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# WBYOS WEEKLY

## CABIN FEVER 5



### EXPERIMENT TIME

#### Bottle Rocket

<https://www.sciencefun.org/kidszone/experiments/how-to-make-a-volcano/>

### RECIPE OF THE WEEK

#### French Toast

<https://www.youtube.com/watch?v=jiagM8412nQ>

Tasty recipe for the whole family.

### SOMETHING NEW 4 YOU

#### Paper Airplanes

<https://www.youtube.com/watch?v=0I5K7S5Ch38>

### EXERCISE OF THE WEEK

#### Burpees

Begin in a standing position. Drop into a squat position and place hands on the floor. Kick your feet back, keeping your arms extended into a plank position. Quickly bring your feet back to the squat position and jump up to standing from the squat position and clap hands above your head.

### WACKY ACTIVITY

#### Sidewalk Stunts

Hop, skip, jump and run down your sidewalk for fun!

## 23<sup>RD</sup> WEEK BONUS?!?!?

### Pool Party

Lay in your pool or tub, or go out with water balloons, water gun, or a bucket of water and soak your sibling, or parent/caregiver.