



WBYSO WEEKLY CABIN FEVER 5



EXPERIMENT TIME Non-Newtonian Fluid!!!

https://www.youtube.com/watch?v=ihhrEVAIC3A&feature=emb_title

RECIPE OF THE WEEK

Fruit punch salad!!!

<https://www.allrecipes.com/recipe/242309/fruit-punch-salad/>

Takes 10 minutes or less!

Try out this delicious recipe!

Enjoy!

SOMETHING NEW 4 YOU

Easy Magic Tricks

Follow this video to learn some new tricks!!!

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

EXERCISE OF THE WEEK

7 Minute Animal HIIT Workout!!!

Follow along with this video to do an interval workout.

<https://www.youtube.com/watch?v=iTnCNcGd2qc>

WACKY ACTIVITY

Upside down challenge!!!

For this weeks wacky activity, draw or color upside down. Whether its flipping the page upside down or taping a piece of paper to underneath a table and drawing blindly.

29TH WEEK BONUS?!!!

It's getting cold outside!!!

For this weeks bonus, lets head outside, go for a walk/run/jog and enjoy the fall weather before it gets too cold!!!