

FRIDAY

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

[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.