



Week 1: Animal Planet

DESCRIPTION:

In week one, campers will have the opportunity to participate in a variety of exciting activities, including five arts and crafts projects, many engaging outdoor games, and a wonderful yoga session. As a special highlight, we're thrilled to announce a visit from "Curious Creatures" to add an extra touch of wonder to the week!

ARTS & CRAFTS:

Lion craft: Campers will receive a paper plate and will be able to make a lion face with googly eyes and color in the plate while cutting the sides to replicate the lions mane.



ARTS & CRAFTS:

Campers will be able to make a mask of any animal of their liking! They will receive half of a paper plate with pre cut holes for their eyes and a straw.



ARTS & CRAFTS:

Campers will have the opportunity to make an animal puppet! This will be made with a paper bag, in which they will color and apply any accessories they want to it!



ARTS & CRAFTS:

Campers will be able to make a handprint turkey and make a background of their liking and add any accessories they would like!



ARTS & CRAFTS:

Campers will be provided a shoe box or a piece of paper (whichever they would prefer) and create their dream habitat if they were an animal!!



ACTIVITIES:

Campers will have the opportunity to show and tell a stuffed animal or they can bring a photo in of their pet from home and show their fellow campers their pets/animals.



ACTIVITIES:

Animal charades: One camper will act out an animal and everyone else will try and guess what animal they are acting out. When you are acting out an animal, you cannot say the name of the animal, you cannot make a noise like the animal, and you cannot use words to talk about the animal or give clues.



ACTIVITIES:

Hungry Hungry Hippos:

One camper is the “hippo” and must lay stomach down on the creeper. They will be given a plastic laundry basket and must keep two hands on the basket at all times.

A team of five campers will assist the “hippo” in getting out to the balls and back in. Two campers will be “pushers” and will launch the “hippo” into the ball pile.



ACTIVITIES:

What time is it Mr. Fox? Choose one camper to be Mr. (or Mrs.) Fox. The goal of the game is to get past the Fox without getting caught. To start, have the Fox stand about 20 feet away from the other players with their back turned to the other players. The campers then say, “What time is it Mr./Mrs. Fox” The Fox responds with a certain time (whatever the Fox chooses) and the other campers should walk forward that many steps. For example, if the Fox says it’s five o’clock, the campers should take five steps (any size step) forward. This continues until the Fox responds to “What time is it, Mr./Mrs. Fox” by saying “Midnight!” At that point, the Fox chases the campers back to the starting line trying to tag them. The first camper that gets tagged by the Fox becomes the Fox for the next game.



ACTIVITIES:

Divide the campers into teams. Assign each team an animal to mimic during the relay race (e.g., hop like a kangaroo, waddle like a penguin). Set up a start line and a finish line with a designated distance in between. The first camper from each team stands at the starting line. When the race begins, the first camper performs the assigned animal movement and then tags the next teammate, who does the same. Continue this pattern until all members of one team have completed the race. The team that finishes first wins the race.



WATER ACTIVITIES:

Water Limbo: We will use a garden hose or a sprinkler to create a water limbo line. Campers will then take turns trying to limbo under the stream of water without getting wet. Lower the water stream after each round. The camper who can limbo the lowest without getting wet wins.



WATER ACTIVITIES:

Water Sponge Dodgeball: Instead of using regular dodgeballs, use soaked sponges. Divide campers into two teams and have them try to hit members of the opposing team with the wet sponges. (below the waste!) If a camper is hit, they're out until the next round.



WATER ACTIVITIES:

Drip, Drip, Splash!: This game is similar to "Duck, Duck, Goose." Children sit in a circle, and one child walks around the outside of the circle with a small cup of water. Instead of saying "duck" or "goose," they say "drip." When they say "splash," they dump the cup of water on the child they're behind, who then chases them around the circle.



WATER ACTIVITIES:

Sponge Relay Race: Divide campers into teams. Place a large bucket of water at one end of the playing area and an empty bucket at the other end. Each team member soaks a sponge in the water bucket, runs to the empty bucket, squeezes the water from the sponge into the bucket, and runs back to tag the next team member. The first team to fill their bucket to a certain level wins



WATER ACTIVITIES:

Water Tag: One camper is designated as "it" and tries to tag other campers by spraying them with a foam water squirter. Once tagged, a camper becomes "it" and the game continues.



YOGA:

Yoga will be held once a week on wednesday for the campers to relax and unwind after a fun day in the summer sun!



DANCE & MOVEMENT:

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Week 2: Red White & Blue

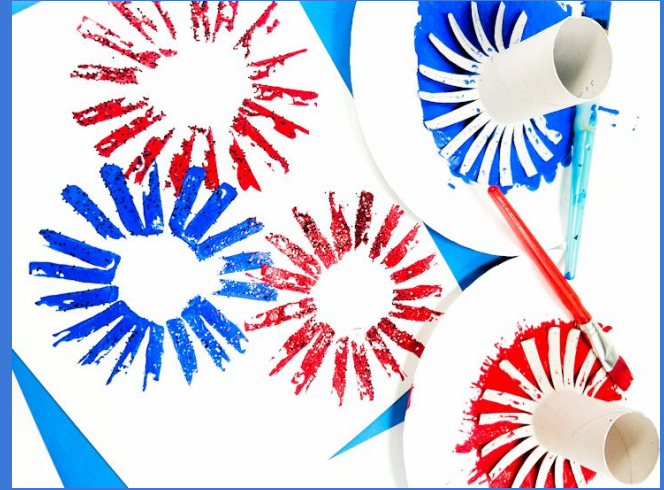
DESCRIPTION:

In week two, campers will be treated to an array of exhilarating activities, featuring five captivating arts and crafts projects, numerous thrilling outdoor games, and a delightful yoga session.

Despite being just a three-day week, it promises to be nothing short of fantastic!

ARTS & CRAFTS:

Fire works: Campers will receive a toilet paper roll thats cut out at the bottom or a fork (whichever they prefer) in which they will dip in pate to replicate a firework!



ARTS & CRAFTS:

Campers will receive a blue piece of construction paper in which they will trace their hand and cut out. They will then color in a striped piece of paper that will replicate the american flag. When they are finished coloring in the piece of paper they will write “happy 4th of july” they will then place their hand on it and will fold over their thumb (will either staple, tape or glue down) in which it will say happy 4th of july!



ARTS & CRAFTS:

Campers will receive (pre cutout) stars and they design them however they would like with the colors red white & blue!



ARTS & CRAFTS:

Campers will receive a white piece of paper glued onto a (blue or red) piece of paper they will then dip their hand in paint and then place their handprint onto it! They will then decorate this piece of paper to make it look like a firework or however they would like!



ACTIVITIES & GAMES:

Potato Sack Race: Campers will run to the sack, put both feet in and begin hopping toward the finish line.

Campers must keep both feet in sack and at least one hand on the sack at all times. The sack must remain as close to the waist as possible and should not fall below the knees. The first racer to the finish line wins.



ACTIVITIES & GAMES:

Spoon Race: Divide the campers into two teams, and designate a starting point and finish line. At the starting point, place a bowl of pennies and two spoons or ladles (one for each team); at the finish line, place two empty bowls (one for each team). One at a time, one camper from each team must fill the spoon with as many pennies as possible and then race to the finish line to discard them into the team bowl. Here's the catch: Any dropped pennies must be picked up and returned to the spoon, and the player must return to the starting point. The first team to transfer all the pennies to the bowl at the finish line wins.



ACTIVITIES & GAMES:

Hula-Hoop Contest: All of the campers will start hula hooping at the same time and the person who can continue to hula the longest wins!



ACTIVITIES & GAMES:

Tug-of-War Contest: Create two teams to tug on opposing sides of a rope. Make three knots in the middle of the rope and a line on the ground between the teams. The team that tugs the farthest knot across the line wins.



WATER ACTIVITIES:

Water Limbo: We will use a garden hose or a sprinkler to create a water limbo line. Campers will then take turns trying to limbo under the stream of water without getting wet. Lower the water stream after each round. The camper who can limbo the lowest without getting wet wins.



WATER ACTIVITIES:

Water Freeze Dance: Play music and have campers dance around while someone sprays them with a water hose or a water gun.

When the music stops, campers must freeze in place. Anyone caught moving after the music stops is out. The last camper remaining wins.



WATER ACTIVITIES:

Drip, Drip, Splash!: This game is similar to "Duck, Duck, Goose." Children sit in a circle, and one child walks around the outside of the circle with a small cup of water. Instead of saying "duck" or "goose," they say "drip." When they say "splash," they dump the cup of water on the child they're behind, who then chases them around the circle.



YOGA:

Yoga will be held once a week on wednesday for the campers to relax and unwind after a fun day in the summer sun!



DANCE & MOVEMENT:

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<https://www.youtube.com/watch?v=KhfkYzUwYFk>

A stylized graphic of the Hollywood sign. The letters are white with a slight gradient and are set against a background of a sunset or sunrise sky with a purple and orange gradient. The sign is positioned on a dark, silhouetted hillside with some grass in the foreground. The overall style is modern and artistic.

HOLLYWOOD

WEEK 3: HOLLYWOOD WEEK

DESCRIPTION:

In week three, campers will dive into five enjoyable arts and crafts activities, lots of outdoor games, and a calming yoga session.

They'll also be wowed by a special performance from a talented juggler and magician!

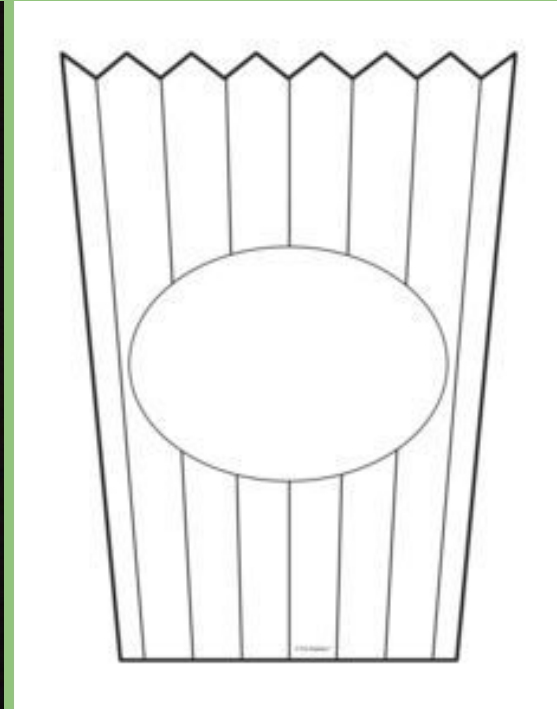
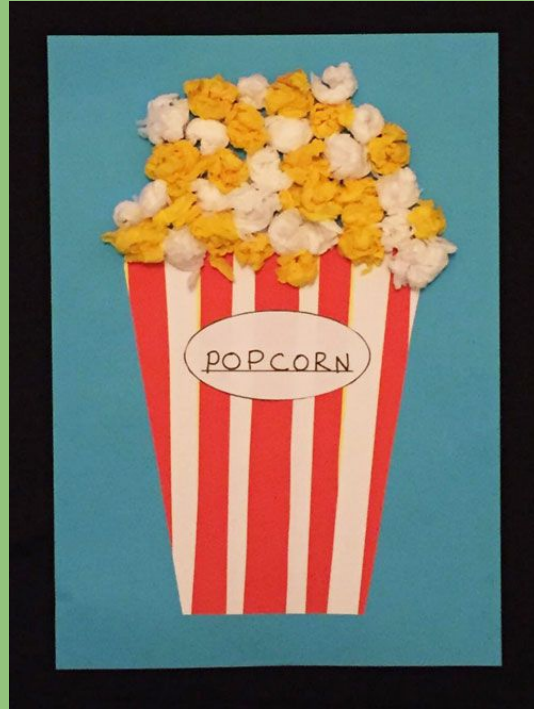
ARTS & CRAFTS:

Make your own Hollywood star:
Materials: Black & pink construction paper, glue, gold sharpie, gold glitter and scissors. Students will begin by glueing their cut out pink stars on black construction paper and writing their names on the star, they will then be able to decorate the star to their liking!



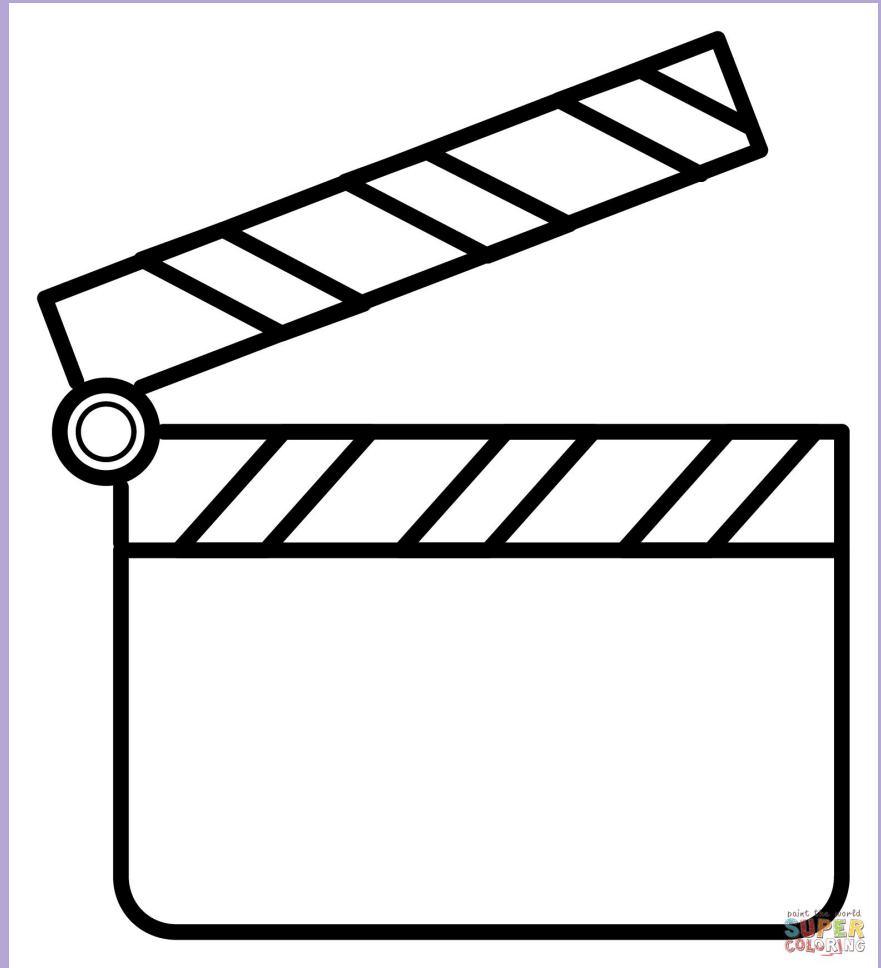
ARTS & CRAFTS:

Popcorn craft: Materials needed: Printed out white and black photo of a popcorn box, students will then need to color in the box red and leave every other stripe white. They will glue this piece of paper onto a construction piece of paper (color of their choice!) We will then need yellow tissue paper which the students will crumble up the tissue paper and attach it with glue onto the paper.



ARTS & CRAFTS:

Make your own movie scene clapper! Campers will receive a template of a movie scene clapper and they will be able to decorate it to their liking with glitter, gems, and any materials they would like!



ARTS & CRAFTS:

Make your own microphone:

Materials: Cardboard, construction paper, tinfoil, glitter, glue.

Campers will receive a tube of cardboard and will wrap construction paper around it and they will then decorate it to their liking and attach a ball of tinfoil at the top which will be attached through glue.



ACTIVITIES:

Pass the statue: The *Oscar statuette* is the symbol of the Academy Awards and many party supply stores sell awards that closely resemble this famous golden figure. Have the campers line up in two teams and try to pass the statuette down the line without using their hands. In a variation on the classic game ‘Pass the Orange’, your campers will enjoy getting up close and personal with their friends while they try to hold the statuettes in place under their chins and pass them down the line. The first team to pass their golden award to the end of the line will be declared the winners.



ACTIVITIES:

Awards: It wouldn't be Hollywood week without awards so why not ask our campers to vote for their fellow campers (everyone will receive a reward) Brainstorm a few fun categories such as 'Best Dressed', 'Funniest Guy' or 'Most Likely to be Famous'. Create signs for each category and position a small box such as a shoebox under each one. Ask your campers to write one person's name on a small slip of paper and drop their votes into the box. Once you tally up the results, you can declare the campers there certificates.



ACTIVITIES:

Follow the same rules as Simon Says, only think movies: “Director Says: Give your biggest smile”, “Director Says: Dance on the spot”, “Director Says: Put on the sunglasses”. Adjust the game to fit the age of your guests. The older the kids, the more fun you can have with the options.



ACTIVITIES:

Hollywood inspired photobooth: Campers will have the opportunity to dress up and have their sweet memories captured in front of a banner with props.



ACTIVITIES:

Emotion/Acting game: A theater game for campers to warm up and break the ice. To play this game, have one person acts as the caller. The caller will shout out emotions like “excited” or “moody,” and the first camper will come out to act out the emotion for a few seconds. Then, other campers will take turns acting out emotions called by their counselor.



WATER ACTIVITIES:

Water Balloon Hot Potato:
Campers sit in a circle passing a water balloon around while music plays. When the music stops, whoever is holding the balloon must pop it over their head, getting wet in the process.



WATER ACTIVITIES:

Drip, Drip, Splash!: This game is similar to "Duck, Duck, Goose." Children sit in a circle, and one child walks around the outside of the circle with a small cup of water. Instead of saying "duck" or "goose," they say "drip." When they say "splash," they dump the cup of water on the child they're behind, who then chases them around the circle.



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WATER ACTIVITIES:

Water Sponge Dodgeball: Instead of using regular dodgeballs, use soaked sponges. Divide campers into two teams and have them try to hit members of the opposing team with the wet sponges. (below the waste!) If a camper is hit, they're out until the next round.



WATER ACTIVITIES:

Sponge Relay Race: Divide campers into teams. Place a large bucket of water at one end of the playing area and an empty bucket at the other end. Each team member soaks a sponge in the water bucket, runs to the empty bucket, squeezes the water from the sponge into the bucket, and runs back to tag the next team member. The first team to fill their bucket to a certain level wins



WATER ACTIVITIES:

Water Tag: One camper is designated as "it" and tries to tag other campers by spraying them with a foam water squirter. Once tagged, a camper becomes "it" and the game continues.



YOGA:

Yoga will be held once a week on wednesday for the campers to relax and unwind after a fun day in the summer sun!



DANCE & MOVEMENT:

<https://www.youtube.com/watch?v=i6vA1BjU2xA>

<https://www.youtube.com/watch?v=pJazuqvTvjq>

<https://www.youtube.com/watch?v=qtMVA A0EfNE>

<https://www.youtube.com/watch?v=Lu41zHahSEs>



CAMP WEEK 4: DISNEY

DESCRIPTION:

In week four campers will dive into five enjoyable disney inspired arts and crafts activities, and outdoor games, followed by a calming yoga session. Get ready for a week where all your campers' dreams will sparkle to life!

ARTS & CRAFTS:



Up Craft: Photo of camper printed with hand:
Finger paint as balloons.

Take photo of camper or have camper draw themselves and have them draw as many strings as they want coming up from their hand, they will then use their fingers to incorporate finger art as the balloons from the movie up!

ARTS & CRAFTS:



DIY Mickey Ears: Materials:
Headbands, felt and super glue:
Have campers begin picking out felt,
let them feel free to decorate the felt to
their liking and super glue felt on each
side of the headband!

ARTS & CRAFTS:

Paper towel roll castle: Materials: Construction paper, paper towel rolls, paint, sparkles. Have campers glue paper roll towels to a base, preferable construction paper on cardboard and have them decorate each roll and make a castle/kingdom to their liking!



ARTS & CRAFTS:



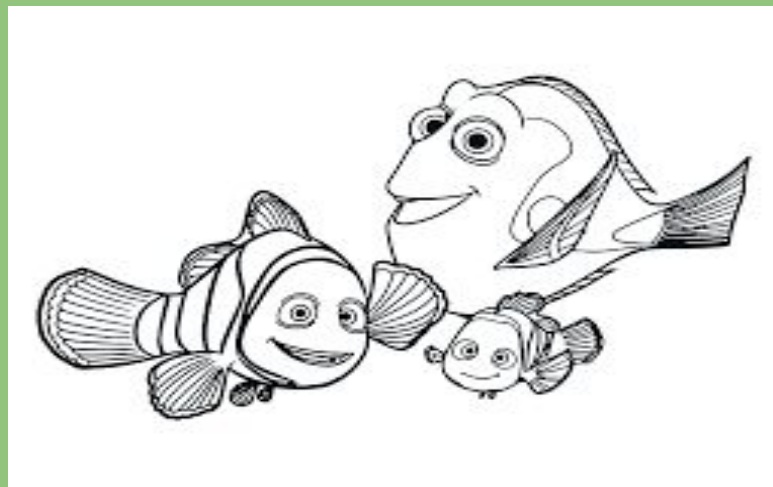
Crown & Tiara making:
Construction paper, glitter, gems,
scissors.

Have campers begin by
decorating the crown to their
liking and then help them
measure it to their head (draw a
line) and staple on the line!

ARTS & CRAFTS:



Paper plate aquarium: Glue, construction paper, jems, Seashells have them color in photos of nemo and dory. Have Construction paper cut out and have campers glue it on to the front of a paper plate, let campers color in nemo, and dory and have them glue all different types of decorations onto plate, to help them make it their own!



ACTIVITY: MAKING ELSA'S SNOW

1. Baking Soda
2. Conditioner

Measure out 3 cups of baking soda and place them in a bin your campers can play in.

Add 1/2 a cup of conditioner and mix it together with your hands.

Then hand it over to your campers to play!

The baking soda and conditioner mix together to form a soft snow-like substance that you can shape and play with.

Cookie cutters work well for making shapes, and of course, you can make a little snowman.



GAMES: FROZEN THEMED TAG:

Choose one camper to be “it.” This person will represent Elsa as she has the ability to freeze things. Have the other campers spread out within the playing area. When the “it” camper tags another camper, they must “freeze,” assuming their fun active pose. Campers are “thawed” when another camper mirrors their pose for a count of five. Campers attempting to unfreeze another camper cannot be tagged while mirroring the pose. After a designated amount of time, choose a new camper to be “elsa.”

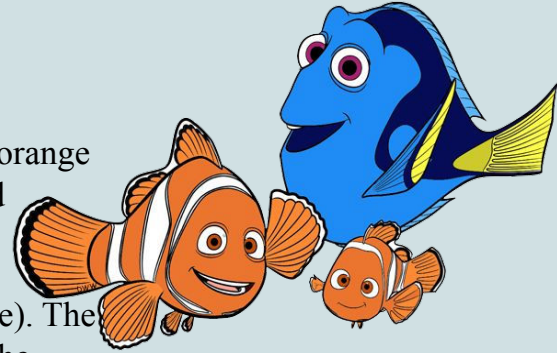


GAMES: NEMO & DORY TAG

Focus: Arrange the hula hoops so that the two blue are together on one side of the gym and the green is on the other side opposite the blues. Explain to the campers that Nemo is lost. Marlin, Nemo's father, who is an orange clownfish (orange pinnie) and Dory, Marlin's friend, a blue fish, (blue pinnie) are trying to rescue Nemo out of a fish tank (blue hoops) and bring him back to the ocean. BUT there are many dangerous fish that Nemo, Marlin and Dory need to watch out for (3 red pinnies).

Here's how to play: Pick campers to be: Marlin (orange pinnie) Dory (blue pinnie) 3 Dangerous fish (3 red pinnies)

Marlin and Dory start at the green hula (their home). The dangerous fish are trying to gently tag the rest of the class (NEMOS). If tagged they must go to a blue hula (fish tank). Marlin and Dory's job is to free (tag on the hand to re-enter the game) any Nemo in a fish tank without getting tagged by the 3 dangerous fish. Marlin and Dory are only safe in their home and can't be tagged by any dangerous fish there. The game is over when the 3 dangerous fish capture BOTH Marlin and Dory. If the 3 dangerous fish are having a hard time tagging BOTH Marlin and Dory stop the game and change positions (Marlin, Dory, Nemo, and Dangerous Fish). Cool Down/Closure: Tell students to act like a fish. Tell them to act like a crab. Now a whale. Now a shark. And so on.



GAME: KEEP UP THE BALLOONS!

Enough filled balloons to have one for each camper, three bags full of balloons

Have campers get into groups and start practicing hitting a balloon back and forth to each other.

Divide gym into thirds. Each of the 3 sections will have one bag of balloons placed in it. The space will be divided evenly among the 3 sections of the gym.

The campers need to work collaboratively to keep all balloons in the air and within the boundaries. If a balloon touches the ground or goes out of the boundaries, that team is out. The last team to keep the balloons in the air without it touching the ground or going out of boundaries wins.



GAMES: MAGIC CARPET RIDE

Divide the class into two teams. Line them up on one end of the court. Have cones set up down the court. One person in the team must be a “Jasmine” which must sit on a scooter board and hold a rope/noodle. The rest of the team are “Aladdin’s” and one at a time must take hold of the rope/noodle in Jasmine’s hand and pull them on the scooter board across the court while maneuvering through the cones and back. The first team to sit down wins.



GAMES: CAPTURE CINDERELLA'S SLIPPER:

Have the campers Break into two teams. You can select teams! Aim for a balanced mix of ages, sizes, and fitness levels for each team if you can Divide the playing area into equal-sized territories, one for each team. You can use chalk, cones, tape, or landmarks such as trees or sidewalks to mark boundaries and make sure each player understands the lay of the land. Place one flag into each territory. This can be done by a representative from each team or a neutral person who isn't playing. The flag (slipper) can be mostly hidden, but some part of it must be visible. Once it's placed, the flag can't be moved by its home team. When the game begins, players try to cross into opposing teams' territories to grab their flags. Some teams might strategize beforehand and designate some players as seekers (who will go on the offense to try to find the other team's flag) and others as guards (who will protect their own flag). Teams should not guard their flags (slippers) too closely, as it makes it too challenging. One way to do this is to disallow players to be within 10 feet of their own flag unless an opposing team's player is present. When a player is in an opposing team's territory, they can be captured by that team's players. If they tag the player, the player must either be tagged by one of their own players or perform a task—say, five jumping jacks or three push-ups—before returning to their own territory. The game ends when one team has successfully grabbed the flag(s) from the other team or teams and returned to their own territory.



WATER ACTIVITIES:

Water Limbo: We will use a garden hose or a sprinkler to create a water limbo line. Campers will then take turns trying to limbo under the stream of water without getting wet. Lower the water stream after each round. The camper who can limbo the lowest without getting wet wins.



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WATER ACTIVITIES:

Sponge Relay Race: Divide campers into teams. Place a large bucket of water at one end of the playing area and an empty bucket at the other end. Each team member soaks a sponge in the water bucket, runs to the empty bucket, squeezes the water from the sponge into the bucket, and runs back to tag the next team member. The first team to fill their bucket to a certain level wins



WATER ACTIVITIES:

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YOGA:

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DANCE & MOVEMENT:

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<https://www.youtube.com/watch?v=CxgD9P-kMjE>

<https://www.youtube.com/watch?v=YtflWHgE26c> (Freeze dance)

<https://www.youtube.com/watch?v=SH-7A3NVQbY>

<https://www.youtube.com/watch?v=ida5qW0CFh0>



Week 5: Superhero week

DESCRIPTION:

During week five, campers will explore five exciting superhero-themed arts and crafts projects and engage in outdoor games before winding down with a relaxing yoga session. Each day, they'll get closer to completing their very own superhero costume through our crafting activities. It's a week where every camper gets to unleash their inner hero!

ARTS & CRAFTS:

Campers will start their week off by designing a paper shield of their choice of superhero! We will use duck tape on the back of the shield to serve the purpose of a handle.



ARTS & CRAFTS:

Campers will receive popsicle sticks in which they will decorate to look like superheroes with construction paper and googly eyes.



ARTS & CRAFTS:

Campers will design their own superhero eye masks or crowns with construction paper!



ARTS & CRAFTS:

Campers may design their own super hero cuffs using toilet paper rolls which will be cut to be easily accessible to put on and off!



ARTS & CRAFTS:

Campers will then design their very own cape to complete the look of a superhero using cloth and ribbon!



INTERACTIVE ACTIVITIES:

- Who is your favorite superhero?
- What superhero powers would you like to have?
- If you were a superhero, what color would your costume be?
- Name the superheroes you know.
- If you were a superhero, who would you like to help?
- Name an accessory that is used by superheroes.
- What would your superhero name be?

GAMES & ACTIVITIES:

Superhero training: We will play fast-paced music and invite children to perform various aerobic exercises to the beat. We will invite campers to suggest unique moves and exercises.



GAMES & ACTIVITIES:

Campers must walk across the balance beam without falling off, focusing on balance and coordination. To increase difficulty, introduce obstacles like foam obstacles to dodge or weighted objects to carry while crossing. Create a zigzagging course with multiple balance beams at different heights and angles, challenging campers to navigate through them without touching the ground.

Tug-of-War (Strength Test): Setup: Mark a centerline on the ground and place a marker or flag in the middle to serve as the "prize." Challenge: Divide campers into two teams and have them compete in a classic tug-of-war. The team that successfully pulls the opposing team across the center line or retrieves the marker wins the round.

Agility Course (Speed Dash): Setup: Create a course with cones, agility hurdles, tires, and other obstacles arranged in a challenging layout. Challenge: Campers must navigate the agility course as quickly as possible, sprinting between obstacles, jumping over hurdles, and weaving through cones. Time each camper individually or compete in relay races to see which team completes the course fastest.



GAMES & ACTIVITIES:

Superhero Water Balloon Toss: Pair campers up and give each duo a beach towel to use as a "cape." They must work together to toss a water balloon back and forth, taking a step back after each successful catch. The team that can toss the balloon the farthest without breaking it wins.



GAMES & ACTIVITIES:

Superhero Water Relay: Set up a relay race where teams must transport water from one end of the course to the other using superhero-themed containers (buckets, sponges). Campers must use their super strength (teamwork) to carry the water without spilling and fill a large container at the finish line. The team that fills their container first wins.



GAMES & ACTIVITIES:

Heroic Capture the Flag: Divide campers into two teams, each with their own "Fortress of Solitude" (base). Place a flag representing a valuable artifact or item in each fortress. The goal is for teams to infiltrate the opposing team's fortress, capture their flag, and return it to their own fortress without getting tagged by defenders.



WATER ACTIVITIES:

Drip, Drip, Splash!: This game is similar to "Duck, Duck, Goose." Children sit in a circle, and one child walks around the outside of the circle with a small cup of water. Instead of saying "duck" or "goose," they say "drip." When they say "splash," they dump the cup of water on the child they're behind, who then chases them around the circle.



WATER ACTIVITIES:

Sponge Relay Race: Divide campers into teams. Place a large bucket of water at one end of the playing area and an empty bucket at the other end. Each team member soaks a sponge in the water bucket, runs to the empty bucket, squeezes the water from the sponge into the bucket, and runs back to tag the next team member. The first team to fill their bucket to a certain level wins



WATER ACTIVITIES:

Water Balloon Hot Potato:
Campers sit in a circle passing a water balloon around while music plays. When the music stops, whoever is holding the balloon must pop it over their head, getting wet in the process.



WATER ACTIVITIES:

Water Freeze Dance: Play music and have campers dance around while someone sprays them with a water hose or a water gun.

When the music stops, campers must freeze in place. Anyone caught moving after the music stops is out. The last camper remaining wins.



WATER ACTIVITIES:

Water Tag: One camper is designated as "it" and tries to tag other campers by spraying them with a foam water squirter. Once tagged, a camper becomes "it" and the game continues.



YOGA:

Yoga will be held once a week on wednesday for the campers to relax and unwind after a fun day in the summer sun!



DANCE & MOVEMENT:

<https://www.google.com/search?q=super+hero+dance+videos&og=super+hero+dance+videos&aqs=chrome..69i57j0i22i30i2.7484j0j7&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:17efc69d.vid:Py4fhsx3Ct4.st:0>

<https://www.youtube.com/watch?v=ndPsdD04de0>

<https://www.youtube.com/watch?v=s3tkAVHrCo>

https://www.google.com/search?q=super+heroes+dance+and+movement&sca_esv=82662e44566a7af0&sca_upv=1&biw=1470&bih=731&tbm=vid&s_xsr=ACQVn08jWLxaw69IxzCIpyAoiE2T5DSEg%3A1712183334589&ei=JtgNZonNI9HdptQP8Ky8uAo&ved=0ahUKEwiJ-Mr7i6eFAxXRrokEHXAWD6cQ4dUDCA0&uact=5&og=super+heroes+dance+and+movement&gs_l=Ep1nd3Mtd2l6LXZpZGVvIh9zdXBldiBoZXJvZXMgZGFuY2UgYW5kIG1vdmVtZW50MgcQIRgKKGKABMgcQIRgKKGKABSMdhULUCWIBfcAF4AJABAJgBzwGgAakPggEGMTYuNC4xuAEDyAEA-AEBmAIWoALuD8lCBBAjGcFCAGoQABiABBgUGlcCwgIFEAAYgATCAgcQABiABBgKwgllEAAYgAQYiqUYkQLCAgYQABgWGB7CAgoQABgWGB4YDxgKwgllEAAYFhgeGARCAgcQABiABBgNwgllEAAYHhgNwgllEAAYCBgeGA3CAgsQABiABBiKBRiGA5gDAIqGAZIHBjE3LjQuMaAHx3E&scient=gws-wiz-video#fpstate=ive&vld=cid:66905273.vid:6zopNfSNhQ4.st:0

https://www.youtube.com/watch?v=99ITsTEIb_4

<https://www.youtube.com/watch?v=6VUZr4XKEyY>

<https://www.youtube.com/watch?v=FT8kfPvCgd0>



WEEK 6: AROUND THE WORLD

DESCRIPTION:

In week six, campers will embark on a journey exploring five thrilling arts and crafts projects inspired by cultures around the world, along with engaging outdoor games. They'll then unwind with a peaceful yoga session, rounding off their day with relaxation and cultural exploration.

ARTS & CRAFTS:

Campers will receive a paper plate or white piece of paper in which they will decorate with green and blue and a red cut out heart in the middle they will then trace their hands and cut them out and wrap it around the model like world to make it look like their holding the earth!



ARTS & CRAFTS:

Prepare the Cardboard Tube, Ensure that one end of the tube is securely closed by folding it over and gluing it shut. Create the Rain Sound Effect: Cut a piece of aluminum foil that is slightly longer than the cardboard tube. Crumple the aluminum foil into a long, thin strip and then unroll it gently. This creates ridges and valleys that will help create the sound of rain when the beads or beans fall through. Wrap the aluminum foil around the outside of the cardboard tube and secure it in place using glue or tape. Ensure that it is wrapped tightly and that there are no gaps between the foil and the tube. Pour small beads, rice or dry beans into the open end of the cardboard tube. Once you've added the fillings, close the open end of the cardboard tube by folding it over and gluing it shut securely. Make sure it is tightly sealed to prevent the fillings from escaping. Campers can decorate the outside of the rain stick with paint, markers, stickers, or colored tape. Allow the rain stick to dry completely before using it. This ensures that the glue and decorations are firmly in place.



ARTS & CRAFTS:

Chinese Paper Fans:
Decorate plain paper or
colored construction paper
with markers or stickers.
Then, fold the paper
accordion-style to create a
fan shape.



ARTS & CRAFTS:

African Safari Binoculars: Tape two toilet paper rolls together side by side. Decorate them with animal stickers or drawings of safari animals. Attach a string or ribbon to wear around the neck.



ARTS & CRAFTS:

Greek Laurel Wreath Crowns:
Using green construction paper or real leaves, kids can make laurel wreath crowns like those worn by ancient Greek athletes and scholars. Cut out leaf shapes and attach them to a headband or circular base.



GAMES & ACTIVITIES:

Octopus Tag (Scandinavia): One player is the "octopus" and stands in the middle of the playing area. The others try to run from one side to the other without being tagged. Once tagged, they join hands with the octopus to tag others.



GAMES & ACTIVITIES:

Russian Egg and Spoon Race: Campers balance a hard-boiled egg (fake egg) on a spoon and race to the finish line without dropping it. Divide the campers into teams, with an equal number of players on each team. Each team should have an egg and spoon for every participant. Set up a starting line where all the teams will begin the race. One camper will race down and back and hand it off to their next teammate. If a camper drops the egg, they must return to the starting line and begin again. The first team to successfully cross the finishing line with all team members completing the race without dropping the egg wins the relay.



GAMES & ACTIVITIES:

Soccer, also known as football in most countries, is one of the most popular sports worldwide. Divide campers into two equal teams and select one camper from each team to be the goalie. Then have campers start each match with a kickoff from the center of the field. Campers will play for 15 minutes and then have a water break and then play for another 15 minutes!



GAMES & ACTIVITIES:

Rugby originated in the United Kingdom, There are two teams, each with players wearing similar jerseys. One team tries to carry the ball over the opponent's goal line to score, while the other team tries to stop them and take the ball. One team kicks the ball to the other team to start the match. The receiving team tries to catch the ball and run it back to advance toward the opponent's goal. players can pass the ball to teammates by throwing it backward or sideways. They can also run with the ball but must pass it before they get tackled. points are scored by touching the ball down over the opponent's goal line. This is called a "try" and is worth 5 points. After scoring a try, the team gets a chance to kick the ball through the goalposts for extra points. Tackles must be made below the shoulders and without dangerous moves.



GAMES & ACTIVITIES:

Dodgeball: Campers throw dodgeballs at members of the opposing team while simultaneously trying to avoid being hit themselves. Players can dodge, duck, dive, or use obstacles for cover. When a camper is hit by a ball thrown by an opponent and it touches them or the ground, they are considered "out." They then exit the playing area and sit on the sidelines or in a designated area until the next round. If a camper catches a ball thrown by an opponent before it touches the ground, the thrower is out, and the catcher can bring one of their teammates back into the game. The game continues until all members of one team are eliminated, making the opposing team the winners.



WATER ACTIVITIES:

Sponge Relay Race: Divide campers into teams. Place a large bucket of water at one end of the playing area and an empty bucket at the other end. Each team member soaks a sponge in the water bucket, runs to the empty bucket, squeezes the water from the sponge into the bucket, and runs back to tag the next team member. The first team to fill their bucket to a certain level wins



WATER ACTIVITIES:

Water Freeze Dance: Play music and have campers dance around while someone sprays them with a water hose or a water gun. When the music stops, campers must freeze in place. Anyone caught moving after the music stops is out. The last camper remaining wins.



WATER ACTIVITIES:

Water Balloon Hot Potato:
Campers sit in a circle passing a water balloon around while music plays. When the music stops, whoever is holding the balloon must pop it over their head, getting wet in the process.



WATER ACTIVITIES:

Drip, Drip, Splash!: This game is similar to "Duck, Duck, Goose." Children sit in a circle, and one child walks around the outside of the circle with a small cup of water. Instead of saying "duck" or "goose," they say "drip." When they say "splash," they dump the cup of water on the child they're behind, who then chases them around the circle.



WATER ACTIVITIES:

Water Tag: One camper is designated as "it" and tries to tag other campers by spraying them with a foam water squirter. Once tagged, a camper becomes "it" and the game continues.



YOGA:

Yoga will be held once a week on wednesday for the campers to relax and unwind after a fun day in the summer sun!



DANCE & MOVEMENT:

<https://www.youtube.com/watch?v=vAUCJsbjEQo>

https://www.youtube.com/watch?v=GbmfgYz_CpE

<https://www.youtube.com/watch?v=-AaQoWSwnss>

<https://www.youtube.com/watch?v=WWNWVDzLM9c>

<https://www.youtube.com/watch?v=s82T4hbf6U>

<https://www.youtube.com/watch?v=WujAd65ra54>

A stage with red curtains and a circular platform with lights. The text "WEEK 7: GROVELAND'S GOT TALENT" is overlaid on the image.

WEEK 7: GROVELAND'S GOT TALENT

DESCRIPTION:

In week seven, campers will immerse themselves in five exciting arts and crafts projects and partake in engaging outdoor games. Each day, they'll dedicate time to crafting their perfect talent act, culminating in a talent show for the entire camp on Friday! Afterwards, they'll relax with a peaceful yoga session, winding down after their day of creativity and fun.

ARTS & CRAFTS:

Campers can make
friendship bracelets!!



ARTS & CRAFTS:

Rock Painting: Choose smooth rocks or stones from your garden, a park, or a craft store. Look for rocks with flat surfaces that are easy to paint on. Wash the rocks with soap and water to remove any dirt or debris. Let them dry completely before starting to paint. & go ahead and paint and decorate!



ARTS & CRAFTS:

Wind Chimes: Gather small metal or wooden objects like keys, bottle caps, or beads. String them onto a piece of yarn or fishing line, then hang the strings from a stick or branch to create a homemade wind chime.



ARTS & CRAFTS:

Tie-Dye T-Shirts: We will provide plain white t-shirts and fabric dye in various colors. Campers can twist, fold, and scrunch the shirts before applying the dye to create unique tie-dye patterns.



GAMES & ACTIVITIES:

Obstacle Course: We will set up an obstacle course with various challenges such as crawling under ropes, and balancing on beams. We will time each camper as they navigate the course!

Everyone's a winner!!



GAMES & ACTIVITIES:

Giant Jenga: Create a giant Jenga set using large wooden blocks. Campers take turns removing blocks from the tower and stacking them on top until it collapses.



GAMES & ACTIVITIES:

Ultimate frisbee: Divide campers into two teams, with each team lining up on opposite ends of the playing field. Designate end zones at each end of the field. Begin with a "pull," where one team throws the Frisbee to the other team to start the game. The team that catches the Frisbee starts with possession. Players move the Frisbee down the field by passing it to teammates. The player with the Frisbee cannot run with it; they must establish a pivot foot and can only pass it to teammates. Points are scored when a player catches the Frisbee in the opposing team's end zone. The scoring team gains one point, and play restarts with a pull from the scoring team to the other team. If the Frisbee is dropped, intercepted, or goes out of bounds, possession changes to the other team. The opposing team then starts their possession from where the Frisbee went out of bounds or where it was caught/intercepted.



GAMES & ACTIVITIES:

Hot Potato: Campers sit in a circle and pass a small object (the "hot potato") around while music plays. When the music stops, the camper holding the potato is out.



GAMES & ACTIVITIES:

Campers can decide what talent you or your group would like to showcase. It could be singing, dancing, playing a musical instrument, telling jokes, performing a skit, magic tricks, or any other talent you have. Rehearse your act multiple times, focusing on areas that need improvement. Campers will have time each day to rehearse their acts! The talent show will be held at the end of the week for all of camp to enjoy!



WATER ACTIVITIES:

Drip, Drip, Splash!: This game is similar to "Duck, Duck, Goose." Children sit in a circle, and one child walks around the outside of the circle with a small cup of water. Instead of saying "duck" or "goose," they say "drip." When they say "splash," they dump the cup of water on the child they're behind, who then chases them around the circle.



WATER ACTIVITIES:

Water Limbo: We will use a garden hose or a sprinkler to create a water limbo line. Campers will then take turns trying to limbo under the stream of water without getting wet. Lower the water stream after each round. The camper who can limbo the lowest without getting wet wins.



WATER ACTIVITIES:

Water Tag: One camper is designated as "it" and tries to tag other campers by spraying them with a foam water squirter. Once tagged, a camper becomes "it" and the game continues.



WATER ACTIVITIES:

Sponge Relay Race: Divide campers into teams. Place a large bucket of water at one end of the playing area and an empty bucket at the other end. Each team member soaks a sponge in the water bucket, runs to the empty bucket, squeezes the water from the sponge into the bucket, and runs back to tag the next team member. The first team to fill their bucket to a certain level wins



WATER ACTIVITIES:

Water Freeze Dance: Play music and have campers dance around while someone sprays them with a water hose or a water gun. When the music stops, campers must freeze in place. Anyone caught moving after the music stops is out. The last camper remaining wins.



YOGA:

Yoga will be held once a week on wednesday for the campers to relax and unwind after a fun day in the summer sun!



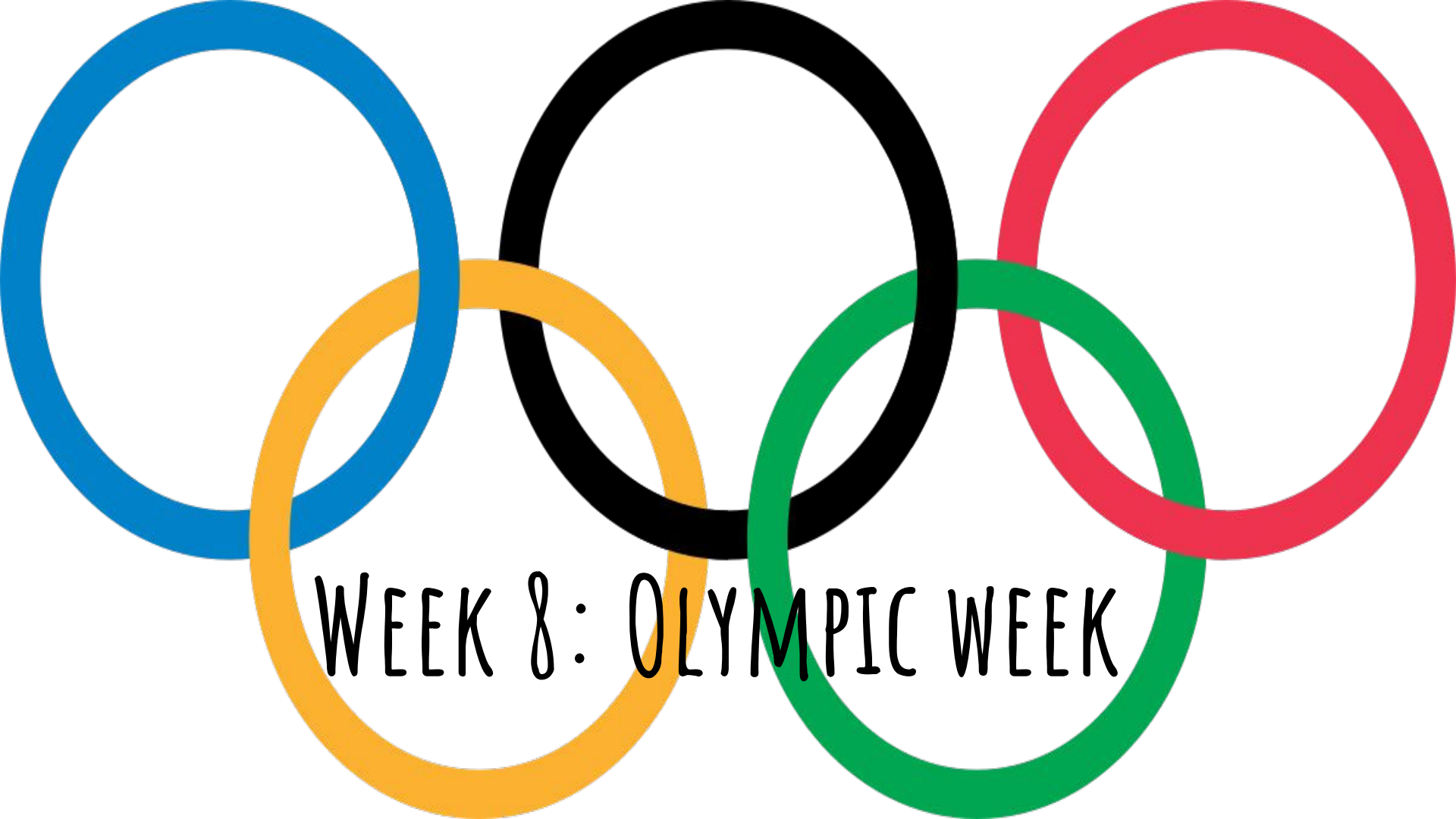
DANCE & MOVEMENT:

<https://www.youtube.com/watch?v=Ltpl29rIM2c>

<https://www.youtube.com/watch?v=UXur24WJtYg>

https://www.youtube.com/watch?v=sHd2s_saYsQ

https://www.google.com/search?sca_esv=80979d232755066a&sca_upv=1&sxsrf=ACQVn0_bK0ZbANlzPALC-QFh47dFN9FCOg:1712516620571&q=dance+videos+for+kids&tbm=vid&source=lnms&prmd=visnbmtz&sa=X&ved=2ahUKEwjw69zG5bCFAxWKF1kFHciZAYgQ0pQJegQIERAB&biw=1470&bih=726&dpr=2#fpstate=ive&vld=cid:1214b06b,vid:UwLb8STo9Wk,st:0



WEEK 8: OLYMPIC WEEK

DESCRIPTION:

During week eight, campers will dive into five exciting arts and crafts projects inspired by the Olympics, alongside engaging outdoor games also influenced by the Olympic spirit. Each day, they'll strive to earn points for their team, aiming to emerge victorious in the Camp Olympics!

Afterwards, they'll wind down with a peaceful yoga session, providing a perfect end to a day filled with creativity and fun.

ARTS & CRAFTS:

Campers will use a rolled up piece of paper and tissue paper to make the olympic torch!



ARTS & CRAFTS:

Campers will use the outer part of a paper plate in which they will color and connect to make the olympic rings!



ARTS & CRAFTS:

Campers will use cut out circle pieces of cardboard and ribbon to make their very own olympic medals!



ARTS & CRAFTS:

Campers will use their handprints to symbolize the olympic rings!!



ARTS & CRAFTS:

Campers will have the opportunity to make olympic inspired bracelets!



GAMES & ACTIVITIES:

Tug of War: Set up a tug of war competition between teams of campers. Use a sturdy rope and mark a line on the ground. The team that pulls the rope past the line wins.



GAMES & ACTIVITIES:

Capture the Flag: Divide campers into two teams and set up a playing area with designated jail zones and a central flag. The objective is for each team to capture the other team's flag and bring it back to their own base without getting tagged.



GAMES & ACTIVITIES:

Wheelbarrow Race Relay: One camper holds the ankles of their partner, who walks on their hands like a wheelbarrow. They race to a designated point and back. Then, the roles switch, and the other pair races.



GAMES & ACTIVITIES:

Hula Hoop Pass Relay: Campers pass a hula hoop down the line without letting go of each other's hands. Once the hula hoop reaches the last person, they run to the front of the line and continue passing it.



GAMES & ACTIVITIES:

Balloon Between Knees

Relay: Campers hold a balloon between their knees and race to a designated point and back without dropping the balloon. If the balloon falls, they must stop and pick it up before continuing.



WATER ACTIVITIES:

Drip, Drip, Splash!: This game is similar to "Duck, Duck, Goose." Children sit in a circle, and one child walks around the outside of the circle with a small cup of water. Instead of saying "duck" or "goose," they say "drip." When they say "splash," they dump the cup of water on the child they're behind, who then chases them around the circle.



WATER ACTIVITIES:

Water Limbo: We will use a garden hose or a sprinkler to create a water limbo line. Campers will then take turns trying to limbo under the stream of water without getting wet. Lower the water stream after each round. The camper who can limbo the lowest without getting wet wins.



WATER ACTIVITIES:

Sponge Relay: Fill two buckets with water and place them at opposite ends of a field. Divide campers into teams and give each team a large sponge. Campers must soak the sponge in the bucket of water, run to the other end of the field, and squeeze the water into a empty bucket. The team that fills their bucket first wins.



WATER ACTIVITIES:

Water Balloon Toss: Divide campers into pairs and give each pair a water balloon. Have them toss the water balloon back and forth, taking a step back after each successful catch. The pair that tosses the balloon the farthest distance without it breaking wins.



WATER ACTIVITIES:

Water Freeze Dance: Play music and have campers dance around while someone sprays them with a water hose or a water gun.

When the music stops, campers must freeze in place. Anyone caught moving after the music stops is out. The last camper remaining wins.



WATER ACTIVITIES:

Water Balloon Hot Potato:
Campers sit in a circle passing a water balloon around while music plays. When the music stops, whoever is holding the balloon must pop it over their head, getting wet in the process.



YOGA:

Yoga will be held once a week on wednesday for the campers to relax and unwind after a fun day in the summer sun!



DANCE & MOVEMENT:

<https://www.youtube.com/watch?v=94WvddHyiVA>

<https://www.youtube.com/watch?v=zuxtKNuxUWk>

<https://www.youtube.com/watch?v=Olwk4zXo-Dk>

<https://www.youtube.com/watch?v=H874cuJJJA4>

https://www.google.com/search?q=dance+videos+for+kids&sca_esv=80979d232755066a&sca_upv=1&biw=1470&bih=726&tbm=vid&sxsr=ACQVn09jb7T3MDEorM42EOuW4o8GgVkuQw%3A1712516553974&ei=ye0SZvf1Opfk5NoPxPScwAQ&ved=0ahUKEwi3_vum5bCFAXUXMIkFHUQ6B0gQ4dUDCA0&uact=5&oq=dance+videos+for+kids&gs_lp=Eg1nd3Mtd2l6LXZpZGVvIhVkJkYW5jZSB2aWRlb3MgZm9yIGtpZHM5CxAAGIAEGIoFGJECMgYQABgHGB4yBhAAGAcYHjIGEAAYBxgeMgYQABgHGB4yBhAAGAcYHjIGEAAYBxgeMgYQABgHGB4yBhAAGAcYHjIGEAAYBxgeSI8cUJMQWMIYcAF4AJABAJgB0wGgAZEFqgEFMS4yLjG4AQPIAQD4AQGYAgSgAuwDmAMAIAYBkqcfMi4xLjGgB74S&sclient=gws-wiz-video#fpstate=ive&vld=cid:8eb6a8ff.vid:XDJHcUkkjHA.st:0

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