



2018 Order of Manitoba Recipient

WBYOS WEEKLY CABIN FEVER 5



EXPERIMENT TIME

<https://www.youtube.com/watch?v=koZ-VQmbYuY>

RECIPE OF THE WEEK-

NIGERIAN EGUSI SOUP

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

SOMETHING NEW 4 YOU

Make decorations, curate a playlist, and throw a family dance party.

EXERCISE OF THE WEEK

<https://www.youtube.com/watch?v=oL4aAhfwZCM>

WACKY ACTIVITY- FATHER'S DAY SPECIAL

<https://www.youtube.com/watch?v=VXgNa-jy56E>

14TH WEEK BONUS?!!?

<https://home.oxfordowl.co.uk/>