

RAFL Youth Programs

Virtual Activity Calendar



Go to our Facebook page @LakenheathYouthPrograms for details

September 2020

SUN	MAGICAL MONDAY	TASTY TUESDAY	WILD N' OUT WEDNESDAY	THRILLING THURSDAY	FREESTYLE FRIDAY	SAT
		1 Back-to-school Apple Cupcakes Instructions through link & pictures	2 Wild n' Out Wednesday Join us for Dice Roll Fitness!	3 Houston Zoo Exploration through link & pictures	4 Autumn Leaf Painting Instructions through link & pictures	5
6	7 Labor Day Picture instructions	8 Yoga Cookies Instructions through link & pictures	9 Garden Yoga Tree pose, frog pose, seed (child's pose), butterfly pose, flower pose	10 Ellis Island Take a virtual tour of Ellis Island	11 Broccoli Stamped Fall Tree Instructions through link & pictures	12
13	14 Layers of the Sea Science Project Instructions through link & pictures	15 Healthy Baked Carrot Chips Instructions through link & pictures	16 Wild n' Out Wednesday Spin-An-Exercise!	17 Field Trip To Mars Take a virtual tour to Mars & explore this amazing planet.	18 Falling Leaves Sensory Jar Instructions through link and pictures	19
20	21 Exploring Sonography Instructions through link & pictures	22 Cookie Base Classic S'mores Instructions through link & pictures	23 Wild n' Out Wednesday Grounding with your five senses	24 Virtual Farm Tour Exploration through link & pictures	25 Fall Windsock Craft Instructions through link & pictures	26
27	28 Make Ocean Summer Slime Instructions through link & pictures	29 Easy Strawberry Cookies Instructions through link & pictures	30 Obstacle Course Create An obstacle course in your back yard where you must complete exercises			