

TUESDAY

MOVE IT MORNINGS

[Click to join Coach Danny for Move It Mornings - a class for Ninjas 5 and over!](#)

ARTS & CRAFTS

[Check out this huge list of crafts to do at home!](#)

SKILL TUTORIAL

[Practice your bridge!](#)

HEALTHY SNACKS

[Make some delicious protein bars!](#)

GET OUTSIDE!

[It may not be summer yet, but you can still get outside with these ideas!](#)

AFTERNOON WORKOUT

[Fun afternoon workouts get your blood flowing!](#)

STEM ACTIVITY

[Time for a science experiment!](#)

BEDTIME REFLECTION

[Take a trip to a land of unicorns with this nighttime meditation!](#)