

RAFL Youth Programs

Virtual Activity Calendar

AUGUST 2020

Go to our Facebook page @LakenheathYouthPrograms for details

SUN	MAGICAL MONDAY	TASTY TUESDAY	WILD N' OUT WEDNESDAY	THRILLING THURSDAY	FREESTYLE FRIDAY	SAT
2	3 How to make a Potato Battery Picture instructions	4 Taco Tuesday Black Bean Tacos Picture Instructions	5 Wild n' Out Wednesday Join us for Playing Card Exercises! Draw a card and do the associated workout!	6 Virtual Tour of Mount Rushmore Exploration through link and pictures	7 Bean Art Animals Animal lovers will flex their creativity with this fun project!	8
9	10 Erupting Soup Picture instructions	11 Homemade Chicken Nachos Picture Instructions	12 Wild n' Out Wednesday Challenge your family to ocean yoga! Can you pose like a jellyfish? A shark?	13 Virtual Tour of The Liberty Bell With a 360 degree view of the Liberty Bell	14 Faux Stained Glass Sun Catcher Create your own with this great activity.	15
16	17 Origami Picture Instructions	18 Malted Milk Blondies Picture Instructions	19 Wild n' Out Wednesday Write exercises on popsicle sticks. Draw a stick and do the exercise!	20 Virtual Field Trip to the Empire State Building With a 360 degree view from inside the building	21 Shadow Sidewalk Chalk Art Instructions through link with example in comments.	22
23	24 Rubber Band Helicopter Picture Instructions	25 Pretzel Popcorn Squares Picture Instructions	26 Wild n' Out Wednesday Do a HEART workout! Can you breeze through this fast paced workout?	27 Virtual Tour of Buckingham Palace Exploration through link and pictures	28 Summer Beach Themed Crafts Instructions through link with example in comments.	29
30	31 Elephant Toothpaste Picture Instructions					