



The Little Trainer

One member of your family will act like a physical trainer and teach any one exercise with steps to others. Do the exercise with everyone. Next, you will act like a trainer and teach others any one exercise. Have fun exercising and be fit.



Play-Doh Balloons

Make small balls of play-doh in different colours. Flatten the balls to make circles. Then make the circles slightly pointed from any one side. Roll some white play-doh into thin strips to make strings. Attach the strings to the balloons to let them fly.











Lemonade

Make this refreshing lemonade with an adult. This will make one glass of lemonade. You can increase the quantities to make more.

Take These: 1 lemon, sugar to taste (preferably powdered), 1 glass water, ice (optional)

Make Now:

-  Take water in a glass.
-  Squeeze the lemon in it.
-  Add sugar to it and stir well until sugar dissolves.
-  Add ice cubes to it, if desired.
-  You can add some black salt to the lemonade if you like sweet and salty taste.



Your lemonade is ready to be served.