

## Cooking Channel

Try your hand in the kitchen and enjoy tasting your creations! Share what you make with your friends and family by sending them pictures or videos.

Try out these delicious recipes. Make sure an adult is nearby for support or assistance as needed. Click on link below for each recipe:

[Smoothie](#), [Banana Bread](#), [Roasted Chicken](#)



## Discovery Channel



We can all practice being scientists!

Climatologists study weather using different tools. Create this simple weather station and learn how to: measure rain and build a weathervane. Learn how a thermometer works and create a simple barometer to watch the changes in pressure. Have fun comparing your daily observations with what you see outside your window. [Click here](#) for the activity.

Botanists study plants by discovering their different parts and functions. [Click here](#) for an experiment using a flower.

## What's on TV?

### Link of the week

Sometimes good news doesn't make it to TV!

Read [this article](#) about how robots are being used to help out in hospitals.

## Sports Channel

Building and doing an obstacle course is a great way to build strength, coordination and balance. Challenge yourself by trying to beat the clock, do it backwards, or even with a sibling! [Click here](#) for ideas on how to make your very own obstacle course in your yard.

Build your fine motor and dexterity skills by trying out these activities!

[Click here](#) for an origami basketball game

[Click here](#) for a paper football game



## Movie Channel

Watch [this](#) cool and spooky movie about a girl named Francis. One night, while on a camping trip with her family, Francis finds herself in a mysterious and somewhat scary situation.

1. Retell this story to someone in person OR record yourself doing so on video.
2. What do you think happened to Francis? Write down your thoughts (spelling doesn't count) OR record them on video.

