

In Home Activity Plans

Week 19 July 19-25

This week's Friday night dance on July 24 is going to be a disco dance so we are going to include some disco era activities in our plans.

Best Disco theme movies

1. Saturday Night Fever
2. Airplane
3. The Wiz
4. Fame
5. Roller Boogie

Disco Exercise Workouts

1. Dance X Disco Workout <https://www.youtube.com/watch?v=iBVRpeDeUTw>
2. Disco Funk 1 <https://www.youtube.com/watch?v=cgDppkLnImI>
3. 1 mile easy disco walking workout
<https://www.youtube.com/watch?v=MxrJ1z0HmYU>
4. Disco Boogie to ABBA 1 mile walk
<https://www.youtube.com/watch?v=4wAzRW2LCus>
5. Stayin Alive Disco Chair Yoga Dance
<https://www.youtube.com/watch?v=VKm9lmZ00ik>

Have fun making a Disco Ball Pinata

<https://tikkido.com/blog/disco-ball-pinata>

Make Microphone Cake Pops using ice cream cones

<https://saramason.wordpress.com/2012/06/15/microphone-cake-pops/>

Make fun Disco Balls

https://www.youtube.com/watch?v=7Cq0p_maxFQ

Make Disco Fries

<https://www.parsnipsandpastries.com/jersey-diner-style-disco-fries/>

Make your own microphones

<https://thegirlinspired.com/microphone-craft-party-activity/>

DIY Disco Ball Slime

<https://everafterinthewoods.com/diy-disco-ball-slime/>

Do at Home Science Experiments

These can be so much fun!

1. Shaving Cream Rain Clouds <https://onelittleproject.com/shaving-cream-rain-clouds/>
2. Growing Gummy Bears <https://www.playdoughtoplato.com/growing-gummy-bear-science/>
3. Walking Rainbows <https://www.steampoweredfamily.com/activities/walking-rainbow-thou-shall-not-pass-edition/>
4. Rock Candy Experiment <https://www.growingajeweledrose.com/2015/02/rock-candy-experiment.html>
5. Making Pennies turn green <https://buggyandbuddy.com/science-for-kids-make-a-penny-turn-green/>

Fun Activities to Do during quarantine

I know things are getting long especially since we are on Week 19

Here are so ideas to keep things going:

1. Read a book, better yet read a book series. Look at the website Goodreads for ideas. Remember make sure to read age appropriate books.

2. Complete a challenging jigsaw puzzle....maybe a 100 piece, 300 piece, 500 piece or even a 1000 piece. Make it a group activity and have fun with it. Puzzles are fun to set up and work on for longer periods of time.
3. Pull out some board games and play your favorite one with your housemates or friends. Even better try a new one.
4. Learn to cook....have each person in your home find a recipe either online or in a cookbook. No matter what the recipe, work on it individually or in a small group. Make a meal out of the recipes that people pick. Try new spices, new foods and even new ways of working together.
5. Do a mini spa day for both men and women. Work head to toe with great smelling soaps and lotions. Take care of you and make a cup of tea and listen to some relaxing music.

What are the top TV shows from the disco era?

How about catching one of them...you may need to search for them:

Alice

Sanford and Son

Good Times

What's Happening

The Jeffersons

Eight is Enough

Barney Miller

Little House on the Prairie

The Waltons

Welcome Back, Kotter

Get Smart

Dragnet

Hogan's Heroes

Family Affair

The Lawrence Welk Show

The Beverly Hillbillies

Bewitched

Green Acres

The Lucy Show

The Andy Griffith Show

Bonanza