














Primary – 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 STARFISH YOGA 	9:00 AM SIMON SAYS 		9:00 AM FREEZE DANCE 	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 Rainbow Fish Painting		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"> - White Glue (2/3 cup) - Baking Soda (1/2 tsp) - Shaving Cream (2.5 cups) - Contact Solution (1.5 tbsp.) <p>→ See included instructions.</p>	<ul style="list-style-type: none"> - Large Mixing Bowl - Water (1/4 cup)
SEAVENGER HUNT	Find scavenger hunt items around the house and in the neighbourhood.	<ul style="list-style-type: none"> - Scavenger Hunt Item List 	<ul style="list-style-type: none"> - Bucket (to collect items)
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
BAKING SODA SIDEWALK PAINT	A fun twist on sidewalk chalk!	<ul style="list-style-type: none"> - Cornstarch (3/4 cup x3) - Baking Soda (3/4 cup x3) - Food Colouring (3 colours) - 3 Squeeze Bottles <p>→ See included instructions.</p>	<ul style="list-style-type: none"> - 3x Medium Mixing Bowls <i>*can wash and reuse one bowl*</i> - Warm Water
GAME Time	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><i>Must be signed out before the upcoming week of camp.</i></p>	<ul style="list-style-type: none"> - Already have some games you love to play!?! Our RCS Staff can't wait to play your favourite games!
PLAYGROUND	Playgrounds are now open!	N/A	N/A

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