



WBYOS WEEKLY

CABIN FEVER 5



EXPERIMENT TIME

Home Made Play Dough

<https://www.sciencefun.org/kidszone/experiments/home-made-play-dough/>

RECIPE OF THE WEEK

Jamaican Patty

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

Click the link to see a 3 minute guide on making Jamaican Beef Patties!

SOMETHING NEW 4 YOU

Spectacular Singer

Show off your singing skills in front of the whole family.

EXERCISE OF THE WEEK

Bicep Curls

Stand with your feet hip-width apart. Hold a dumbbell or other weight in each hand with your palms facing your body. Bend your right elbow and lift the dumbbell to your shoulder. Lower the dumbbell back down. Repeat 10 times on each arm.

WACKY ACTIVITY

Fantastic Forts

Using blankets, bed sheets, pillows, and sofa cushions build a bed/blanket/couch fort!

24TH WEEK BONUS?!?

Cloud Counting

Spend time outdoors and see how many clouds pass by.