

WEDNESDAY

MOVE IT MORNINGS

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

HEALTHY SNACKS

[Make some quick and yummy treats!](#)

SKILL TUTORIAL

[Practice your Ninja Roll!](#)

SCIENCE PROJECT

[How do icicles form? Find out!](#)

GET OUTSIDE!

[Play Frisbee Tic-Tac-Toe!](#)

AFTERNOON WORKOUT

[Dance and move this afternoon!](#)

EVENING GAME

[Play a card game with your family!](#)

BEDTIME REFLECTION

[Create a sleep journal!](#)