



WBYOS WEEKLY

CABIN FEVER 5



EXPERIMENT TIME

Milk Art

<https://www.sciencefun.org/kidszone/experiments/milk-art/>

RECIPE OF THE WEEK

Chilly Chili

While the weather gets colder, let's warm back up with some Chili!

<https://www.youtube.com/watch?v=L3eM2XN2AD8>

SOMETHING NEW 4 YOU

Monday Funday

Go for a picnic, bike, ride, board game night, etc with the family this Monday!

EXERCISE OF THE WEEK

Jab Punch Crunch

Do 1 left and 1 right jab once you've curled your upper body up to do ab crunches.

Try to go for 3 sets of 10 reps!

WACKY ACTIVITY

Catchphrase

When your teacher or parent calls your name, respond and say a quick catchphrase

25TH WEEK BONUS?!?

Awesomeness

Tell your caregiver, sibling, friend why they are awesome!