

3-5

Week of 4/27-5/1

For Parents: [5 Ways to Make YouTube Safer for Kids](#) (Video 2:11)

Create your own cup routine!

Watch <http://www.viewpure.com/Y5kYLOb6i5I?start=0&end=0> to learn how to do the classic version of the cup routine. Make sure to ask your parents' permission on which cup to use-plastic cups are best!

Now you can make up your own cup routine! You can either use the same song or a different song as long as it is school-appropriate. When you create your own routine, make sure it lasts for 8 beats and it has at least some similarities to the original one. Make sure not to make it too easy or too hard-try teaching it to someone in your family to know if others can do it!

Post your new cup routine to [Flipgrid](#) so I can see what you came up with! It can just be you performing it or it can be of you and a family member doing it together! This can be done with or without a song in the background.