



## MISSISSIPPI CHILDREN'S MUSEUM

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

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PRESS RELEASE • FOR IMMEDIATE RELEASE • 4/25/2022

Jackson, Miss. – Show off your skills at the Mississippi Children's Museum's (MCM) second annual SUPER-lympics on Saturday, May 6.

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. Guests will also have an opportunity to meet Superhero guests provided by Enchanting Memories.

#### 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 6. 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](http://www.mschildrensmuseum.org).

Community Partners participating in this event include: Trustcare Kids, UMMC-Pediatric ICU Physicians, Smart Therapy, Be Undeclared, First Tee of

Central Mississippi, Hinds Behavioral Health, Molina Healthcare, Happy Tummies Pediatric GI, and Watson Family Dentistry.

#### 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. MCM's two award-winning museums in Jackson and Meridian collectively offer over 100,000-square feet of exhibits and educational programming designed around five primary initiatives, Literacy, STEAM, Health and Nutrition, Cultural Arts, and Mississippi Heritage – the keys to helping our children mature into healthy and productive adult learners. MCM offers exceptional resources for children, families, and educators through MCM at Home virtual programming, traveling exhibits and programs, community outreach, *Launch into Learning* afterschool program, professional development for educators, and *Talk from the Start*, an initiative for parents and caregivers to promote language development in children from birth to five years old.

MCM is honored to have received an Institute of Museum and Library Services National Medal, the Mississippi Tourism Association Governor's Award for Travel Attraction of the Year, and USA Today's '10Best Travel Award for Best Children's Museum. Learn more: [www.mschildrensmuseum.org](http://www.mschildrensmuseum.org)

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