



MISSISSIPPI CHILDREN'S MUSEUM

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Participate in the SUPER-lympic Games at the Mississippi Children's Museum!

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Show off your skills at the Mississippi Children's Museum's (MCM) inaugural SUPER-lympics, sponsored by Blue Cross & Blue Shield of Mississippi, on Saturday, May 21.

Jackson, Miss. (May 10, 2022) – Step inside MCM's SUPER-lympic Village for a competition consisting of hands-on, educational games promoting both physical and mental health.

The day will kick off with an Opening Ceremony, followed by MCM's SUPER-lympic Games, where children will focus on three priorities: **physical activity, healthy eating, and social/emotional health.**

For young children, these physical activities will improve fine and gross motor skills, spatial awareness, and agility, while older children will have the opportunity to increase their flexibility, aerobic fitness, and muscle strength.

To encourage healthy eating, children and caregivers can engage in hands-on activities in the Literacy Garden surrounding healthy foods, how they grow in the garden, and how they taste.

Programming components such as emotional regulation and character building will also be woven into activities throughout the event. The games will wrap up with a Closing Ceremony, where all participants will receive a medal.

Through this event, MCM strives to:

- **Inspire** children and families to implement easy, healthy lifestyle habits through fun, educational activities focusing on the benefits and importance of physical and mental health.
- **Enhance** accessibility and engagement between families and local healthcare providers.
- **Empower** children and families with the knowledge and resources necessary to live a healthy lifestyle.

MCM's SUPER-lympics will take place from 10:00 a.m.-3:00 p.m. on Saturday, May 21. All activities are included with \$10 general admission or

museum membership. To view a full schedule of activities for the day, visit www.mschildrensmuseum.org.

About the Mississippi Children's Museum

The Mississippi Children's Museum (MCM) is a 501(c)3 nonprofit organization with a mission of creating unparalleled experiences to inspire excellence and a lifelong joy of learning in all children. The 40,000-square foot museum is designed around five primary initiatives, with correlating exhibits, programs, and outreach efforts. These initiatives include: Literacy, STEAM, Health and Nutrition, Cultural Arts, and Mississippi Heritage – the keys to helping our children mature into healthy and productive adult learners. In response to community needs due to the COVID-19 pandemic, MCM shifted operating and programming priorities to best serve Mississippi's children and combat learning loss through facilitating virtual schooling and creating online educational enrichment – services that continue today through a robust, daily afterschool program and an online platform for teacher professional development.

In 2021, MCM celebrated a monumental year by receiving an Institute of Museum and Library Services National Medal, the nation's highest honor for museums, and through opening its first satellite museum, MCM-Meridian, which received the 2021 Governor's Award for Travel Attraction of the Year.

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