

# FRIDAY

## MOVE IT MORNINGS

[Click to join Coach Brent for Move It Mornings!](#)

## HEALTHY SNACKS

[Create apple and fruit "donuts!"](#)

## SKILL TUTORIAL

[Master your Palm Spin at home!](#)

## SCIENCE PROJECT

[How greasy are your potato chips? Find out with this project!](#)

## GET OUTSIDE!

[Create Backyard Scrabble!](#)

## AFTERNOON WORKOUT

[Practice your balance!](#)

## EVENING GAME

[Cleaning up from the day is fun when you sing about it!](#)

## BEDTIME REFLECTION

[A great sleepytime yoga routine is a fun practice to start!](#)