

Teen – Week 5

ONLINE ACTIVITIES



Monday JULY 27 TH	Tuesday JULY 28 TH	Wednesday JULY 29 TH	Thursday JULY 30 TH	Friday JULY 31 ST
MYSTERY MONDAY		WATER WEDNESDAY	9:00 AM WEIGHTLESSNESS CHALLENGE	EXCURSION FRIDAY
9:00 AM GALAXY SLIME <i>Circle, Time</i>	9:00 AM PAPER MACHE HELMET <i>Circle, Time</i>	9:00 AM FIZZING PLANETS <i>Circle, Time</i>	<i>Circle, Time</i>	9:00 AM GALAXY IN A JAR <i>Circle, Time</i>
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 	9:30 – 11:00 AM 1:1 TIME TOGETHER
11:00 AM GUEST PRESENTOR	11:00 AM ESSENTIAL LIFE SKILLS Marshmallow Constellations & Paper Hovercraft	11:00 AM EXPRESSIVE ARTS Paper Mache Helmets	11:00 AM ESSENTIAL SKILLS Edible Spacecraft	11:00 AM VIRTUAL FIELD TRIP Space Exploration
12:00 PM LUNCH BREAK	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 ESSENTIAL LIFE SKILLS Galaxy Popcorn	WATER FIGHT Water Balloons & Super Soakers <i>- Offline Activity -</i>	1:00 PM REC & MOTOR Astronaut Training	1:00 PM SPACE DANCE PARTY <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 	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	2:45PM WIND DOWN

LEGEND: = 1:1 Time With Your AdaptAbilities Staff

= Online Group Activities

Teen – Week 5

OFFLINE ACTIVITIES



ACTIVITY	MATERIALS PROVIDED	MATERIALS NEEDED
<p>ROTATING DAY + NIGHT PAPER PLATES</p>	<p>2 Paper Plates Yellow Paper Light Blue Paper Glue Stick Black Paint Metal Paper Fastener</p>	<p>Scissors</p> <ol style="list-style-type: none"> 1. On one paper plate, paint the top half black. 2. Trace the bottom half onto the light blue paper, and cut it out, gluing it across the bottom half of the paper plate. Your plate should be half black, and half blue. 3. On the black half, cut out a moon and add some stars. Glue on. 4. On the blue half, cut out the sun and some clouds and glue on. 5. Take your second paper plate, and trace a line through the middle. Cut out the top half, being sure to leave the outer rim of the paper plate intact. 6. Use a hole punch or scissors to create a hole in the middle of the paper plate, right under where it was cut. 7. Place the second paper plate on top of the painted paper plate. Trace the hole in the blank paper plate onto the painted one. 8. Cut out the hole in the painted paper plate. 9. Place the second paper plate on top of the paper one, and secure using a paper fastener through the hole. 10. Rotate the second plate around the first one to transition from day to night
<p>MICROSCOPES</p>	<p>Clear Plastic Cup Saran Wrap Rubber Band</p>	<p>Scissors</p> <ol style="list-style-type: none"> 1. On the side at the bottom of the cup, cut out a small hole to fit the specimen through. 2. Stretch the saran wrap across the top of

Teen – Week 5

OFFLINE ACTIVITIES



		<p>the cup, securing with a rubber band.</p> <ol style="list-style-type: none"> Find a specimen to slide into the hole to look at! When you have one, put a couple drops of water on top of the saran wrap, which will act as a lens and enlarge the specimen!
SUN DIAL	<p>Paper Plate White Paper Pencil Clock Template</p>	<p>https://pagingsupermom.com/make-a-sundial/</p>
FOAM AILEN	<p>Googly Eyes Styrofoam Shape White Glue (¼ cup) Pipecleaners Markers</p>	<ol style="list-style-type: none"> Colour your foam shape to create an alien! Glue the googly eyes on to the shape. Cut the pipe cleaners into small pieces, and poke them through the foam shape like antennae!
SPACE WREATH	<p>Paper Plate Black Paint Construction Paper (5 colours) Yellow Paper Glue Stick</p>	<p>Scissors</p> <ol style="list-style-type: none"> Cut out the middle of the paper plate and set aside. Paint the outside black, let dry. Use your construction paper to cut out planet and space themed shapes and objects. Use the yellow paper to cut out stars. Glue the space shapes and stars onto the wreath/outside of the paper plate.
DON'T DROP THE ASTROID	<p>Balloon</p>	<p>Stand away from your RCS staff and toss the balloon into the air, without letting it touch the ground!</p> <p>Challenge yourself by only using your elbows, legs, head, or another body part other than your hands!</p>

Teen – Week 5

OFFLINE ACTIVITIES



<p>MARbled PLANETS</p>	<p>Shaving Cream (2 x ½ cup) Blank White Paper Paint (2 colours) Paintbrushes Toothpicks Pencil</p>	<ol style="list-style-type: none"> 1. Mix one colour of paint into each container of shaving cream. 2. Draw a planet shape/circle on the white paper. 3. Use the paintbrush to paint a line across the circle, using a generous amount of paint. 4. Repeat with the next colour. 5. Once the entire circle is full, use the toothpick and drag it through the foam paint, creating a marbled patterns.
<p>MOON LANDING</p>	<p>Sponge</p>	<p>Bucket</p> <p>Place the bucket a few feet away from you and toss the sponge in, trying to land the astronaut (sponge) in the moon (bucket). Continue moving the bucket away from you to challenge yourself!</p>
<p>GAME<i>Time</i></p>	<p>- Various Games can be signed out by RCS staff from Hearts In Action Resource Catalogue! <i>Must be signed out before the upcoming week of camp.</i></p>	<p>- Already have some games you love to play!? Our RCS Staff can't wait to play your favourite games!</p>
<p>PLAYGROUND</p>	<p>N/A</p>	<p>N/A</p>