sure back stays straight, and hips stay as close to in-line with shoulders as possible.

#### BOKS Says

Complete whatever activity “BOKS Says...” to do. If kids switch movements before “BOKS Says” to, they must perform 10 mountain climbers before rejoining the game.

Activity ideas:

- Tennis – side lunge with a forehand and backhand
- Baseball – superman as though you are sliding into second base
- Biking – bicycle crunches
- Ultimate frisbee – high jump to catch a pass
- Basketball – calf raise and shoot

### 4. GAME: Pickleball

Pickleball is a racquet sport that is becoming more and more popular with all age groups. Grab a racquet of any kind – flat cardboard, a frisbee, an actual racquet - we are going to work on hand-eye coordination. If you are solo, you are going to try and bounce your ball on your racquet as many times as you can. If you have a partner, you are going to toss it back and forth, gradually increasing the distance between you. If the ball gets dropped, everyone does 20 mountain climbers.

### 5. COOL DOWN: Chair Pose

- Stand tall, back straight, with feet hip distance apart (Mountain Pose).
- Inhale and lift your arms up alongside your ears or out in front of you at shoulder level (for balance).
- Exhale and bend your knees, “sit” down as if sitting in a chair.
- Breathe in and out slowly and evenly for three deep breaths.
- Inhale and return to initial standing position (Mountain Pose).
- Repeat 3-5 times

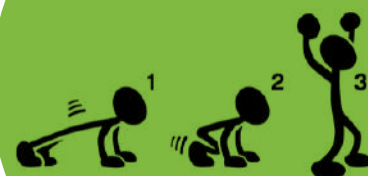
### 6. NUTRITION BIT: Hydration


It’s important to stay hydrated throughout the day. Water is important for our brains and bodies, so it’s good to drink lots of water every day. Encourage kids to fill a water bottle in the morning and set a goal for how many times they fill it during the day.



# BOKS Lesson Plan 3

## The Best Time You'll Have Doing Burpees!



 Click [here](#) to have a visual of the Lesson Plan.

Materials Needed: [BOKS Spotify Playlist](#)

### 1. WARM-UP: BOKS Give Me 10!

Complete each activity 10 times:

- Jump Rope (pretending you have a jump rope in your hand).
- Elbow to knee (opposite elbow to opposite knee).
- Mummy kicks (arms out straight crossing over each time, legs kick out straight).
- Side lunges – touch your feet (5 times each side).
- Star Jacks (squat, jump up high and spread arms and legs out wide like a star).
- Squat (hold squat while punching arms out in front).
- Tire Runs (jog like you are going through tires).
- Repeat.

### 2. RUNNING RELATED ACTIVITY: 5 Minute HIIT

- 30 seconds of high intensity running
- 60 seconds jogging

### 3. SKILL OF THE DAY: Burpee

From a standing position, place hands on the ground slightly wider than shoulder width and perform a push-up. Push off hands and jump back up so that feet land inside of hands, stand up and clap with hands above head. Demonstrate proper form, listing the key points of performance and have kids practice each component of the burpee before putting it together. Try counting out the positions, from standing (1) hands touch ground, (2) push legs out into plank, (3) chest touches ground (4) bring feet up inside hands, (5) stand up, jump up and clap.

#### Burpee - Go, back, hit it!

Teach kids the following commands and corresponding actions:

- GO = jumping jacks
- BACK = cross-country skiers
- HIT IT = burpee

### 4. GAME: Thunderstruck Burpee Challenge

- Play the song "Thunderstruck" from the [BOKS Spotify playlist](#).
- Have kids run on the spot while the song is playing.
- When the song says "Thunderstruck", kids perform a burpee.
- Continue until the song is over or you can modify to complete a specific timeframe of their choice.

### 5. COOL DOWN: Cat/Cow

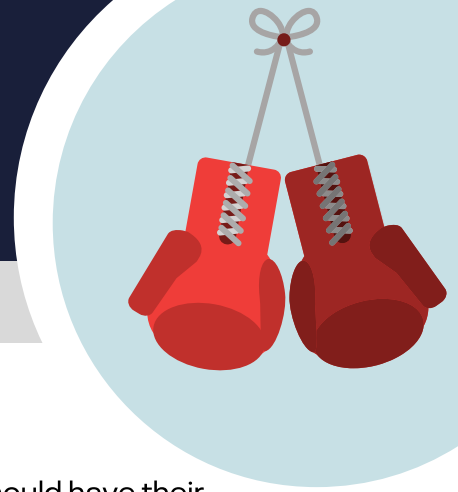
Get onto hands and knees. Arch back and lift head, like a cow. Then reverse, by curling back in the opposite direction like a Halloween cat.


### 6. NUTRITION BIT: Tips for cooking with kids

- Make it fun! Use fun tools, play music, etc.
- Get them involved: let kids choose recipes, what meals they'd like to plan, groceries needed, etc.
- Start small, work up! Try planning snacks before bigger meals like dinner.

# BOKS Lesson Plan 4

## Boxing with BOKS



 Click [here](#) to have a visual of the Lesson Plan.

Materials Needed: Paper plates, a cup

### 1. WARM-UP: BOKS Twister

- Begin by placing a plate in the middle of the activity area - each participant should have their own plate with their name on it.
- Trainer will call out a movement, and kids will move around the activity space doing that movement (for example, jogging, shuffling, etc.).
- The trainer will then call a second movement along with a hand/foot (right or left), and kids will travel to the center doing the new movement, find their plate, and place the hand/foot on their plate.
- Continue to call new movements and different hand/feet for several minutes!

### 2. RUNNING RELATED ACTIVITY: Running Stations

- Have kids move through the following stations and complete the activities:  
Jump rope / Crunches / Squat / Stair runs/Sprint in place
- Complete each activity for 10 reps/seconds and repeat.

### 3. SKILL OF THE DAY: Punching

Punching Combinations: start with your non-dominant foot slightly ahead of your dominant foot - hand will come up to your face. Grab your plate and a partner, and practice the following punches:

- #1 - non-dominant hand punch
- #2 - dominant hand punch
- #3 - non-dominant hook
- #4 - dominant hook

If you don't have a partner, you can shadow box - pretend to box against an imaginary partner. Trainer will call out numbers and kids will practice each type of punch.

30 Second Freestyle - Practice any combination of punches as quickly as you can for 30 seconds.

### 4. GAME: Head, Shoulders, Knees, Punch

- The partners must stand facing each other, at arm's distance apart.
- Place any object (i.e. pylon, cup, pencil case, etc.) in the middle of the two kids.
- The kids touch their body parts as the Trainer calls them out - this version will include Punch #1 and #2 from the skill of the week.
- When the Trainer says PYLON, the kids race to grab the pylon.
- For example, the Trainer says touch your hips, shoulders, neck, head, punch 1, punch 2 and PYLON.
- Repeat steps 3 and 4 calling out difference body parts (i.e. nose, lips, toes, ankles, forearms, legs, back, etc.). Don't forget to say PYLON.

### 5. COOL DOWN: Happiness BOKS

Write out things that make you happy and throw them into a box (shoe box, game box, etc.) and share them with your friends or family.

### 6. NUTRITION BIT: Avocados




Avocados are a great source of the "good" fat (monounsaturated) that is good for our heart. We want to avoid foods with the not so good fat as they are not good to help keep our heart healthy. Such as saturated or trans fat which you can find in cookies, French fries, butter, etc.



# BOKS Lesson Plan 5

## Superhero Summer



 Click [here](#) to have a visual of the Lesson Plan.

Materials Needed: [BOKS Playlist on Spotify](#).

### 1. WARM-UP: As If

- Reach up as if you're grabbing balloons in the air
- Reach across as if you're pulling a treasure chest to you
- Walk as if you're a Toy Soldier (or Frankenstein)
- Jump as if you're a frog
- Shake your body as if you're a wet dog

### 2. RUNNING RELATED ACTIVITY: Jungle Run

Run around the activity space and complete the following:

- Jump over snakes
- Duck under branches
- Quick feet through quicksand
- High knees over red fire ants
- Tip toe to cross a bridge
- Hop on stones to cross the river
- Jaguar in the distance - FREEZE quietly

### 3. SKILL OF THE DAY: Squat

Set feet shoulder distance apart, send arms up, butt back, and squat down so knees are at a 90-degree angle to the floor. Weight should be in heels and knees should not extend past the toes. Keep knees, ankles and feet all pointing in the same direction. Then stand up straight and tall.

#### Bring Sally Up

Play "Bring Sally Up" from the [BOKS Spotify playlist](#) and complete the following:

- Have kids perform a squat down every time they hear "Bring Sally down" while the song is playing and stand upright again when they hear "Bring Sally Up".
- Continue until the song is over or complete within a specific time frame of your choice.

### 4. GAME: Hero Tabata Circuits

Do each exercise for 30 seconds, rest for 15. Rest for 45 seconds to a minute after the first round, then repeat.

- Fly like Superman (Squat with a single leg extension)
- Hulk smash (squat jumps)
- Be quick like Flash
- Black Widow squats and kicks
- Frozone Ice Skaters

### 5. COOL DOWN: Deep breaths and Yoga

- Deep breaths with hands over head
- Shoulder rolls - both directions
- Grasp hands behind back and reach towards the ground
- Clasp hands in front of you and reach out and away from you
- Bend at the knee and reach back to grab your foot for a quad stretch
- Deep squat
- Seated forward fold
- Child's pose


### 6. NUTRITION BIT: Juice vs. Fruit

What is better for us - to drink orange juice, or eat an orange? Fruit is usually the better option. Fruit has fiber and nutrients that juice doesn't, and juice contains lots of extra sugar. It's always a great option to choose fruit over juice. Water is best if you're thirsty.

# BOKS Lesson Plan 6

## BOKS Pool Party!



 Click [here](#) to have a visual of the Lesson Plan.

Materials Needed: 4 items/person (used as cones), pool noodle or towel, beach ball

### 1. WARM-UP

Complete the following movements with a partner:

- Hold on to the ends of each pool noodle, and side shuffle for 30 seconds. Then switch direction for 30 seconds.
- Butt kickers for 30 seconds. Switch directions.
- High kicks for 30 seconds.
- Grapevine for 30 seconds. Switch directions.
- Jump for 30 seconds. Switch directions.

Finish by doing some arm circles in both directions - backward and forward! Try sending your arms in opposite directions for a challenge.

### 2. RUNNING RELATED ACTIVITY: Pool Toy Challenge

Arrange your cones/items into a square, and number each corner. Each person should have their own square. Complete the following movements:

- Side shuffle along baselines, and butt kickers along sides (facing same direction). Switch directions.
- Side shuffle along baselines, and high knees along sides (facing same direction). Switch directions.
- Butt kickers/high knees in the center of the square and touch the cone that corresponds with the number yelled by the trainer.

### 3. SKILL OF THE DAY: Plank

Get into a horizontal position, resting on your elbows/forearms and toes. Keep midsection tight and body in one straight line. Hold position without moving, pushing heels back.

#### Plank Jack Noodle Jumps

Lay your pool noodle on the ground and stand to one side. Perform a plank jack, stand up, laterally jump over to the other side of the pool noodle, and perform another plank jack. Try to complete as many plank jacks as possible in 1 minute.

### 4. GAME: Beach Ball Toss

Label a beach ball with different activities. Toss the ball back and forth with your partner. Perform whatever movement you see first when you catch the ball!

### 5. COOL DOWN: Chair Pose

Set feet hip distance apart. Shift your hips back and down, as if sitting in an invisible chair. Lift arms to the sky when you've found your balance. Twist opposite elbows to knee for a twisted chair pose.


### 6. NUTRITION BIT: Snack Tips

Try using muffin tins to divide different snacks for a snack tray. It's easy to organize, share, and get lots of healthy snacks - especially for a pool party.

# BOKS Lesson Plan 7

## Let's Go Camping!



 Click [here](#) to have a visual of the Lesson Plan.

Materials Needed: None

### 1. WARM-UP: Gone Camping

Get excited for summer camping by doing each activity for 20-30 seconds:

- Jog in place as if a big scary bear is chasing you.
- Reach up as if you are picking berries.
- Do toe touches as if you are hammering in tent stakes.
- Wall sit (or squat) as if you are sitting around the campfire.
- Move your arms as if you are swimming from a big fish.
- Shake your body as if you are a wet dog.
- Torso twist as if you are paddling the kayak side to side.
- Jump up and down as if you have finally roasted the perfect marshmallow.

### 2. RUNNING RELATED ACTIVITY: High/Low Tabata Circuit

Complete each activity for 40 seconds, rest for 20 seconds:

- Skater jumps - side to side jumps.
- Swing right leg out in front, and then out to the side while balancing. Switch sides.
- Squat jumps.
- Low squat side shuffles to one leg balance.
- Power jacks - like a jumping jack with a squat as you land.
- Windmill (opposite hand to foot) to a toy soldier (opposite foot comes up to kick hand).
- Broad jumps.

### 3. SKILL OF THE DAY: Push-ups



Start in high plank position, with hands on the ground a little wider than shoulder width, arms straight, and toes on the ground, body in a straight line. Keep elbows close to your side, slowly bend elbows to lower body until chest is close to the floor. Push back up to the starting plank position. Be sure to keep core tight throughout the movement, keep body in a straight line, and keep weight evenly distributed between hands and feet.

#### Fire Starter

Complete 5 of each:

- Low and slow- knee push-ups as slow and controlled as possible
- Getting warmer- full push-ups
- Fire starter- shoulder push-ups (push-ups from a downward dog position)

### 4. GAME: Red Light, Green Light- Camping Edition



- Have someone be the "Bear" and lead the game.
- The "Bear" faces away from the group when they say "Hiking", but turns and faces the group when they say "Bear sighting". The "Bear" cues the participants to start moving by saying "Hiking".
- The participants should walk fast or jog, but not run. The participants will stop moving when they hear "Bear sighting" and the "Bear" turns around to make sure everyone is standing still and not still moving.
- If a kid is caught moving after you have said "Bear sighting", they are sent back to the starting line.

### 5. COOL DOWN: Deep breaths and flow movements

- Take a few deep breaths and raise your arms over your head.
- Move your body like lava.
- Pretend you are a palm tree.
- Move like you are a cloud.
- Mountain pose.
- Tree pose.
- Forward fold.
- Cat/cow.
- Child's pose.

### 6. NUTRITION BIT: Pre-packaged/prepared Foods VS Homemade Foods



Food made at home is much healthier than pre-made and packaged items from the grocery store. Not only are you using ingredients you know, but it will contain far fewer harmful products that can be found in many processed foods.






# BOKS Lesson Plan 8

## Captain CRUNCH



 Click [here](#) to have a visual of the Lesson Plan.

Materials needed: Whiteboard and marker, timer, deck of cards

### 1. WARM-UP: BOKS Give Me FIVE!

Pick 5 activities and have the kids do them each for 1 minute.

- e.g. jumping jacks, jogging in place, inchworms, squats, free dance, butt kickers, etc.

### 2. RUNNING RELATED ACTIVITY: Running Stations

- Begin by running on the spot
- Trainer will yell "STOP" and kids must freeze.
- After a minute, choose a new activity for when the Trainer yells STOP (a burpee, squat hold, jumping jacks, etc.)
- Repeat for about 5 minutes.

### 3. SKILL OF THE DAY: Crunches

Lie on your back, bend your knees, placing your hands on the sides of your head, elbows wide to the side. Contract your abs and flatten your lower back against the floor. Slowly lift your shoulder blades one or two inches off the floor. Exhale as you lift, keep your neck straight and chin up. Hold for a few seconds (don't hold your breath). Slowly lower while keeping your abs contracted.

#### Crunch Tabata

Do as many crunches as possible in 20 seconds, rest for 10 seconds, and repeat 4 - 8 times. Provide different crunch options to keep it interesting.

### 4. GAME: Deck of Cards

- Each suit is an exercise – for example, hearts are jumping jacks, diamonds are crunches, spades are push up and clubs are squats. Write these out on your white board.
- You will flip a card from your deck (remove all the lower cards Ace through 5) and kids need to do the number of repetitions shown on the card with the designated exercise. (i.e. 6 of hearts = 6 jumping jacks).
- Continue flipping cards for about 5 minutes.

### 5. COOL DOWN: Partner Tree Pose

Stand up straight. Take right foot and place it on the upper inner thigh of left leg and balance. Place hands together at heart center or lift overhead like tree branches. Hold for a few seconds and then repeat with the opposite foot. Option with a partner is to hold their hand (while facing the same direction).

If you do not have a partner, you can always do the Partner Tree Pose referred to in the BOKS Lesson Plan No. 2.


### 6. NUTRITION BIT: How to test a healthy snack

Take your snack out of the wrapper (if it has one). Go to your kitchen sink and turn on the water, run your snack under the water. Can you still eat it? If yes, it is probably a super choice. If no, maybe you can make a different choice. What are some things that are ok to run under water? Fruits and veggies. Apples, grapes, strawberries, carrots are just some examples. What would not be as good of a choice? Cookies, chips, donuts. Try this test on the next snack you make.

# BOKS Lesson Plan 9

## Dive Into Ocean Fun!



 Click [here](#) to have a visual of the Lesson Plan.

Materials Needed: None

### 1. WARM-UP

Complete the following movements for 30 seconds each:

- High knees
- Toe-touches
- Butt kickers
- Side shuffles (both sides)
- High kicks

### 2. RUNNING RELATED ACTIVITY: Fishy, Fishy, Cross My Ocean

- Start with 1 shark and the remaining kids are fish.
- The fish try to cross the ocean when they hear “fishy, fishy cross my ocean” cued by the shark.
- The shark will chase after the fish and if a fish is caught, they become the shark.
- The fish can rest in a safety zone after crossing until the next command is communicated.
- If you’re doing this activity solo, pretend that all the obstacles in your activity space (tables, chairs, etc.) are the sharks. Move from one end to the other as fast as possible without touching anything.

### 3. SKILL OF THE DAY: Skill Mashup

Complete 10 of each BOKS skill of the day:

- Plank
- Push-ups
- Jumps (tuck, squat, broad)
- Running
- Squats
- Lunges
- Crunches
- Burpees
- Donkey Kicks

### 4. GAME: Ocean Animals & Shipwreck

#### Ocean Animals

Start by moving around the space like you’re swimming in the ocean. The leader will call out different ocean animals, and kids will complete 5 of the corresponding activities:

- Dolphin = burpee.
- Clam = squat all the way down and do your best clam impression.
- Seaweed = pretend you are a piece of seaweed - wave your hands above your head.
- Starfish = jumping jacks

#### Shipwreck

Move around the activity space in a crab walk. The leader will call out different instructions, and kids follow along with the corresponding activities:

- Bow - the front of the ship! Crab walk to the front of the activity space.
- Stern - the back of the ship! Crab walk to the back of the activity space.
- Port - the left side of the boat! Crab walk to the left side of the activity space.
- Starboard - the right side of the boat! Crab walk to the right side of the activity space.
- Salute your Captain - stand straight and salute!
- At ease - bring your salute down.
- Swab the deck - pretend to mop the deck.
- Mermaid - lay on your belly, prop your hands under your chin, and point your toes to the sky.

### 5. COOL DOWN: Head Rotations and Deep Breaths

- Slowly rotate your head in a big circle clockwise, then reverse to counter clockwise. Repeat as desired.
- Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times.

### 6. BOKS BIT: Sunscreen


It’s important to protect our skin from the sun. Always wear sunblock when you’re heading outside - especially to the beach. Try to aim for SPF 30 or higher for hot, sunny days, and reapply often (especially if you’re sweating).



# BOKS Lesson Plan 10

## Mash-up!



 Click [here](#) to have a visual of the Lesson Plan.

Materials needed: Cups, a ball or some rolled up socks, deck of cards, dice

### 1. WARM-UP: Simon Says

- Perform each activity that "Simon Says" (for example, "Simon says touch your toes").
- If an activity is called, but hasn't started with "Simon Says", kids will continue the activity they were doing instead of switching.
- If a mistake is made, kids will perform 3 jumping jacks and then continue playing.
- Switch leaders every few minutes.

### 2. RUNNING RELATED ACTIVITY: Deck of Cards Run

- Have kids begin running around the outside of the activity space.
- Every time they complete a lap, they will pick up a card.
- Kids will try to add the values of the cards together as they go (i.e. a queen = 10 points), until they get to 21 points.
- If they go over 21, they'll continue to run and exchange cards until they reach 21.

### 3. SKILL OF THE DAY: Skill Mashup

Perform each of the BOKS Skills of the day. Roll dice to see how many of each activity to complete.

- |            |            |                              |
|------------|------------|------------------------------|
| • Plank    | • Push-ups | • Jumps (tuck, squat, broad) |
| • Running  | • Squats   | • Lunges                     |
| • Crunches | • Burpees  | • Donkey Kicks               |

### 4. GAME: Indoor Bowling & Cup Stack Challenge

#### Indoor Bowling

- Set up a bowling alley.
- Place cups/bowling pins 10 - 15 feet from the start point.
- Stand on start and try to roll the ball or socks and try to knock over the cup(s).
- Do 10 jumping jacks after each time you hit the cup.
- Set a goal for yourself - knock cup over 5 times OR how many times can I knock it over in a minute?

#### Cup Stack Challenge


- Start with 3 cups per person.
- Perform 3 push-ups, and then make a pyramid with your cups as fast as you can.
- Perform 3 more push-ups, and then unstack your cup pyramid.
- Try to stack and unstack your cups as many times as possible!

### 5. COOL DOWN: Yoga Flow

Complete the following postures:

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| • Deep breaths with hands over head | • Downward Dog                       |
| • Forward Fold                      | • 3-legged Downward Dog (both sides) |
| • High Plank/Low Plank              | • Low Lunge                          |
| • Cobra                             | • Warrior II                         |

### 6. NUTRITION BIT: A Balanced Plate

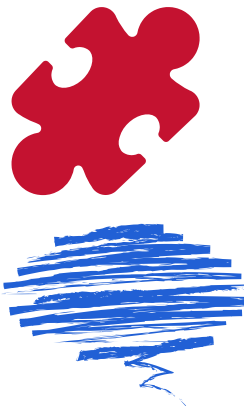
 A balanced plate combines a number of food groups, but one of the most important is for us to make sure we are getting 5-7 servings of fruits and vegetables every day, and one way to do this is to make sure half of our plate is veggies!



# 3

## BOKS Games

Have fun with these summer games. You will find outdoor and indoor games to keep the kids entertained whatever the weather looks like! Get the whole family involved in a good old-fashioned game such as a scavenger hunt or chalk games. Or, let the kids entertain themselves with this selection of kid friendly activities.



# BOKS Games

## 1. BOKS FIELD DAY

### HOCKEY SHOT

Materials: Hockey stick/pool noodle/broom/umbrella/long stick; a basket/net and a puck/ball or sock ball.

Set Up: Designate a starting point across from your target. Create a target across from starting point with a basket, net or just note a target.

Object: See how many pucks, balls (sock balls) you can get into the target.

Details:

- Place the puck, ball or sock ball on the starting point across from the target.
- Give yourself five tries and see how many targets you can hit.
- Move with the puck or ball and shoot the ball from the starting point.



### PILLOW TOWEL SCOOT

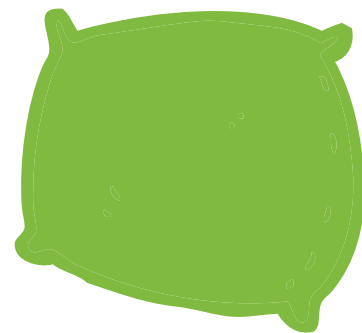
Materials: Pillow, towel, t-shirt (something to sit on that will slide on the floor).

Set Up: Designate a course/path that you will move through.

Object: Slide from the start to the finish of the course the fastest.

Details:

- Sit on your item beside the person you will race against.
- On GO you both scoot, legs forward and pull yourself toward the finish line.
- The first person to complete the course is the winner.
- If doing this as an individual, time how long it takes from start to finish and try to improve your time by doing it 2-3 times.



### PAPER PLATE BEAR CRAWL

Materials: Paper plates, napkin or cloth (something that will slide on the floor).

Set Up: Designate a course/path that you will move through.

Object: Slide from the start to the finish of the course the fastest.

Details:

- Place hands on items – paper plates, towels etc.
- Bear crawl through the designated course.
- Challenge someone else to do the activity at the same time.
- If doing it alone, time yourself and see if you can improve your time with 2-3 consecutive tries.



# BOKS Games

## 2. MINI GOLF

Materials: Golf putter, pool noodle, broom, or umbrella; golf ball or other size ball, and a cup or another item to create a target.

Set Up: Organize your mini course with 3 - 5 holes.

Object: Hit your ball from the starting line toward the target.

Details:

- Set up a 3 to 5 hole mini golf course.
- Using whatever long implement you have available - golf club, pool noodle, broom or umbrella.
- Hit the ball from the tee-box and try to hit the target.
- Player to hit the target in the least number of tries is the winner of that hole.

## 3. BOKS KICK THE CAN

Materials: Can or kickable object. Places to hide indoors/outdoors.

Set Up: You can play this as individuals or teams. If teams, create two teams. Place the can/object in a central area where you can kick it. Set up where the jail will be (near the can - maybe a bench or front porch).

Set up boundaries where kids can hide.

Object: Find the individuals and put them in jail.

Details:

- Choose an individual or team as being the "taggers/seekers" and one team is the "hidiers".
- Determine the boundaries that the hidiers can go.
- Hidiers kick the can as far as it can go. Taggers do 25 burpees before they can go find them.
- If any member tags someone that is hiding then they go to jail and stay there until the game is over or they are freed.
- If any member from the team that is hiding runs and kicks the can everyone that is in jail goes free. The taggers do 25 burpees while the hidiers go hide again.
- If all hidiers are caught, they now become "taggers/seekers".

## 4. WATER SPONGE RELAY

Materials: Buckets/bowls and sponges.

Set up: Place one bucket at the start full of water and an empty bucket at the end of your space.

Object: To fill the bucket with water by squeezing the sponge as fast as possible

Details:

1. Have kids begin at the start line complete 10 jumping jacks.
2. Dip the sponge in the bucket of water.
3. Run to the designated "empty" bucket and squeeze the water out of the sponge.
4. Next person in line may go once they are complete.

If there is only one individual taking part in the activity see how long it takes to fill the bucket or how much they can fill in a specific timeframe.



# BOKS Games

## 5. BEAN BAG TOSS GAME

Materials: Bowls, paper plates or hula hoops and bean bags.

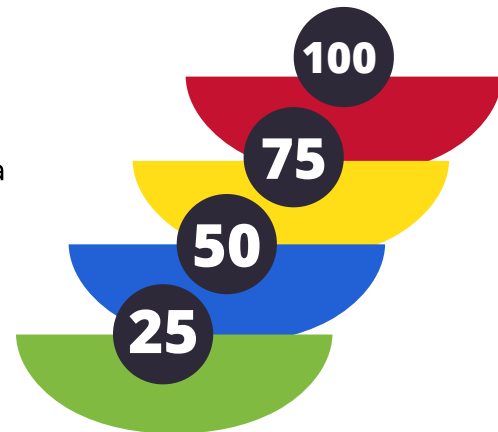
Set up: Place the four labelled targets (bowls, paper plates, hula hoops) in a vertical line at a reasonable distance away from the start line. The distance can vary based upon how challenging you want to make the game.

Object: To collect as many points as possible.

Details:

1. Have kids begin at the start line complete 10 squats.
2. Toss their bean bag to the target (bowl/paper plate or hula hoop).
3. Mark their points.
4. Next person in line may go once they are complete.

If there is only one individual taking part in the activity see how long it takes them to get to 200 points for example.



## 6. FRISBEE GOLF

Materials: Frisbee (homemade BOKS frisbee) - everyone should have their own frisbee, a score card - paper, pen/pencil.

Set Up: Designate 4 to 6 targets in your yard or space. List starting spots and targets 1 through 6 on your score card/sheet of paper.

Object: Hit the target in the fewest number of frisbee throws.

Details:

- Start at the place marked as the starting spot and throw the frisbee toward the first target.
- Pick up the frisbee where it lands, and continue to throw until you hit the target.
- Record on your score card how many throws it took to get to the target.
- Repeat for remaining holes.

## 7. CHALK GAMES

Materials: Chalks of different colors

Chalk games are super fun! You will find below 5 different chalk games.

Did you know you can make your own chalk? Learn how on page 42 in the Craft Section.



# BOKS Games

## a) Baseball Fun Chalk

1. Using chalk, draw lines and squares to draw a baseball diamond.
2. Place functional movements in the squares (ex. 10 star jumps, 10 squats, 10 jumping jacks, 10 arms circles) and then come up with different movements to get from base to base (ex. Run, hop, high knees and lunges).

## b) Balloon Chalk

1. Using chalk, draw squiggly lines leading to 4 big ovals (balloons).
2. In each balloon put an activity (ex: 10 jumping jacks, 10 squat jumps, 20 hops, 10 star jumps).
3. Pick a balloon string and follow the string to the balloon and do an activity.
4. Continue until you've picked all the balloon strings.

## c) Camping Chalk

1. Using chalk, draw elements from a camping trip. The elements will be accompanied by movements.
2. Examples of elements to draw with sample movements:
  - a. Logs – Jump over the logs 10 times
  - b. Tent Set Up – 10 Toe Touches
  - c. Apple Tree – 10 Arm Raises (“as if” you are picking apples)
  - d. Camp Fire – Collect Logs – 10 Squats
  - e. Lake – Swim in a lake by doing 10 Arm Circles
  - f. Canoe – 10 Torso Twists





# BOKS Games

## d) Nature Trek Chalk

1. Using chalk, draw elements for a Nature Trek. The elements will be accompanied by movements.
2. For a warm-up – draw a box and include two warm up exercises inside the box.
  - a. Draw arms and hands outstretched - 10 arm reaches.
  - b. Draw feet – Touch your toes 10 times.
3. Sample Elements to draw for a Nature Trek include:
  - a. Draw a bunch of rocks – hop from rock to rock (or skip, use right foot only, left foot only).
  - b. Arm motions can include flapping your wings and/or soaring through the meadow walking in all different directions – draw arrows to dictate direction.
  - c. Include a counting drawing like a nest with eggs.



## e) Mountain of Thanks Chalk

1. Using chalk, draw a giant triangle (sides around 4 ft long).
2. Starting at the top of the triangle use different colored chalk to spell the word thanks continuously. Use the same color chalk for each letter. For instance: All "T"s are yellow.
3. Once drawing is complete, the following hopping activities can be done:
  - a. On one foot, hop on the letters to spell out the word "THANKS".
  - b. Using your other foot, hop on the same letters to spell out the word "THANKS".
  - c. On one foot, hop on all the letters "T", then "H", etc.
4. Lastly, include the chalk drawn question or ask "What are you thankful for today?"

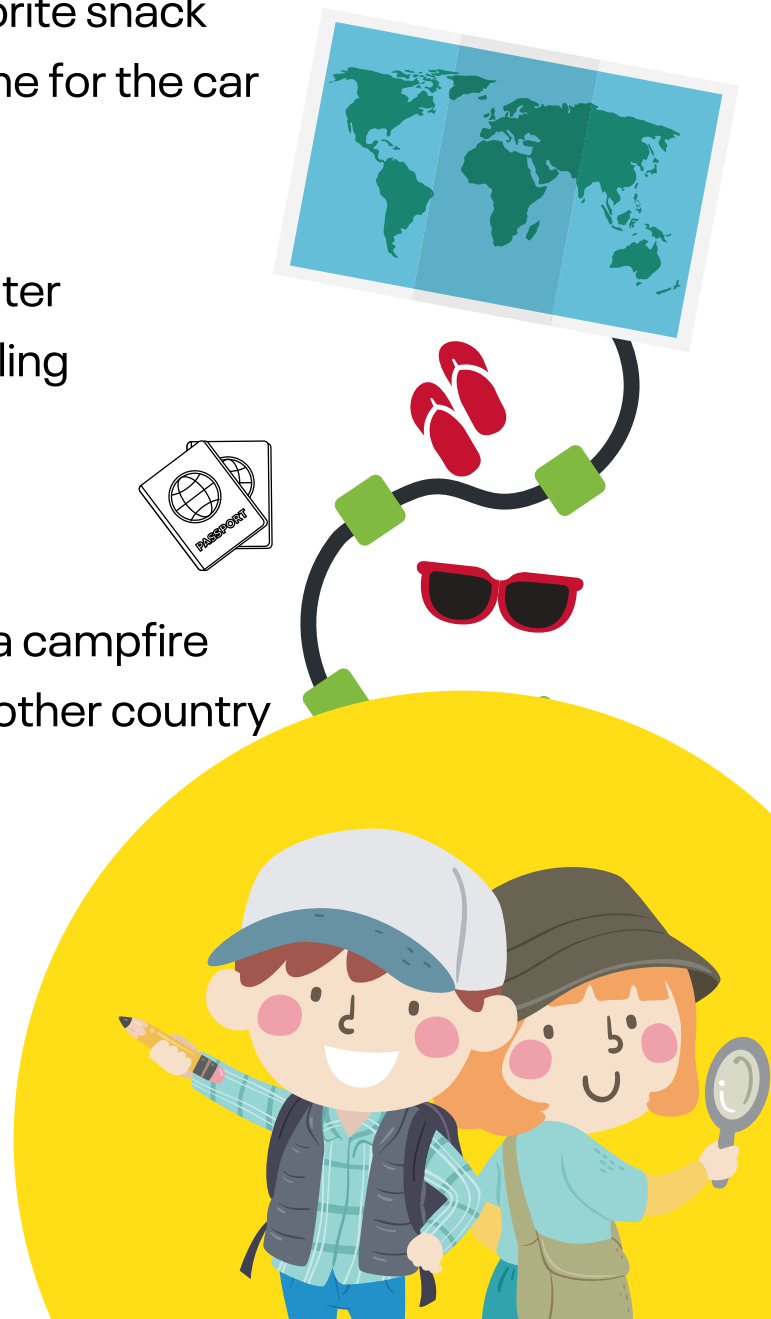


# BOKS Games

## 8. TRAVEL THE WORLD SCAVENGER HUNT

Find the following items to help you virtually travel the world! Get creative in terms of how you can represent some of these items! For each item you find, do 5 jumping jacks! Rather than collecting items, take pictures of each item!

- |   |  |
|---|--|
| <input type="checkbox"/> A globe  | <input type="checkbox"/> Something you would take on a road trip |
| <input type="checkbox"/> Postcard   | <input type="checkbox"/> Favorite snack                          |
| <input type="checkbox"/> A flag   | <input type="checkbox"/> Game for the car                        |
| <input type="checkbox"/> Book   |  |
| <input type="checkbox"/> Sunglasses   |  |
| <input type="checkbox"/> Something that likes to swim in water                |  |
| <input type="checkbox"/> Sporting gear you use when travelling                |  |
| <input type="checkbox"/> A picture from a trip you went on                    |  |
| <input type="checkbox"/> Magazine   |  |
| <input type="checkbox"/> Musical instrument                                   |  |
| <input type="checkbox"/> Something you can use to burn in a campfire          |  |
| <input type="checkbox"/> Stuffedie of an animal that lives in another country |  |
| <input type="checkbox"/> Your passport or identity card                       |  |
| <input type="checkbox"/> Small suitcase                                       |  |
| <input type="checkbox"/> Something that flies                                 |  |
| <input type="checkbox"/> Map  |  |
| <input type="checkbox"/> Sunhat   |  |
| <input type="checkbox"/> Something warm                                       |  |
| <input type="checkbox"/> Ear buds   |  |
| <input type="checkbox"/> Flip flops   |  |



4

## BOKS Healthy Learnings

### About America's Test Kitchen Kids

Our mission is to build a new generation of empowered cooks, engaged eaters, and curious experimenters. We encourage kids to take risks, embrace and learn from failure, and develop a healthy and positive relationship with food. We publish kid-tested, kid-approved recipes, activities, and experiments in our Young Chefs' Club subscription boxes, our line of cookbooks, board books, and picture books, and on our website.

Learn more at [ATKkids.com](https://www.atk-kids.com)





# BOKS Healthy Learnings

This creamy spread made from canned chickpeas is easy to make and perfect for scooping up with tortilla chips or baby carrots. Welcome to the dipping life!



## Hummus



**PREP TIME**  
15 MIN



**YIELD**  
SERVES 6 (MAKES ABOUT 1½ CUPS)

### Prepare Ingredients

- ¼ cup water
- 2 tablespoons lemon juice, squeezed from 1 lemon
- 2 tablespoons tahini (stirred well before measuring)
- 2 tablespoons extra-virgin olive oil
- 1 (15-ounce) can chickpeas
- 1 garlic clove, peeled
- ½ teaspoon salt
- ¼ teaspoon ground cumin

### Gather Cooking Equipment

- Liquid measuring cup
- Spoon
- Colander
- Can opener
- Food processor
- Rubber spatula
- Small bowl

### Notes

- ✓ Safety: No safety considerations
- ✓ Difficulty: Beginner

### Start Cooking!

1. In liquid measuring cup, stir together water, lemon juice, tahini, and oil. Set colander in sink. Open can of chickpeas and pour into colander. Rinse chickpeas with cold water and shake colander to drain well.
2. Transfer chickpeas to food processor. Add garlic, salt, and cumin to food processor and lock lid into place. Process mixture for 10 seconds.
3. Stop food processor, remove lid, and scrape down sides of bowl with rubber spatula. Lock lid back into place and process until mixture is coarsely ground, about 5 seconds.
4. With processor running, slowly pour water mixture through feed tube until mixture is smooth, about 1 minute.
5. Stop food processor. Carefully remove food processor blade (ask an adult for help). Transfer hummus to small bowl. Serve. (Leftover hummus can be refrigerated for up to 5 days. Before serving, stir in 1 tablespoon warm water to loosen hummus.)



# BOKS Healthy Learnings

A cousin of ice pops, paletas are Mexican-style frozen treats that start with fresh fruit juice as their base.



## Strawberry-Cream Paletas



**PREP TIME**  
25 MIN



**FREEZING TIME**  
6 HOURS



**YIELD**  
6 PALETAS

### Prepare Ingredients

- 3½ cups strawberries, hulled
- ½ cup heavy cream
- ¼ cup honey
- 1 teaspoon lemon juice, squeezed from ½ lemon
- ⅛ teaspoon salt

### Gather Cooking Equipment

- Food processor
- Rubber spatula
- Large liquid measuring cup
- 6 ice pop molds, about 3 ounces each
- 6 ice pop sticks

### Start Cooking!

1. Place half of strawberries, cream, honey, lemon juice, and salt in food processor. Lock lid in place and process mixture for 20 seconds. Stop food processor, remove lid, and scrape down sides of bowl with rubber spatula. Lock lid back into place and process until smooth, about 10 seconds.
2. Add remaining strawberries to food processor and lock lid in place. Pulse until strawberries are coarsely chopped, about 5 pulses. Carefully remove processor blade (ask an adult for help).
3. Pour strawberry mixture into large liquid measuring cup, using rubber spatula to help scrape out mixture. Divide strawberry mixture evenly among ice pop molds.
4. Insert 1 stick in center of each mold and seal with cover. Freeze until firm, at least 6 hours or up to 5 days.
5. Hold mold under warm running water for 30 seconds to thaw slightly. Slide paleta out of mold and serve.

### Notes

- ✓ Fresh fruit tastes best, but you can use 1 pound of frozen strawberries, thawed and drained on paper towels, in this recipe.
- ✓ Safety: Uses a knife
- ✓ Difficulty: Beginner



# BOKS Healthy Learnings

"Delicious and fun to make. Whenever I eat one I want to eat a hundred." – David, recipe tester, age 5



## Cranberry-Almond No-Bake Energy Bites



**PREP TIME**  
15 MIN



**CHILLING TIME**  
30 MIN



**YIELD**  
12 BITES

### Prepare Ingredients

- $\frac{3}{4}$  cup (2 $\frac{1}{4}$  ounces) old-fashioned rolled oats
- $\frac{1}{3}$  cup peanut, almond, or sunflower butter
- $\frac{1}{3}$  cup sliced almonds
- $\frac{1}{3}$  cup dried cranberries
- 2 tablespoons honey
- $\frac{1}{8}$  teaspoon salt

### Gather Cooking Equipment

- Dry measuring cups
- Measuring spoons
- Large bowl
- Rubber spatula
- Plate
- Plastic wrap

### Notes

- ✓ You can add 1 tablespoon of chia seeds or ground flax seed to oat mixture in step 1, if desired. Energy bites can be refrigerated in an airtight container for up to three days.
- ✓ Safety: No safety considerations
- ✓ Difficulty: Beginner

### Start Cooking!

1. **MIX:** Stir all ingredients in bowl with rubber spatula until well combined.
2. **SHAPE:** Use your wet hands to roll mixture into 12 balls (about 1 tablespoon each). Place balls on plate and cover with plastic wrap.
3. **CHILL:** Refrigerate balls until firm, at least 30 minutes.

### Fun Fact: Where Does Energy Come From?

FOOD! But different types of food can give you different types of energy. Sweet foods such as cookies and candy give you a lot of energy, and fast—but that energy lasts for only a little bit of time, since sugar moves quickly through your body. But foods such as these energy bites that combine complex carbohydrates (oats!), protein (nut butters!), and fiber (oats and nut butters!), as well as some sugar give you longer-lasting energy. Power up!



# BOKS Healthy Learnings

Tomatoes and peaches are at their ripest (and juiciest!) in summer, making this salad a perfect picnic side dish.



## Summer Tomato and Peach Salad



**PREP TIME**  
35 MIN



**YIELD**  
SERVES 4 TO 6

### Prepare Ingredients

- 3 ripe tomatoes
- ½ teaspoon plus ¼ teaspoon salt, measured separately
- 2 small ripe peaches
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon minced shallot
- 1 tablespoon lemon juice, squeezed from 1 lemon
- ⅛ teaspoon pepper
- ¼ cup fresh mint leaves

### Gather Cooking Equipment

- Cutting board
- Small serrated knife
- Colander
- Medium bowl
- Whisk
- Rubber spatula

### Notes

- ✓ Safety: Uses a knife
- ✓ Difficulty: Beginner

### Start Cooking!

1. Use small serrated knife to cut each tomato, following steps below.
  - Use small serrated knife to cut tomato in half from top to bottom (through stem).
  - Place each half flat side down. Use tip of knife to cut out core from each half.
  - Cut tomatoes into wedges that are roughly ½ inch thick.
  - Cut each wedge in half (cut the short way).
2. In colander, combine tomatoes and ½ teaspoon salt and gently toss to combine. Place colander in sink and let tomatoes drain for 15 minutes.
3. While tomatoes drain, cut each peach away from pit: Cut small slice off bottom of peach to create flat surface. Slice around pit to remove 4 large pieces. Discard pit. Slice peaches into ½-inch-thick wedges. Cut each wedge in half.
4. In medium bowl, whisk together oil, shallot, lemon juice, ¼ teaspoon salt, and pepper. Add drained tomatoes and peaches to bowl with dressing and use rubber spatula to gently stir to combine.
5. With your fingers, tear mint leaves into pieces. Sprinkle mint over salad. Serve.





# BOKS Healthy Learnings

Creamy and crunchy at the same time, these tacos are a vegetarian delight!



## Vegetable Tacos



**PREP TIME**  
30 MIN



**YIELD**  
SERVES 4 (MAKES 8 TO 10 TACOS)

### Prepare Ingredients

- (15-ounce) can black beans, opened
- 1 tablespoon lime juice, squeezed from 1 lime
- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, measured separately
- ¼ teaspoon plus ½ teaspoon salt, measured separately
- 2 garlic cloves, peeled and minced
- 1 teaspoon ground cumin
- ½–1 teaspoon chili powder
- 1 zucchini, trimmed, quartered lengthwise, and cut into ½-inch pieces
- 1½ cups frozen corn
- 8–10 (6-inch) corn tortillas

### Gather Cooking Equipment

- Colander
- Medium microwave-safe bowl
- Fork
- 2 small microwave-safe plates
- 12-inch nonstick skillet
- Rubber spatula
- Dish towel

### Notes

- ✓ Serve with your favorite taco toppings, such as hot sauce, diced avocado, chopped cilantro, or sour cream. For spicier tacos, use the full teaspoon of chili powder.
- ✓ **Safety:**
  - Uses a knife
  - Uses the microwave
  - Uses the stovetop
- ✓ **Difficulty:** Intermediate

### Start Cooking!

1. Set colander in sink. Pour beans into colander and rinse with cold water. Shake colander to drain well. Transfer beans to medium microwave-safe bowl.
2. Add lime juice, 2 teaspoons oil, and ¼ teaspoon salt to beans. Use fork to mash beans until about half are broken down to chunky paste.
3. Cover bowl with microwave-safe plate and heat in microwave until warm, about 1 minute. Remove bowl from microwave and set aside (still covered to keep warm).
4. In 12-inch nonstick skillet, heat remaining 1 tablespoon oil over medium heat for 1 minute (oil should be hot but not smoking). Use rubber spatula to stir in garlic, cumin, chili powder, and remaining ½ teaspoon salt and cook for 30 seconds.
5. Add zucchini and corn to skillet with spices and stir to combine. Increase heat to medium-high and cook for 3 minutes (do not stir!). Then, use rubber spatula to gently stir zucchini mixture. Continue to cook (again, no stirring!) until vegetables are spotty brown, 3 to 5 minutes. Turn off heat and slide skillet to cool burner.
6. Stack tortillas on second microwave-safe plate and cover with damp dish towel. Heat in microwave until warm, about 1 minute.
7. Divide mashed beans and vegetable mixture evenly among warmed tortillas. Serve.



# BOKS Healthy Learnings

Take corn on the cob to the next level!



## Mexican Street Corn



**PREP TIME**  
55 MIN



**YIELD**  
SERVES 6 TO 8

### Prepare Ingredients

- 6 ears corn, husks and silk removed
- 1 tablespoon extra-virgin olive oil
- ½ cup mayonnaise
- ¼ cup crumbled feta cheese
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon lime juice, squeezed from 1 lime
- 1 garlic clove, peeled and minced
- 1 teaspoon chili powder
- ¼ teaspoon salt
- 1 lime, cut into wedges

### Gather Cooking Equipment

- Rimmed baking sheet
- Aluminum foil
- 3 bowls (1 large microwave-safe bowl, 1 medium, 1 large)
- Large microwave-safe plate
- Whisk
- Oven mitts
- Tongs
- Rubber spatula
- Cooling rack
- Serving platter

### Notes

- ✓ Safety:
  - Uses the oven
  - Uses a knife
  - Uses the microwave
- ✓ Difficulty: Advanced

### Start Cooking!

1. Adjust oven rack to middle position and heat oven to 450 degrees. Line rimmed baking sheet with aluminum foil.
2. Snap ears of corn in half. Place in large microwave safe bowl. Add oil and use your hands to toss and coat evenly with oil. Cover bowl with large microwave-safe plate and cook in microwave for 8 minutes.
3. While corn is in microwave, in medium bowl, whisk mayonnaise, cheese, cilantro, lime juice, garlic, chili powder, and salt until combined.
4. When corn is ready, use oven mitts to remove bowl from microwave (ask an adult for help—bowl will be VERY hot). Carefully remove plate (steam will be hot). Use tongs to transfer corn to second large bowl, leaving any liquid behind.
5. Add half of mayonnaise mixture to bowl with corn and use rubber spatula to stir until corn is well coated.
6. Transfer corn to baking sheet (save large bowl and rubber spatula for step 8). Place baking sheet in oven and roast corn until spotty brown, 10 to 15 minutes.
7. Use oven mitts to remove baking sheet from oven (ask an adult for help). Place on cooling rack and let cool for 5 minutes.
8. Use tongs to carefully transfer corn to large bowl (baking sheet will be hot). Add remaining mayonnaise mixture and use rubber spatula to stir until corn is well coated. Transfer corn to serving platter. Serve with lime wedges.



# BOKS Healthy Learnings

A Caprese salad—tomato, basil, and mozzarella—is just as delicious when it's pressed between toasted slices of bread.



## Caprese Panini



**PREP TIME**  
25 MIN



**YIELD**  
SERVES 1

### Prepare Ingredients

- 2 (½-inch-thick) slices crusty bread
- 1 tablespoon extra-virgin olive oil
- ½ cup shredded mozzarella cheese
- 1 small tomato, sliced into circles
- Pinch salt
- 4 fresh basil leaves

### Gather Cooking Equipment

- Cutting board
- Pastry brush
- 10-inch nonstick skillet
- Small, flat saucepan lid (smaller than skillet)
- Oven mitts
- Spatula
- Chef's knife

### Notes

- ✓ **Safety:**
  - Uses a knife
  - Uses the stovetop
- ✓ **Difficulty:** Beginner

### Start Cooking!

1. Place bread slices on cutting board. Use pastry brush to brush oil evenly over 1 side of each slice.
2. Flip 1 slice over (oiled side down) and sprinkle with half of cheese. Place tomato slices on top and sprinkle with salt. Top with basil and remaining cheese. Place second slice of bread on top (oil on the outside).
3. Place sandwich in 10-inch nonstick skillet. Place saucepan lid on sandwich and press down firmly, then leave lid in place.
4. Heat skillet over medium heat and cook until bread is golden brown on bottom, about 4 minutes.
5. Use oven mitts to remove lid. Use spatula to flip sandwich over. Place lid back on sandwich and press down again. Cook until second side is golden brown and cheese is melted, about 2 minutes.
6. Turn off heat. Use spatula to transfer sandwich back to cutting board. Let cool for 2 minutes. Cut sandwich in half and serve warm.





# BOKS Healthy Learnings

Tender beef and broccoli in a sweet and tangy sauce—now you can make this takeout classic at home! Serve this stir-fry with rice.



## Beef and Broccoli Stir-Fry



**PREP TIME**  
50 MIN



**YIELD**  
SERVES 4

### Prepare Ingredients

- 1 tablespoon plus  $\frac{1}{4}$  cup water, measured separately
- 2 tablespoons soy sauce
- $1\frac{1}{2}$  teaspoons cornstarch
- $\frac{1}{4}$  teaspoon baking soda
- 1 pound flank steak
- $\frac{1}{4}$  cup hoisin sauce
- 2 teaspoons Asian chili-garlic sauce
- 1 tablespoon vegetable oil
- 6 cups broccoli florets, cut into 1-inch pieces
- 4 garlic cloves, peeled and minced

### Gather Cooking Equipment

- 2 medium bowls
- Whisk
- Cutting board
- Chef's knife
- Ruler
- Rubber Spatula
- 12-inch nonstick skillet
- Large plate

### Notes

- ✓ Safety:
  - Uses a knife
  - Uses the stovetop
- ✓ Difficulty: Advanced

### Start Cooking!

1. In medium bowl, whisk 1 tablespoon water, soy sauce, cornstarch, and baking soda until combined.
2. Use chef's knife to cut steak with grain (long lines running length of steak) into 3 or 4 strips (each about 2 inches wide). Cut each strip across grain into thin slices, about  $\frac{1}{4}$  inch thick. Add sliced beef to bowl with soy sauce mixture. Wash your hands. Use rubber spatula to stir to coat. Let beef sit for 15 minutes.
3. While beef sits, in second medium bowl, whisk hoisin sauce, chili-garlic sauce, and remaining  $\frac{1}{4}$  cup water until combined.
4. When beef is ready, heat oil in 12-inch nonstick skillet over medium-high heat for 1 minute (oil should be hot but not smoking). Use rubber spatula to carefully add beef to skillet and spread it into even layer. Cook, stirring occasionally, until beef is lightly browned on both sides, 2 to 4 minutes. Turn off heat and use clean rubber spatula to transfer beef to large plate.
5. Add hoisin mixture, broccoli, and garlic to skillet and return to medium high-heat. Cook, stirring occasionally, until sauce is thickened and broccoli is tender, about 5 minutes.
6. Stir beef and juices on plate back into skillet and cook for 1 minute. Turn off heat. Serve.





5

## BOKS Crafts

Let your kids' creativity flourish! This section provides a diverse range of activities that will have kids creating unique objects such as paddle bats, beanbags and bubble wands. Most of the crafts can be used right away and can be used indoors or outdoors.



# BOKS Crafts

## 1. MAKE YOUR OWN JUMP ROPE

### OPTION 1

Materials: Plastic bags, duct tape.

1. Collect as many bags as you can.
2. Roll the bags so they are in a thin roll.
3. Repeat for 6 - 10 bags.
4. Tie 2 - 3 knots to make the roll sturdy and the plastic more rope like.
5. Duct tape the loose ends of the bags together to give the rope weight and connect the bags.
6. Continue until your rope is long enough for the person jumping to hold the rope at waist level with arms bent to 90 degrees.



### OPTION 2

Materials: 10 plastic bags, duct tape or masking tape.

1. Make sure the plastic bags are clean.
2. Cut the handles off the plastic bags so the bags are square or rectangular shaped.
3. Cut about 2" strips from the plastic bags.
4. Tie strips together making three long strips.
5. Bind the three long strips together and then braid the strips.
6. Use duct/masking tape to make the handles and to smooth out the sections of the braided rope that have the knots.



## 2. PAPER PLATE PADDLES

Materials: Paper plates, stick/tongue depressor/spatula, duct tape, balloon or light ball.

Using duct tape, tape the spatula/stick or tongue depressor to the back of the paper plate (the thicker the plate the better as it makes it a bit sturdier).



## 3. DIY CHALK PAINT

Materials: Cornstarch, water, food coloring, paint brushes, bowls and small containers to hold the paint.

1. Mix 1 cup of cornstarch with 1 cup of water in a bowl.
2. Once the contents are mixed well, pour into individual containers.
3. Add 10 drops of food coloring of your choice into each of the individual containers and mix well.
4. Now you are ready to paint.



# BOKS Crafts

## 4. CREATE YOUR FOOSBALL

Materials: A shoebox, two cardboard tubes from a dry cleaner type pants hanger, ruler, pencil, utility knife, paper, cardboard – from a cereal box, scissors, colored pencils/markers, duct tape, ping pong ball.

Note: Adult help will be needed with the utility knife.

1. Take the cardboard rods off your clothes hangers.
2. Use a utility knife to make holes in the side of the shoebox to fit your cardboard rods. Create holes 3 inches from the bottom of the box and 3 inches from the end of the box. You may need to adjust this based on the size of your box.
3. Make the goals by cutting a hole in each end of the box. Make sure that the ping pong ball can fit through easily.
4. Cut rectangles from cereal box cardboard to be the players, encourage kids to draw their favorite player, and decorate the box.



## 5. HOMEMADE FRISBEE

Materials: Circular plastic container lids, permanent markers, stickers, acrylic paints.

Using your imagination, use the above materials to create your own frisbee.



## 6. MAKE YOUR OWN BEAN BAG

Materials: Socks, a funnel, a spoon, dried broad beans.

1. Combine your dry ingredients in a bowl. We suggest dried beans and chickpeas, however you could use rice, popcorn kernels, pumpkin seeds etc.
2. Fill socks with a few spoonfuls of your dried mix.
3. Tie a knot in the sock, pulling tight to make sure it is secure. You can pull the top part of the sock back over to create a ball, however we left ours out as they make a great handle to hold and swing!



## 7. BOTTLE CATCH CRAFT

Don't throw away those empty bleach bottles or 4L water jugs - transform them into an outdoor catching game for kids!

1. Cut the end off a cleaned bottle and remove the label.
2. Wrap the bottle with colorful tape, and you're ready to play catch!



## 8. TARGET TARP GAME

Materials: Tarp, rope, duct tape, scissors, markers.

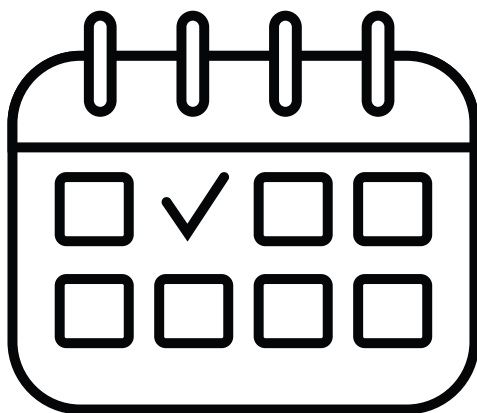
1. Draw the shapes of your choice on the tarp.
2. Cut out the shapes and write the corresponding point value.
3. Tape the edges with duct tape.
4. Hang the tarp outside and have fun!



6

# BOKS Calendar Template

Create your own adventure this summer by filling out the calendar template with the BOKS activities found throughout the summer fun pack. It is time to create your own ADVENTURE!



# boks FITNESS CALENDAR



It is time to create your own ADVENTURE!

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Create your own adventure this summer by filling out the calendar template with the BOKS activities found throughout the summer fun pack.

# boks FITNESS CALENDAR



It is time to create your own ADVENTURE!

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Create your own adventure this summer by filling out the calendar template with the BOKS activities found throughout the summer fun pack.



# bOKS

# Have fun!

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