



WBYOS WEEKLY

CABIN FEVER 5



EXPERIMENT TIME

ORANGE FIZZ

[HTTPS://WWW.SCIENCEFUN.ORG/KIDZONE/EXPERIMENTS/ORANGE-FIZZ/](https://www.sciencefun.org/kidszone/experiments/orange-fizz/)

RECIPE OF THE WEEK

Pizza Party

GET PIZZA CRUST, PIZZA SAUCE, SOME INGREDIENTS SUCH AS GREEN PEPPER, CHICKEN, AND CHEESE, TOSS EVERYTHING ON THE CRUST AND START BAKING!

SOMETHING NEW 4 YOU

Sock Puppet

CREATE A SOCK PUPPET USING, OF COURSE, A SOCK, BUTTONS, YARN AND ANYTHING ELSE YOU CAN THINK OF!

EXERCISE OF THE WEEK

Wall Sit

SIT IT AGAINST A WALL AS IF THERE WERE A CHAIR THERE, HOLD FOR AS LONG AS YOU CAN, THIS WILL INCREASE MUSCULAR ENDURANCE OF THE LOWER BODY.

WACKY ACTIVITY

Backwards Day

WEAR YOUR CLOTHES INSIDE-OUT, UPSIDE DOWN, AND ALL AROUND!

21ST WEEK BONUS?!?

Family Cycling

SPEND TIME TOGETHER ON A FAMILY BIKE RIDE,