

Welcome to Camp!



Parents

On the daily schedule, there are several games and activities for your child(ren) to play throughout the morning. Feel free to follow along, or adjust the schedule to best fit your needs. Most activities are grouped based, so you may have to use your imagination to modify them. Our suggestion on how to tackle the activities for the day is to prepare ahead of time!

Click on each activity to see the materials needed and the instructions on how to complete them. If you finish an activity early, check out our activity booklet and craft videos located on the city webpage. These additional activities can help fill the day. As a last effort for entertainment, nothing is better than playtime. Outdoor playtime is always a favorite in our camps and we encourage all families to do the same.

Campers (parents please read to the child(ren))

Welcome to camp from home! Today we have a schedule full of activities and games! Follow along the schedule to complete each activity. Click on each activity to open up instructions on how to do them. Before we get started, this time frame is to get prepped and get energized! Breakfast is an essential part of your day, so take the rest of this time to eat. Get set up for your first activity and we hope you enjoy what we have planned.

Streets and Alleys – Game Instructions

RULES

Have two players volunteer to be “It” one will be a cat and the other a mouse (or any other version of pursuer and pursued you can come up with). The facilitator will then be in charge of the rest of the group. The rest of the players will need to get into lines (the more square the group the better, so if you have say 25 players, have 5 rows of 5). With the campers in lines, have them face the facilitator, with their arms stretched out. This will be “streets” and the cat and mouse are able to run in the openings between the lines, but they can’t break through the arms. When the facilitator yells “alleys” the campers turn to the left and change the layout of the “map” so now the cat and mouse have to cope with a different path.

The cat and mouse are NOT allowed to run – they must POWERWALK. Also, the cat and mouse cannot go under or over or through the people holding hands. Give a time limit, or go until the mouse gets caught and then give other players a chance to be the cat and mouse!

Dancing Rice

What you'll need:

- White Vinegar
- Baking Soda
- Instant Rice (non-instant rice is too dense for this project)
- Clear Jar
- Water
- Food Coloring (Optional)



Instructions:

1. Fill the Clear Jar 3/4 way full of water. If desired, mix in food coloring.
2. Add in 1 TBS of Baking Soda and stir. Mix completely.
3. 1/4 Cup of uncooked rice. Note that instant rice is needed for this project! Non-instant rice is too dense and won't result in a "dancing" reaction.
4. Add in 1-2 TBS of White Vinegar.

Note: The reaction didn't happen at first, I had to add in a little more vinegar than I had initially expected. When we did, though, it was awesome. The top fizzed slightly but then the rice just started dancing around the jar. It was fantastic.

Crab Soccer – Game Instructions

Before You Start

- Divide the group into two teams with two goalies.
- Explain the crab position (both hands and feet touching the ground, with stomachs toward the ceiling/sky)

Set Up

One large rectangular playing area, preferably in a gym with marked goals.

How to Play

- Only movement in the crab position is allowed for the entire game.
- Players can only kick or hit the ball with their feet and/or head; no hands are allowed.
- The leader drops the ball in the center of the field for a kick-off to begin the game, as well as after each point is scored.
- Each team is trying to put the ball into the opposing team's goal.
- If the ball goes out of bounds, the leader throws it back into play.

Paper Plate Jellyfish

Materials

- paper plate
- tissue paper
- yarn
- googly eyes

Tools

- scissors
- glue
- hole punch
- black marker



Instructions:

1. Start by cutting up the tissue paper into small squares. For young kids who aren't comfortable yet with scissors, you can suggest tearing up the tissue paper, instead.
2. Draw a wavy line at the bottom of the paper plate and cut along that line.
3. Glue the tissue paper squares onto the paper plate.
4. Use a hole punch to make several holes along the wavy bottom line of the paper plate.
5. Cut yarn strands of the same length. Thread the yarn through the holes at the bottom of the paper plate and tie them up.
6. Glue the googly eyes onto the paper plate and use a black marker to draw a mouth. For more fun you can use big googly eyes, or glow in the dark googly eyes.

Paper Plate Fish

Materials

- Paper Plate
- Tissue Paper
- Tinfoil or Silver Wrapping Paper
- Blue Paint
- Stapler
- Glue
- White Paper or Large Googly Eye



Instructions:

1. Paint the paper plate.
2. Once the paper plate is dry, cut out a triangular shape to create a mouth and staple the triangle to the opposite side to form a tail.
3. Next, cut out multiple pieces of colored tissue paper and foil. Begin sticking the tissue paper and foil to the paper plate to create scales.
4. Finish off with a large paper eye.