

In Home Activity Plans Week 15

June 22-June 26

Arts and Crafts

1. Tie Dye Coffee Filters <https://www.busykidshappymom.org/coffee-filter-art/>
2. Abstract Painted Hearts <https://colormadehappy.com/heart-art-projects/>
3. Suncatchers using real flowers https://www.makingjoyandprettythings.com/kid-craft-diy-suncatcher-using-real-flowers/?utm_content=buffer32daf&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer
4. Wind Chime Crafts https://creativefamilyfun.net/kids-co-op_23/
5. Create Stained Glass Windows in your home <https://www.hellowonderful.co/post/window-chalk-mosaic-art/>

Virtual Zoo Field Trips

1. San Diego Zoo <https://zoo.sandiegozoo.org/>
2. Beekman 1802 Baby Goats Cam <https://beekman1802.com/pages/the-goats>
3. Kitten Rescue Sanctuary <https://explore.org/livecams/cats/kitten-rescue-cam>
4. Africam <https://www.africam.com/wildlife/>
5. Smithsonian's National Zoo <https://nationalzoo.si.edu/webcams>

Scattergories

A week's worth (probably more) of scattergories lists are attached in the email. So much fun to play with one to two or more.

Fun Cooking Recipes

1. Baked Cinnamon Donut Holes <https://balancingmotherhood.com/worlds-easiest-cinnamon-donut-holes/>
2. Easy Quesadillas <https://www.yourmodernfamily.com/easy-quesadillas-for-kids/>
3. Frozen Blueberries Bites <https://www.liveeatlearn.com/frozen-blueberry-bites/>
4. Walking Tacos <https://www.eatingonadime.com/walking-tacos-recipe/>
5. Fruity Pebbles No Bake Bars <https://www.rachelcooks.com/2014/07/14/fruity-pebbles-no-bake-bars/>

Yoga for Beginners

1. Yoga for Complete Beginners <https://www.youtube.com/watch?v=v7AYKMP6rOE>
2. Gentle Yoga for Bigger Bodies
<https://www.youtube.com/watch?v=zUnjJdJitPw&t=714s>
3. 10 minute full body stretch with Cassandra
<https://www.youtube.com/watch?v=T41mYCmtWls>
4. 10 minute Yoga for Men Beginner's Routine
<https://www.youtube.com/watch?v=2ymyRJwFtV8>
5. Yoga for Beginners-a little goes a long way
<https://www.youtube.com/watch?v=M7JfqOfqSmI>

Educational TV : there are amazing TV options on PBS that cover history, current events, science and more....be sure to find some that interest you.

1. Watch a show on PBS
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4. Watch a show on PBS
5. Watch a show on PBS