

VIRTUAL AFTER-SCHOOL SCHOOL ACTIVITY OF THE WEEK

WEEK OF APRIL 20-24



Generously funded by The Children's Trust in partnership with Nova Southeastern University



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THE MISSION

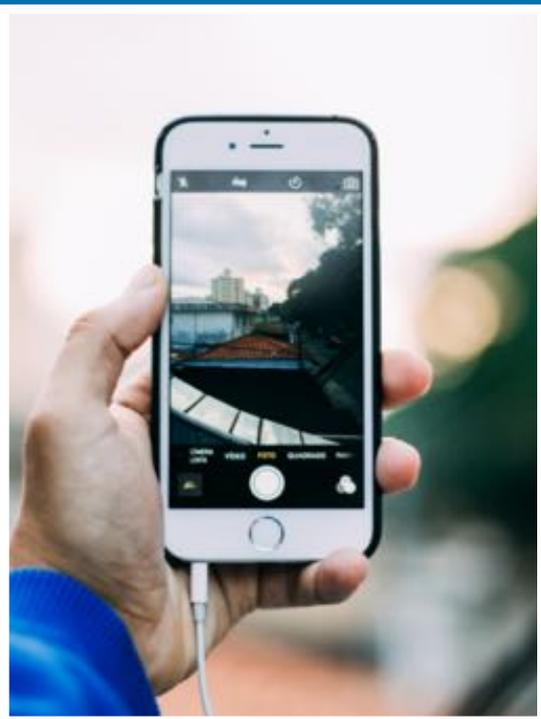
Each week, Project RISE will send out an activity that you can do virtually with the children in your program, either in a live, online session or by sending a video with instructions to parents. The activities are intended to give children opportunities to learn, express themselves, and feel connected to you and their after-school friends. Providing this on a weekly basis during this difficult time can also help to strengthen your relationship with the children, families, and communities you serve.



PREPARATION

Children need time for movement, especially when they are at home all day. Plan a live, online fitness class or send the children a fitness video made by your staff. The children will be very excited to see their after-school counselors in the video! Send the instructions on page 6 to the families along with the video to encourage the children to create and share their own.

MATERIALS



- Phone or device with video capability
- A fitness or exercise activity
- Staff members or their children to model the activity
- [Free Video Stching App](#)

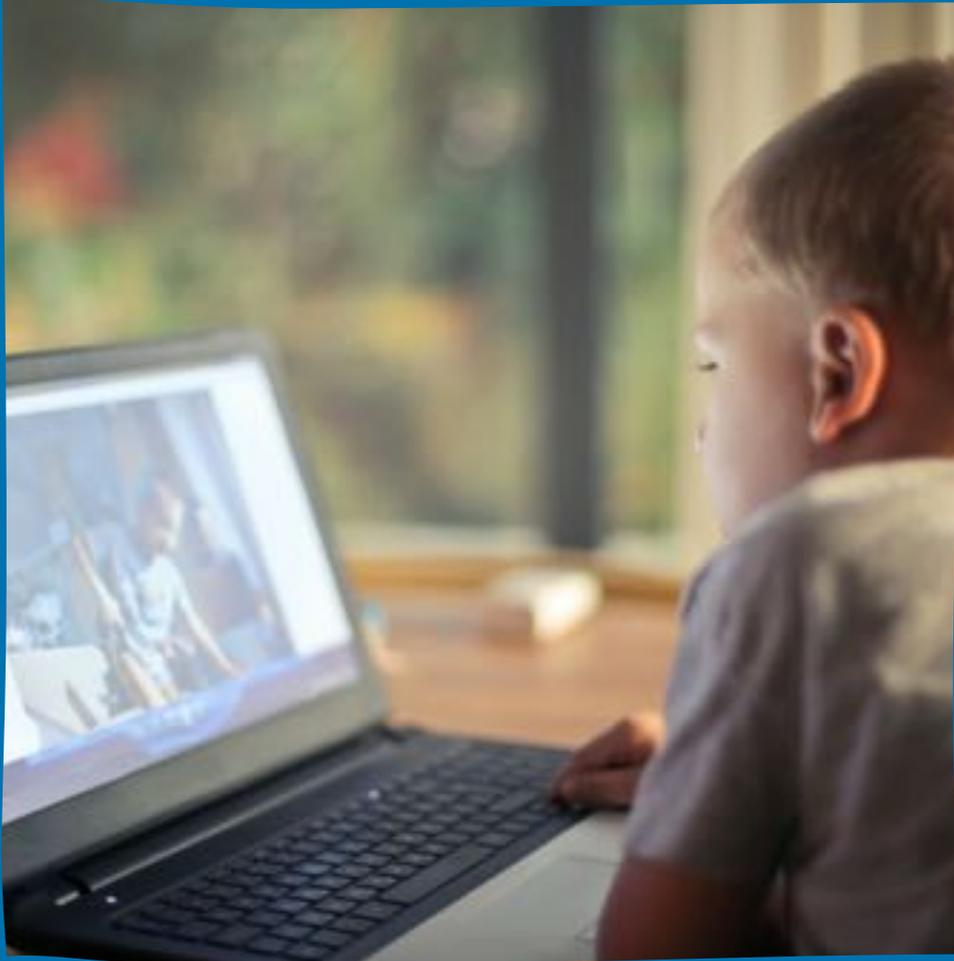
OVERVIEW

Your after-school program can make a fitness video to send to your program participants to encourage them to stay physically fit while they stay safely at home. The children will also be encouraged to film themselves doing their favorite exercise and return it to staff to send out to all the children in your after-school program.

CREATE IT

Ask each of your staff members to film themselves (or their children or family members) modeling a fitness activity such as jumping jacks, planks, or a yoga pose. Collect the videos, stitch them together and add music using a free app. Send the completed video to your program participants, and encourage them to make their own short exercise video to send back to you. If you receive enough videos, you can stitch them together to create a new video made by the children themselves!

SHARE IT



Share the finished fitness video with each family, challenge them to complete the exercises together, and invite them to create their own video that will be used to create a fitness compilation featuring the children in the program as the stars!

Project RISE would love to see your finished creations!



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INSTRUCTIONS FOR FAMILIES

Our after-school program staff made this fitness video especially for our families and children to encourage them to stay physically fit while they stay safely at home!

- **Watch the video our staff created.**
- **Encourage your child do the exercises in the video. Feel free to join in and make this a family experience!**
- **If your children find this fun, take a 1-2 minute video of them doing their favorite exercise, send it back to us, and we will put these together to create one big fitness video with your children as the stars to share with everyone!**

