

# Pre-Teen + Jr. Teen – Week 5

## ONLINE ACTIVITIES



Monday July 27 <sup>th</sup>	Tuesday July 28 <sup>th</sup>	Wednesday July 29 <sup>th</sup>	Thursday July 30 <sup>th</sup>	Friday July 31 <sup>st</sup>
<b>MYSTERY MONDAY</b>		<b>WATER WEDNESDAY</b>		<b>EXCURSION FRIDAY</b>
<b>9:00 AM</b> GALAXY SLIME <i>Circle Time</i>	<b>9:00 AM</b> FIZZING PLANETS <i>Circle Time</i>	<b>9:00 AM</b> PAPER MACHE HELMET <i>Circle Time</i>	<b>9:00 AM</b> ROCKET CORNER BOOKMART <i>Circle Time</i>	<b>9:00 AM</b> MICROSCOPE BUILDING <i>Circle Time</i>
9:30 – 11:00 AM <b>1:1 TIME TOGETHER</b> 	9:30 – 11:00 AM <b>1:1 TIME TOGETHER</b> 	9:30 – 11:00 AM <b>1:1 TIME TOGETHER</b> 	9:30 – 11:00 AM <b>1:1 TIME TOGETHER</b> 	9:30 – 11:00 AM <b>1:1 TIME TOGETHER</b> 
<b>11:00 AM</b> GUEST PRESENTER	<b>11:00 AM</b> EXPRESSIVE ARTS Paper Mache Helmets	<b>11:00 AM</b> EXPRESSIVE ARTS Astronaut Training	<b>11:00 AM</b> ESSENTIAL SKILLS Galaxy Popcorn	<b>11:00 AM</b> 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
<b>1:00 PM</b> MYSTERY ACTIVITY	<b>1:00 PM</b> RECREATION & MOTOR Galaxy Jello	<b>WATER FIGHT</b> Water Balloons & Super Soakers <i>- Offline Activity -</i>	<b>1:00 PM</b> Paper Hovercraft	<b>1:00 PM</b> SPACE DANCE PARTY <i>- All Camp Participants Invited -</i>
1:45 – 2:45 PM <b>1:1 TIME TOGETHER</b> 	1:45 – 2:45 PM <b>1:1 TIME TOGETHER</b> 	1:45 – 2:45 PM <b>1:1 TIME TOGETHER</b> 	1:45 – 2:45 PM <b>1:1 TIME TOGETHER</b> 	1:45 – 2:45 PM <b>1:1 TIME TOGETHER</b> 
<b>2:45PM</b> WIND DOWN	<b>2:45PM</b> WIND DOWN	<b>2:45PM</b> WIND DOWN	<b>2:45PM</b> WIND DOWN	<b>2:45PM</b> WIND DOWN

LEGEND: = 1:1 Time With Your AdaptAbilities Staff

= Online Group Activities

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ACTIVITY	MATERIALS PROVIDED	MATERIALS NEEDED
<p><b>FOIL PRINTED MOON</b></p>	<p>White Paper Grey Paint Tin Foil (1 foot long) Black Paper Pencil Gluestick</p>	<p>Scissors</p> <ol style="list-style-type: none"> <li>1. Draw a circle/moon shape on the white paper.</li> <li>2. Crumple up the tin foil into a ball, with a smooth, flat-ish bottom.</li> <li>3. Dip the flat bottom of the tin foil in the grey paint.</li> <li>4. Press the paint onto the moon, replenishing the paint and creating a moon like texture.</li> <li>5. When dry, cut out the moon, and glue it to the black paper.</li> <li>6. Feel free to use chalk or white crayon to draw stars and other details on the black background!</li> </ol>
<p><b>PAPER PLATE UFO</b></p>	<p>Paper Plate Markers ½ cup white glue Pipecleaners Large Pom Pom Small Pom Poms Googly Eyes Clear Plastic Cup</p>	<ol style="list-style-type: none"> <li>1. Place the cup upside down on the paper plate, and trace it.</li> <li>2. Draw details on your UFO (the paper plate), outside of the cup.</li> <li>3. Glue the googly eyes to the large pom pom, and then cut the pipe cleaners into 1 inch pieces, and glue the small pom poms to the end of the pipe cleaners.</li> <li>4. Poke the pipe cleaners into the large pom pom, like antennae.</li> <li>5. Glue the large pom pom into the middle of the circle traced on the UFO, and place the cup on top of it (upside down), gluing the cup on to the paper plate.</li> <li>6. Feel free to decorate the UFO!</li> </ol>

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<p><b>SUN DIAL</b></p>	<p>Paper Plate White Paper Pencil Clock Template</p>	<p><a href="https://pagingsupermom.com/make-a-sundial/">https://pagingsupermom.com/make-a-sundial/</a></p>
<p><b>ASTROID TOSS</b></p>	<p>Sponge</p>	<p>Bucket</p> <p>Set the bucket a few feet away from you and toss the sponge, aiming to get it in! Continue moving the bucket further away from you!</p>
<p><b>SPACE WREATH</b></p>	<p>Paper Plate Black Paint Construction Paper (5 colours) Yellow Paper Glue Stick</p>	<p>Scissors</p> <ol style="list-style-type: none"> <li>1. Cut out the middle of the paper plate and set aside.</li> <li>2. Paint the outside black, let dry.</li> <li>3. Use your construction paper to cut out planet and space themed shapes and objects.</li> <li>4. Use the yellow paper to cut out stars.</li> <li>5. Glue the space shapes and stars onto the wreath/outside of the paper plate.</li> </ol>
<p><b>DON'T DROP THE ASTROID</b></p>	<p>Balloon</p>	<p>Stand away from your RCS staff and toss the balloon into the air, without letting it touch the ground! Challenge yourself by only using your elbows, legs, head, or another body part other than your hands!</p>
<p><b>SPACE MOBILE</b></p>	<p>String (2 feet) Pipecleaners (10) Construction paper (10) Markers</p>	<p>Scissors</p> <ol style="list-style-type: none"> <li>1. Using your construction paper, cut out space shapes (planets, stars, rockets, aliens, UFOs, etc.).</li> <li>2. Decorate with markers.</li> <li>3. Poke the shapes with your pipe cleaners, and loop them into a circle!</li> </ol> <p>Loop the pipe cleaners on to the string, and use the string to hang your space mobile!</p>

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<p><b>ROCK PAINTING ALIEN MONSTERS</b></p>	<p>Paint (3 colours) Googly Eyes White Glue (¼ cup) Paintbrush</p>	<ol style="list-style-type: none"> <li>1. Go for a fun nature walk and find a smooth, large rock to paint!</li> <li>2. Use your paint to create a space painting on your rock! For a fun idea, turn your rock into an alien!</li> </ol> <p>Once dry, glue on the googly eyes, and feel free to use any other materials like pipe cleaners or leftover pom poms to add details!</p>
<p><b>GAME</b><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 <b>before</b> 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><b>PLAYGROUND</b></p>	<p>N/A</p>	<p>N/A</p>