

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 Sweep Kick!](#)

HEALTHY SNACKS

[Make a quick snack!](#)

GET OUTSIDE!

[Play Backyard Pickup Sticks!](#)

AFTERNOON WORKOUT

[Workout with an adult to pass the time!](#)

STEM ACTIVITY

[Whoa! Hot ice?!](#)

BEDTIME REFLECTION

[Listen to a bedtime story!](#)

WEDNESDAY

BABY NINJA LIVE

[Click to join Coach Michael at 9:30 EST for a live Baby Ninja class!](#)

MOVE IT MORNINGS

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

SKILL TUTORIAL

[Ready for a handstand challenge?!](#)

LEARN

[Take a close-up look at the stars!](#)

GET OUTSIDE!

[Rock and Bowl with glow in the dark bottles!](#)

AFTERNOON MINDFULNESS

[Take a few minutes to relax with a Butterfly Meditation](#)

STEM

[Make a lava lamp!](#)

BEDTIME WORKOUT

[Yoga in your PJs!](#)

THURSDAY

MOVE IT MORNINGS

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

KEEP YOUR ROOM CLEAN

[Cleaning up isn't boring with these songs!](#)

SKILL TUTORIAL

[Practice your Tornado Kick!](#)

HEALTHY SNACKS

[Make Monster Cookie Energy Balls!](#)

GET CRAFTY

[Create a calendar!](#)

AFTERNOON WORKOUT

[Here are 20 exercises to strengthen your core!](#)

STEM

[Clean pennies...with ketchup?!](#)

BEDTIME REFLECTION

[Hang out with this Sleepy Sloth!](#)

FRIDAY

BABY NINJA LIVE

[Click to join Coach Michael at 9:30 EST for a live Baby Ninja class!](#)

MOVE IT MORNINGS

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SKILL TUTORIAL

[Practice your forward and backward rolls!](#)

VIRTUAL FIELD TRIP

[Take a virtual tour of the Smithsonian Museum!](#)

HEALTHY SNACKS

[Create a Critter Crudite!](#)

AFTERNOON WORKOUT

[Practice this Daily 10 workout!](#)

EVENING STEM

[Make your own rain clouds!](#)

BEDTIME REFLECTION

No link here- have the most serious bedtime EVER. No laughing allowed. We dare you.