

In Home Activity Plans

Week 25 August 30- September 5

Crafts

1. This looks like a fun craft to make for the front door of your house.
<https://craftsbyamanda.com/bandana-wreath/>
2. Make some paper plate frisbees to enjoy in the backyard
<https://craftsbyamanda.com/paper-plate-frisbees/>
3. Colorful Glue Suncatcher are fun to decorate outside
<https://craftsbyamanda.com/colorful-sun-catcher-glue/>
4. Make some orange bath salts and then enjoy a relaxing bath
<https://craftsbyamanda.com/orange-bath-salts/>
5. It is Sunflower time and there are many great Sunflower activities and crafts here
<https://craftsbyamanda.com/sunflower-crafts-recipes/>

Games

1-5 20 Fun Family Game Night Ideas

<https://playactivities.com/20-family-game-night-ideas/>

Virtual Tours

1. National Museum of Natural History/Smithsonian Institute
<https://naturalhistory.si.edu/visit/virtual-tour>
2. Boston Children's Museum
<https://www.bostonchildrensmuseum.org/learning-resources>
3. NASA Glenn Research Center

<https://www.nasa.gov/glennvirtualtours>

4. Van Gogh Museum

<https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

5. The British Museum

<https://britishmuseum.withgoogle.com/>

Coloring and Creativity

1. Color Mandala Print and online

<https://colormandala.com/>

2. Online Coloring Print or online interactive

<https://www.online-coloring.com/>

3. Quick draw Online drawing

<https://quickdraw.withgoogle.com/>

4. Bomomo Art Interactive online

<http://bomomo.com/>

5. Online Sketchpad

<https://sketch.io/sketchpad/>

Exercise

1. Quick Full Body Workout with no equipment

https://www.youtube.com/watch?time_continue=9&v=l2rzCDXxSj4&feature=emb_title

2. Disco Funk 10 Minute Dance Class

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

3. Kidz Bop Dance Along Workout I absolutely love Kidz Pop and I don't think it is just for kids

https://www.youtube.com/watch?v=sHd2s_saYsQ&feature=emb_title

4. Unicorn Floor Routine

https://www.youtube.com/watch?v=IB_KOBkfdD0&feature=emb_title

5. Old School 1 10 minute dance class Hip Hop

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

Healthy Eating

1. Overnight Oats

https://www.youtube.com/watch?v=6DXFEK2pliU&feature=emb_title

2. Healthy Smoothies

https://www.youtube.com/watch?v=YuDhblQtt2k&feature=emb_title

3. Green Smoothies

https://www.youtube.com/watch?v=OVqwNgDYY4s&feature=emb_title

4. 3 Healthy Treats

https://www.youtube.com/watch?v=YrcJXpLI4Qo&feature=emb_title

5. 5 veggie loaded recipes

https://www.youtube.com/watch?v=h5NEd-Vtnhg&feature=emb_title