



Color Theme: Red

If your favorite color is red, this is the perfect day for you. Explore the various things around us that all have the color “red” in common. Go the extra mile and wear all red today and try to eat only meals with naturally red color if you can!



Red HIIT Workout

A HIIT workout, or High Intensity Interval Training, is a workout consisting of small and intense sessions of exercise. Here’s an example: jog in place for 1 minute, sprint for 30 sec, jog in place for 1 minute. Pick your favorite three exercises, once you start one exercise, spell red five times while doing that exercise and stop after you’ve finished spelling! Then repeat for all the exercises. Mix it up by spelling out objects that are commonly red like “firetruck” or “stop sign.”



Express Yourself!

Draw the emotion you’re currently feeling with red. Red does not only represent anger, but also passion, warmth, love, energy, caution and much more!



Homemade Yogurt Popsicles

Looking for a yummy homemade snack? Watch [this video](#) from Camp Happy Counselor Deetya Chhatwal who teaches us how to make Strawberry Yogurt popsicles. (She also shows us how to make blueberry ones!)



All About Red Activity Book

There are so many classic red things in the world that are easily identifiable because of its color. But just imagine what apples, firetrucks, strawberries or a stop would look like in a different color! Color in [these coloring pages](#) of normally red items, with any color you want. Who says there can’t be green firetrucks or purple ladybugs?



Journal Entry

Write about which three exercises you did in your HIIT workout and how you felt afterwards!

