

Marshfield Children's Cares for Kids

Week of: April 20-April 24

Kids:

"Marshfield Children's Cares for Kids" wants you to have fun while you're off school! Every day, we will have five very different, awesome activities for you to try. We want you to send pictures and videos of you doing the activities, with your parents' or guardians' permission and help. We want to see the science projects you make, your drawings, your dance moves, your sports skills, your favorite books and more! When you send pictures and videos, you will have a chance to see them on Marshfield Clinic Health System's Facebook and Instagram pages!

Parents/Guardians:

"Marshfield Children's Cares for Kids" compiles and creates top-quality, interactive, educational activities. Through this project, we in the Center for Community Health Advancement (CCHA), Marshfield Clinic Health System, want to help engage your children in fun learning activities they'll love while they're at home during the COVID-19 pandemic. Each week, we will focus on five subject areas and provide hands-on activities for each subject every day That's 25 activities a week! Subject areas will include: art, science, physical education, social and emotional learning, math, reading and writing, music, STEM (science, technology, engineering, and mathematics) and more.

With your permission and help as parents/guardians, we encourage your family to post picture/video comments or tag us on social media - @MCHS.CCHA. We will share some photo and video comments submitted to our pages and your families will have a chance to see themselves featured on our social media accounts!

Social media post guidelines to see your post(s) featured:

- Must be on Facebook or Instagram, or emailed to community.health@marshfieldclinic.org.

For us to see your public Facebook and Instagram posts, pictures/videos must be submitted as a comment on our weekly calendar post. Or, you can post on your page and tag @MCHS.CCHA. Please use #MarshfieldCaresForKids. Sending via email will keep your account private.

- Photos/videos do not need to include your child or family in them. You may submit pictures/videos of finished artwork, science projects, books, writing or any other projects.
- Videos should be no longer than 60 seconds.
- If you submit a post/video, we will consider that as permission for us to share your content.



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	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM Art	 <p>Sparkling Boat</p>	 <p>Crayola Weekly Family Activity</p>	 <p>Metropolitan Museum of Arts</p>	 <p>Zebra Puppet</p>	 <p>Expressions Drawing</p>
11:00 AM Physical Activity	 <p>Meet My Muscles (Upper Body)</p>	 <p>Animal Yoga</p>	 <p>Let's Dance</p>	 <p>Meet My Muscles (Lower Body)</p>	 <p>Learn to Jump Rope</p>
1:00 PM Healthy You	 <p>Online Crossword Puzzles</p>	 <p>Musical Yoga!</p>	 <p>Have Compassion with Movement</p>	 <p>Recycle Round Up</p>	 <p>Mindfulness Meditation for Kids</p>
3:00 PM STEM	 <p>Science Experiments</p>	 <p>Complete Mission in the Outback</p>	 <p>Nasa Craft/Learning Video</p>	 <p>Homemade Rain Gauge</p>	 <p>At-Home Experiments</p>



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