









Adult – Week 1

ONLINE ACTIVITIES

Splash Into Summer



Monday June 29 th	Tuesday June 30 th	Wednesday July 1 st	Thursday July 2 nd	Friday July 3 rd
MYSTERY MONDAY		HOLIDAY – NO CAMP		EXCURSION FRIDAY
9:00 AM RED BALL >huddle	9:00 AM 2 TRUTHS AND 1 LIE >huddle		9:00 AM ZOOMED IN >huddle	9:00 AM HOUSEHOLD SCAVENGER HUNT >huddle
9:30 – 11:00 AM 1:1 TIME TOGETHER 	9:30 – 11:00 AM 1:1 TIME TOGETHER 		9:30 – 11:00 AM 1:1 TIME TOGETHER 	9:30 – 11:00 AM 1:1 TIME TOGETHER 
11:00 AM TEAM LEAD ACTIVITY Camp Activity Planned by Your Team Lead!	11:00 AM EXPRESSIVE ARTS Aromatic Stress Balls		11:00 AM ESSENTIAL SKILLS Plastic Bag Ice Cream	11:00 AM VIRTUAL FIELD TRIP Maritime Aquarium All About Sea Turtles
12:00 PM LUNCH BREAK	12:00 PM LUNCH BREAK		12:00 PM LUNCH BREAK	12:00 PM LUNCH BREAK
1:00 PM MYSTERY ACTIVITY ??????	1:00 PM RECREATION & MOTOR Zumba		1:00 PM WATER FIGHT Water Balloons & Super Soakers Provided!	1:00 PM LUAU DANCE PARTY Lei Provided! <i>- All Camp Participants Invited -</i>
1:45 – 2:45 PM 1:1 TIME TOGETHER 	1:45 – 2:45 PM 1:1 TIME TOGETHER 		1:45 – 2:45 PM 1:1 TIME TOGETHER 	1:45 – 2:45 PM 1:1 TIME TOGETHER 
2:45PM WIND DOWN	2:45PM WIND DOWN		2:45PM WIND DOWN	2:45PM WIND DOWN

LEGEND:  = 1:1 Time With Your AdaptAbilities Staff  = Online Group Activities

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ACTIVITY	DESCRIPTION	MATERIALS PROVIDED	MATERIALS NEEDED
PERLER BEAD KEYCHAINS	Make a keychain for yourself or a friend!	<ul style="list-style-type: none"> - Perler Beads - Plastic Tray - Parchment Paper - Keychain Ring <p>→ See included instructions.</p>	<ul style="list-style-type: none"> - Iron - Ironing Board
GAMETime	Great indoor activity for rainy and cold days.	<ul style="list-style-type: none"> - Various Games can be signed out by RCS staff from Hearts In Action Resource Catalogue! <p>→ Must be signed out before the upcoming week of camp.</p>	- Already have some games you love to play!? Our RCS Staff can't wait to play your favourite games!
PLAYGROUND, BASKETBALL COURT, SOCCER FIELD	Find places to play near you!	→ N/A	N/A
TARGET PRACTICE	<p>On a fence or sidewalk:</p> <ol style="list-style-type: none"> 1. Draw a target with chalk 2. Using wet sponges... ready, aim, fire! <p>Consider writing names, letters, or math problems to throw at and solve!</p>	<ul style="list-style-type: none"> - Colourful Chalk - Sponges 	- Water (small bucket filled)
SQUIRT GUN RACES	See who can move the target most, using squirt guns!	<ul style="list-style-type: none"> - String - Duct Tape - 2 Plastic Cups - 1 Squirt Guns <p>Activity Link: https://www.thisgrandmaisfun.com/squirt-gun-races/</p>	<ul style="list-style-type: none"> - Scissors - Water
WATER BALLOON VOLLEYBALL	A new take on volleyball!	<ul style="list-style-type: none"> - Water Balloons <p>Activity Link: https://www.itsalwaysautumn.com/water-balloon-volleyball-hilarious-summer-water-game.html</p>	<ul style="list-style-type: none"> - Hose - Blanket or Towel

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<p>CRAB SOCCER</p>	<p>Just like soccer... but with a crustacean twist! Play this fun game in the 'Crab Walk' position.</p>	<p>Activity Link: https://kidfriendlythingstodo.com/crab-soccer-a-fun-soccer-game-for-kids-and-teens-kid-friendly-things-to-do/</p>	<p>- Soccer Ball or Sport Ball (The smaller the harder it is) - Pylons (for goal markers)</p>
<p>WATER WAR</p>	<p>The classic game of War... with a watery twist!</p>	<p>- 1 Deck of Cards - 8 Plastic Cups (filled with water)</p> <p>Activity Link: https://www.kroger.com/home-tips/hosting-tips/water-war-outdoor-game-for-kids#_a5y_p=5703070</p>	<p>- Pitcher of Water</p>
<p>KOOL-AID LIP GLOSS</p>	<p>A summer spin on lip gloss! <i>If the camper would prefer to drink Kool-Aid they can do that as well!</i></p>	<p>- 2 Tablespoons of Coconut Oil or Vaseline - 1/2 Package of Kool-Aid - 1 Teaspoon of Sugar - 1 Small Container</p> <p>Activity Link: https://adventuresinallthingsfood.blogspot.com/2014/04/make-your-own-kool-aid-lip-gloss.html</p>	<p>- Water (enough to form a paste) - Whisk - Bowl</p>