



- *EXPERIMENT GALORE* -  
**CRYSTAL CANDY**  
*CRYSTAL CANDY - SCIENCE FUN*

- *WEEKLY RECIPE* -  
**CANDY CANE POPCORN**  
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*(THESPRUCEEATS.COM)*

- *SOMETHING NEW 4 YOU* -  
**VEGETABLES!!!**  
DARE YOUR FAMILY MEMBER TO EAT A  
VEGETABLE, THEN THEY WILL DARE YOU  
TO EAT A VEGETABLE TOO!!!

- *EXERCISE OF THE WEEK* -  
**SKIPS-A-LOT**  
TEST YOUR ENDURANCE WITH SOME SKIPPING TO  
ENSURE THAT YOU HAVE A BETTER CHANCE OF  
WINNING THE \$500 IN THE  
WBYO SKIP-A-THON IN MAY!

- *WACKY ACTIVITY* -  
**DANCE OFF**  
HAVE A DANCE OFF COMPETITION  
BETWEEN MEMBERS OF THE FAMILY.

- *BONUS* -  
**TAKE A HIKE**  
TAKE A WALK IN THE NEIGHBORHOOD  
WHILE THE WEATHER IS WARM.

**WBYO'S WEEKLY  
CABIN FEVER 5  
- Week 47 -**