



2018 Order of Manitoba Recipient

WBYOS WEEKLY

CABIN FEVER 5



EXPERIMENT TIME

Desk Organizer from Tissue Rolls

<https://www.youtube.com/watch?v=UlxB0uFP40s>

RECIPE OF THE WEEK

Saucy

Create your own sauce! Ketchup and relish?

Yogurt and peanut butter?

Jam and Honey?

Whatever you think will taste good together, try it out!

SOMETHING NEW 4 YOU

Nice Notes

Grab some chalk and leave nice pictures or notes around the neighborhood.

EXERCISE OF THE WEEK

Push Ups

Palms flat on floor, toes pointing to ground, lower the body and then push up. Count how many you can do in a row, per hour, or per day.

WACKY ACTIVITY

Gold Digger

See how many boogers you accumulate in a day.

20TH WEEK BONUS?!!?

Bird Watching

Check out the sights, spot as many bird species as you can.