

CACFP At-Risk Afterschool Meals Enrichment Week 1

Date	Activities
	<ul style="list-style-type: none"> ● National Geographic: Weird Nature Quiz. Go to the webpage and take the quiz to learn about weird things in nature. (science) https://kids.nationalgeographic.com/games/quizzes/quiz-whiz-weird-nature/ ● Check out art at one of the most famous museums in the world, the “MET” or Metropolitan Museum of Art. Go to the time machine webpage here: https://www.metmuseum.org/art/online-features/metkids/time-machine Click on “Africa,” then click “PUSH.” Click on the pieces of art one at a time and go through the experiences in the right column (like listen, watch, discover, etc.). (art, history)
	<ul style="list-style-type: none"> ● Learn how to make a time capsule! Go to the webpage. (various subjects) https://family.gonoodle.com/activities/how-to-make-a-time-capsule ● Inventions by Kids! Seed Launching Backpack. Go to the webpage and watch the video. (science, tech) https://thekidshouldseethis.com/post/seed-launching-backpack-a-3d-printed-pollinator-friendly-invention
	<ul style="list-style-type: none"> ● Bone Strength video from NFL. Go to the webpage to learn how to increase bone strength through nutrition and exercise! (science, phys ed) https://family.gonoodle.com/activities/bone-strength ● Watch live footage of African Animals. Go to the webpage and click on “African Wildlife.” Write a list of animals you see, or draw them. (science, social studies) https://explore.org/livecams
	<ul style="list-style-type: none"> ● Storyline Online- <u>Oh the Places You’ll Go</u>, read by Michelle Obama. Go to the webpage and read along or listen to the book. (language arts) https://www.youtube.com/watch?v=nVpHc8wsRKE ● Kennedy Center: World of Music. Go to the webpage and learn about composers, music and orchestras from around the world and listen to the music. (art, social studies) https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/music/ypc/a-world-of-music/
	<ul style="list-style-type: none"> ● UNICEF video: Song about handwashing showing people in countries around the world. Go to the webpage and watch the video. Then teach others about handwashing! (art, social studies) https://www.youtube.com/watch?v=0xprciOSg4c ● Spy Museum puzzle: Four Rotor Enigma Machine. Go to the webpage and click on “play” for the Four Rotor Enigma Machine Puzzle. (tech, history) https://www.spymuseum.org/education-programs/spy-resources/puzzles/
	<ul style="list-style-type: none"> ● K-3: Watch the video about Harriet Tubman, then click on an activity or quiz below the movie. (history, language arts) https://jr.brainpop.com/socialstudies/biographies/harriettubman/?_ga=2.81506644.277798122.1598322836-1349083136.1598322836 ● Grade 4-12: Watch the video about Fannie Lou Hamer, then click on an activity or quiz below the movie. (history, language arts) https://www.brainpop.com/socialstudies/famoushistoricalfigures/fannielouhamer/?_ga=2.119305546.277798122.1598322836-1349083136.1598322836
	<ul style="list-style-type: none"> ● Fill up your plate with a balanced meal to blast off! Go to the webpage and click “play the game.” (science) https://www.fns.usda.gov/apps/BlastOff/BlastOff_Game.html ● TedEd: What Makes a Volcano Erupt? Go to the webpage and click on the video. (science) https://ed.ted.com/lessons/what-makes-volcanoes-erupt-steven-anderson

CACFP At-Risk Afterschool Meals Enrichment Week 2

Date	Activities
	<ul style="list-style-type: none"> ● Which dinosaur are you? Go to the webpage and find out your dinosaur personality! (science) https://kids.nationalgeographic.com/games/personality-quizzes/what-dinosaur/ ● Check out art at one of the most famous museums in the world, the “MET” or Metropolitan Museum of Art. Go to the time machine webpage here: https://www.metmuseum.org/art/online-features/metkids/time-machine Click on “Asia,” then click “PUSH.” Click on the pieces of art one at a time and go through the experiences in the right column (like listen, watch, discover, etc.). (art, history)
	<ul style="list-style-type: none"> ● Poppin’ Bubbles Song and dance. Go to the webpage and learn the song and dance! (art, phys ed) https://family.gonoodle.com/activities/poppin-bubbles ● Spy Museum puzzle: Key Pattern Device. Go to the webpage and click on “play” for the Key Pattern Device Puzzle.(tech, history) https://www.spymuseum.org/education-programs/spy-resources/puzzles/
	<ul style="list-style-type: none"> ● Shark quiz! Go to the webpage and learn about sharks! (science) https://kids.nationalgeographic.com/games/quizzes/quiz-whiz-sharks/ ● Rube Goldberg machines. Go to the webpage and play the video. (tech, science) https://thekidshouldseethis.com/post/how-does-joseph-herscher-make-mind-blowing-rube-goldberg-machines
	<ul style="list-style-type: none"> ● Storyline Online- Harry the Dirty Dog read by Betty White. Go to the webpage and watch Betty White read the book. (language arts) https://www.youtube.com/watch?v=7j0OY3236jw ● NASA: How Does GPS Work? Go to the webpage and watch the video. (tech, science) https://spaceplace.nasa.gov/gps-pizza/en/
	<ul style="list-style-type: none"> ● K-3: Watch the video about Jackie Robinson, then click on an activity or quiz below the movie. (history) https://jr.brainpop.com/socialstudies/biographies/jackierobinson/?_ga=2.181500388.277798122.1598322836-1349083136.1598322836 ● Grade 4-12: Watch the video about Tuskegee Airman, then click on an activity or quiz below the movie. (history) https://www.brainpop.com/socialstudies/ushistory/tuskegeearmen/?_ga=2.144792183.277798122.1598322836-1349083136.1598322836
	<ul style="list-style-type: none"> ● Track and Field Fuel-Up Challenge! Answer food and nutrition questions as you complete virtual Track and Field events. Go to the webpage and click “play.” (science) https://www.fns.usda.gov/apps/TrackAndField/index.html ● Cosmic kids Star Wars yoga. Go to the webpage and click on the video. (phys ed) https://www.youtube.com/watch?v=BEPxPkQY6V8
	<ul style="list-style-type: none"> ● Vine Time- fill the monkey’s basket with fruit! Go to the webpage and click “play.” (science) https://www.funbrain.com/games/vine-time ● TedEd: Can We Bring Back an Extinct Species? Go to the website and click on the video to play. (Science) https://ed.ted.com/lessons/the-last-living-members-of-an-extinct-species-jan-stejskal

CACFP At-Risk Afterschool Meals Enrichment Week 3

Date	Activities
	<ul style="list-style-type: none"> ● Check out art at one of the most famous museums in the world, the “MET” or Metropolitan Museum of Art. Go to the time machine webpage here: https://www.metmuseum.org/art/online-features/metkids/time-machine Click on “Australia and Oceania,” then click “PUSH.” Click on the pieces of art one at a time and go through the experiences in the right column (like listen, watch, discover, etc). (art, history) ● What Type of Genius Are You? Go to the webpage and take the quiz! (social studies) https://kids.nationalgeographic.com/games/personality-quizzes/what-kind-of-genius-are-you/
	<ul style="list-style-type: none"> ● Pizza Man! Go to the webpage and learn the song and dance! (art, phys ed) https://family.gonoodle.com/activities/pizza-man ● Spy Museum puzzle: Pigeon Camera. Go to the webpage and click on “play” for the Pigeon Camera. (tech, history) https://www.spymuseum.org/education-programs/spy-resources/puzzles/
	<ul style="list-style-type: none"> ● National Geographic: Go to the webpage, take the quiz and learn about sports around the world! (social studies, phys ed) https://kids.nationalgeographic.com/games/quizzes/quiz-whiz-outdoor-sports/ ● TedEd: The Greatest Mathematician that Ever Lived. Go to the webpage and click play on the video. (math, history) https://ed.ted.com/lessons/the-greatest-mathematician-that-never-lived-pratik-aghor
	<ul style="list-style-type: none"> ● Storyline Online- <u>The Hula-Hoopin’ Queen</u>, read by Oprah Winfrey. Go to the webpage and watch Oprah read the book. (language arts) https://www.youtube.com/watch?v=op9Bc7GWCuw&vl=en ● Perseverance: NASA’s Fifth Mars Rollover. Go to the webpage and click the video. (science) https://thekidshouldseethis.com/post/introducing-perseverance-nasas-fifth-mars-rover
	<ul style="list-style-type: none"> ● K-3: Watch the video about Rosa Parks, then click on an activity or quiz below the movie. (history) https://jr.brainpop.com/socialstudies/biographies/rosaparks/?_ga=2.110264006.277798122.1598322836-1349083136.1598322836 ● Grade 4-12: Watch the video about Motown, then click on an activity or quiz below the movie. (history, arts) https://www.brainpop.com/socialstudies/culture/motown/?_ga=2.149003637.277798122.1598322836-1349083136.1598322836
	<ul style="list-style-type: none"> ● Space: Explore the Solar System! Go to the webpage and click on “play.” (science) https://www.funbrain.com/games/tinybop-schools-space ● NASA: Why is Pluto not a Planet? Go to the webpage and read about Pluto. (science) https://spaceplace.nasa.gov/ice-dwarf/en/
	<ul style="list-style-type: none"> ● Kennedy Center: Summon the Heroes. Explore how orchestras have celebrated heroes through music. (art, history) https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/music/ypc/summon-the-heroes ● Jack Hartman: Spread a Little sunshine song and dance. Go to the webpage and click on the video to learn the song and dance. (art, phys ed) https://www.youtube.com/watch?v=E0lvFmXwxec

CACFP At-Risk Afterschool Meals Enrichment Week 4

Date	Activities
	<ul style="list-style-type: none"> ● Cute baby animal personality quiz. Go to the webpage and take the quiz! (social studies) https://kids.nationalgeographic.com/games/personality-quizzes/which-cute-baby-animal/ ● Check out art at one of the most famous museums in the world, the “MET” or Metropolitan Museum of Art. Go to the time machine webpage here: https://www.metmuseum.org/art/online-features/metkids/time-machine Click on “Europe,” then click “PUSH.” Click on the pieces of art one at a time and go through the experiences in the right column (like listen, watch, discover, etc). (art, history)
	<ul style="list-style-type: none"> ● Roar. Watch and learn the song and dance. (art, phys ed) https://family.gonoodle.com/activities/roar ● TedEd: Where Did Earths Water Come From? Go to the webpage and play the video. https://ed.ted.com/best_of_web/bZxK0sPp (science)
	<ul style="list-style-type: none"> ● Go to the webpage, take the quiz, and learn about food from around the world! (science) https://kids.nationalgeographic.com/games/quizzes/quiz-whiz-menu/ ● Six Machine Puzzle. Go to the webpage and watch the video. (tech, science) https://thekidshouldseethis.com/post/six-machine-puzzles-can-you-predict-what-will-happen
	<ul style="list-style-type: none"> ● Storyline Online- <u>Trombone Shorty</u>, read by Angela Bassett. Go to the webpage and watch Angela Basset read the book. (language arts) https://www.youtube.com/watch?v=QitquEL48Co ● NASA: Where do satellites go when they die? Go to the webpage and read about satellites. (science) https://spaceplace.nasa.gov/spacecraft-graveyard/en/
	<ul style="list-style-type: none"> ● K-3: Watch the video about Ruby Bridges, then click on an activity or quiz below the movie. (history) https://jr.brainpop.com/socialstudies/biographies/rubybridges/?_ga=2.190077544.277798122.1598322836-1349083136.1598322836 ● Grade 4-12: Watch the video about Malcolm X, then click on an activity or quiz below the movie. (history) https://www.brainpop.com/socialstudies/famoushistoricalfigures/malcolmX/?_ga=2.152605434.277798122.1598322836-1349083136.1598322836
	<ul style="list-style-type: none"> ● Simon Sees Matching Game. Go to the webpage and click “play.” https://www.funbrain.com/games/simon-sees (social studies) ● Stephen Swartz: Learn about this musical theater composer of <i>Wicked</i>, <i>Pippin</i> and other hit musicals, and hear some of the music. (art) https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/theater/stephen-schwartz/
	<ul style="list-style-type: none"> ● Spy Museum puzzle: Virginia Hall’s Radio. Go to the website and click on “play” for Virginia Hall’s Radio. (tech, history) https://www.spymuseum.org/education-programs/spy-resources/puzzles/ ● Jack Hartmann: Freeze Dance and Song. Go to the webpage and learn the song and play along. (art, phys ed) https://www.youtube.com/watch?v=GtllN3oGsk

CACFP At-Risk Afterschool Meals Enrichment Week 5

Date	Activities
	<ul style="list-style-type: none"> ● Heroes and Heroines Quiz! Go to the webpage and take the quiz. (history) https://kids.nationalgeographic.com/games/quizzes/heroes-and-heroines-quiz-whiz/ ● Check out art at one of the most famous museums in the world, the “MET” or Metropolitan Museum of Art. Go to the time machine webpage here: https://www.metmuseum.org/art/online-features/metkids/time-machine Click on “Latin America and the Caribbean,” then click “PUSH.” Click on the pieces of art one at a time and go through the experiences in the right column (like listen, watch, discover, etc). (art, history)
	<ul style="list-style-type: none"> ● Peanut Butter in a Cup. Watch and learn the dance! (art, phys ed) https://family.gonoodle.com/activities/peanut-butter-in-a-cup ● TedEd: Can Plants Think? Go to the webpage and play the video. (science) https://ed.ted.com/best_of_web/tYagkL7c
	<ul style="list-style-type: none"> ● Go to the webpage and take a quiz on creepy creatures in the ocean! (science) https://kids.nationalgeographic.com/games/quizzes/creepy-creatures-quiz-whiz/ ● Wet Terracotta Cooling System. Go to the webpage and watch the video. (science) https://thekidshouldseethis.com/post/ant-studio-behive-wet-terracotta-cooling-system
	<ul style="list-style-type: none"> ● Storyline Online: Go to the webpage and watch Ernest Borgnine read the book <u>The Rainbow Fish</u>. (language arts) https://www.youtube.com/watch?v=r9mryuEKkKc ● NASA: What is a tsunami? Go to the webpage and read about tsunamis. (science) https://spaceplace.nasa.gov/tsunami/en/
	<ul style="list-style-type: none"> ● K-3: Watch the video about Martin Luther King, Jr, then click on an activity or quiz below the movie. (history) https://jr.brainpop.com/socialstudies/biographies/martinlutherkingjr/?_ga=2.181967332.277798122.1598322836-1349083136.1598322836 ● Grade 4-12: Watch the video about Martin Luther King, Jr, then click on an activity or quiz below the movie. (history) https://www.brainpop.com/socialstudies/famoushistoricalfigures/martinlutherkingjr/?_ga=2.77168086.277798122.1598322836-1349083136.1598322836
	<ul style="list-style-type: none"> ● Log run game! Go to the webpage and click “play.” (phys ed) https://www.funbrain.com/games/log-run ● Aaron Copeland: Learn about this composer and listen to his famous music. (art, history) https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/music/aaron-copland--fanfare-for-the-common-man/
	<ul style="list-style-type: none"> ● Spy Museum puzzle: Washington Letter. Go to the webpage and click on “play” for the Washington Letter. (tech, history) https://www.spymuseum.org/education-programs/spy-resources/puzzles/ ● Cosmic Kids Yoga: Minecraft. Go to the webpage and follow along to do yoga. (phys ed) https://www.youtube.com/watch?v=02E1468SdHg

CACFP At-Risk Afterschool Meals Enrichment Week 6

Date	Activities
	<ul style="list-style-type: none"> ● Achy-Breaky Heart. Go to the webpage to watch and learn the dance! (art, phys ed) https://family.gonoodle.com/activities/achy-breaky-heart ● Check out art at one of the most famous museums in the world, the “MET” or Metropolitan Museum of Art. Go to the time machine webpage here: https://www.metmuseum.org/art/online-features/metkids/time-machine Click on “Middle East,” then click “PUSH.” Click on the pieces of art one at a time and go through the experiences in the right column (like listen, watch, discover, etc). (art, history)
	<ul style="list-style-type: none"> ● Go to the webpage and take the quiz to learn about tech! (tech) https://kids.nationalgeographic.com/games/quizzes/tech-trek-quiz-whiz/ ● How to Make Playdough: A Chemistry Experiment. Go to the webpage and play the video. (science) https://thekidshouldseethis.com/post/how-to-make-play-dough-a-chemistry-experiment
	<ul style="list-style-type: none"> ● National Parks personality quiz! Go to the webpage and take the quiz to learn which national park you would be! (social studies) https://kids.nationalgeographic.com/games/personality-quizzes/national-parks-personality-quiz/ ● Cosmin Kids Yoga: Harry Potter Yoga. Go to the webpage and follow along to do yoga. (phys ed) https://www.youtube.com/watch?v=R-BS87NTV5I
	<ul style="list-style-type: none"> ● Storyline Online: <u>Rent Part Jazz</u> read by Viola Davis. Go to the webpage and watch the book being read. (language arts) https://www.youtube.com/watch?v=JvKaVLLXa30 ● NASA: Dark Matter. Go to the webpage and read about dark matter. (science) https://spaceplace.nasa.gov/dark-matter/en/
	<ul style="list-style-type: none"> ● Grades 4-12: Watch the video about Tuskegee Airman, then click on an activity or quiz below the movie. (history) https://www.brainpop.com/socialstudies/famoushistoricalfigures/muhammadali/?_ga=2.84973146.277798122.1598322836-1349083136.1598322836 ● TedEd: Why Don't Haircuts Hurt? Go to the webpage and play the video. (science) https://ed.ted.com/best_of_web/NbkK68D6
	<ul style="list-style-type: none"> ● Star climber game! Go to the webpage and click “play.” (social studies) https://www.funbrain.com/games/star-climber ● Kennedy Center: Beethoven: Learn about this famous composer and listen to his music. (art, history) https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/collections/collections/great-composers/ludwig-van-beethoven/
	<ul style="list-style-type: none"> ● Spy Museum puzzle: Dragons and Snakes. Go to the webpage and click on “play” for the Dragons and Snakes Puzzle. (tech, history) https://www.spymuseum.org/education-programs/spy-resources/puzzles/ ● Cosmic Kids Yoga: Disco and Dance. Go to the webpage and follow along. (phys ed) https://www.youtube.com/watch?v=PSgZI8f5leU

List of Resources for CACFP Activities Weeks 1-6

Resource	Website address	Topics
Brainpop	https://blog.brainpop.com/antiracist-education-free-resources-kids/	Various subjects
Cosmic Kids Yoga	https://www.youtube.com/user/CosmicKidsYoga	Yoga, meditation
Explore.org Live Cam	https://explore.org/livecams/	Watch animals around the world live
Fun Brain	https://www.funbrain.com/games	Various subjects, games, videos
Go Noodle Energy	https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/	Active, games
Go Noodle Family	https://family.gonoodle.com/	Active activities
Jack Hartman Kids Music Channel	https://www.youtube.com/channel/UCVcQH8A634mauPrGbWs7QIQ	Song and Dance
Kennedy Center	https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/	Activities about music, music history
MET Museum	https://www.metmuseum.org/art/online-features/metkids/	Art, history
NASA	https://www.nasa.gov/nasa-at-home-for-kids-and-families	Science, tech
National Geographic for Kids	https://kids.nationalgeographic.com	Social studies, science
Spy Museum	https://www.spymuseum.org/education-programs/spy-resources/	Activities from the museum, tech, history
Storyline Online	https://www.storylineonline.net/	Videos of books read by celebrated actors
TedEd	https://ed.ted.com/lessons?direction=desc&sort=featured-position&user_by_click=student	Various subjects
The Kid Should See This	https://thekidshouldseethis.com/	Various subjects, videos
USDA FNS	https://www.fns.usda.gov/tn/digital-nutrition-resources-kids	Nutrition Activities