














# Child + Pre-Teen – Week 1

## ONLINE ACTIVITIES

# Splash Into Summer



Monday June 29 <sup>th</sup>	Tuesday June 30 <sup>th</sup>	Wednesday July 1 <sup>st</sup>	Thursday July 2 <sup>nd</sup>	Friday July 3 <sup>rd</sup>
<b>MYSTERY MONDAY</b>		<b>HOLIDAY – NO CAMP</b>		<b>EXCURSION FRIDAY</b>
9:00 AM STARFISH YOGA 	9:00 AM SIMON SAYS 		9:00 AM MUSICAL CHAIRS 	9:00 AM SHOW & TELL 
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 Button Fish Creation		11:00 AM ESSENTIAL SKILLS Beach Pudding Cakes	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 Obstacle Course		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
SLIME TIME	A fun and calming sensory activity.	<ul style="list-style-type: none"> <li>- White Glue (2/3 cup)</li> <li>- Baking Soda (1/2 tsp)</li> <li>- Shaving Cream (2.5 cups)</li> <li>- Contact Solution (1.5 tbsp.)</li> </ul> <p>→ See included instructions.</p>	<ul style="list-style-type: none"> <li>- Large Mixing Bowl</li> <li>- Water (1/4 cup)</li> </ul>
*SEAVENGER HUNT*	Find scavenger hunt items around the house and in the neighbourhood.	<ul style="list-style-type: none"> <li>- Scavenger Hunt Item List</li> </ul>	<ul style="list-style-type: none"> <li>- Bucket (to collect items)</li> </ul>
PERLER BEAD KEYCHAINS	Make a keychain for yourself or a friend!	<ul style="list-style-type: none"> <li>- Perler Beads</li> <li>- Plastic Tray</li> <li>- Parchment Paper</li> <li>- Keychain Ring</li> </ul> <p>→ See included instructions.</p>	<ul style="list-style-type: none"> <li>- Iron</li> <li>- Ironing Board</li> </ul> <p><i>*adult assistance required*</i></p>
BAKING SODA SIDEWALK PAINT	A fun twist on sidewalk chalk!	<ul style="list-style-type: none"> <li>- Cornstarch (3/4 cup x3)</li> <li>- Baking Soda (3/4 cup x3)</li> <li>- Food Colouring (3 colours)</li> <li>- 3 Squeeze Bottles</li> </ul> <p>→ See included instructions.</p>	<ul style="list-style-type: none"> <li>- 3x Medium Mixing Bowls</li> </ul> <p><i>*can wash and reuse one bowl*</i></p> <ul style="list-style-type: none"> <li>- Warm Water</li> </ul>
GAME Time	Great indoor activity for rainy and cold days.	<ul style="list-style-type: none"> <li>- Various Games can be signed out by RCS staff from Hearts In Action Resource Catalogue!</li> </ul> <p><i>Must be signed out before the upcoming week of camp.</i></p>	<ul style="list-style-type: none"> <li>- Already have some games you love to play!? Our RCS Staff can't wait to play your favourite games!</li> </ul>
PLAYGROUND	Playgrounds are now open!	N/A	N/A

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<b>GUESS THE OCEAN ANIMAL</b>	A calming YouTube video in which participants can try to guess which sounds each ocean animal makes. Great calming activity!	Search: Sea Mammals and their Sounds (By: Learning Gone Wild)  <a href="https://www.youtube.com/watch?v=pz3UytMUrfE">https://www.youtube.com/watch?v=pz3UytMUrfE</a>	- Computer, Laptop, or Tablet
<b>WHIPPED BUBBLES</b>	Whip together some fantastic colourful bubbles by mixing water and food colouring together.  Note: Great outdoor activity	- 1/4 Cup of Bubble Bath - 1-2 Drops of Food Colouring	- Hand Mixer or Whisk - 1/2 Cup of Water - 1-3 Bowls
<b>OCEAN BINGO</b>	An oceanic twist on classic BINGO!	- Ocean Bingo Sheet - Bingo Dotter - Bingo Cards	N/A
<b>WATER OLYMPICS</b>	Spend a day in the sun and create a course of water theme Olympic activities.	- Water Balloons	- Sprinkler, Water Guns - Pylons - Other Available Equipment