






Adult – Week 6

ONLINE ACTIVITIES



Monday AUGUST 4 TH	Tuesday AUGUST 5 TH	Wednesday AUGUST 6 TH	Thursday AUGUST 7 TH	Friday AUGUST 8 TH
	9:00 AM JELLY BEAN TASTE TEST	WATER WEDNESDAY	9:00 AM SUCK UP THE SMARTIES MINUTE-TO-WIN-IT	EXCURSION FRIDAY
NO CAMP TODAY!		9:00 AM SENSORY ORDERING MINUTE-TO-WIN-IT		9:00 AM JELLO SENSES
	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 
NO CAMP TODAY!	11:00 AM ESSENTIAL SKILLS Blindfolded Taste Test	11:00 AM EXPRESSIVE ARTS Optical Illusions	11:00 AM ESSENTIAL SKILLS Blindfolded Scent Test	11:00 AM ESSENTIAL SKILLS Blindfolded Painting
	12:00 PM LUNCH BREAK	12:00 PM LUNCH BREAK	12:00 PM LUNCH BREAK	12:00 PM LUNCH BREAK
NO CAMP TODAY!	1:00 PM EXPRESSIVE ARTS Ice Cream in a Bag	WATER FIGHT Water Balloons & Super Soakers  - Offline Activity -	1:00 PM ESSENTIAL SKILLS Popcorn Senses	1:00 PM DANCE PARTY - All Camp Participants Invited -
	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 
NO CAMP TODAY!	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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OFFLINE ACTIVITIES



ACTIVITY	MATERIALS PROVIDED	MATERIALS NEEDED & INSTRUCTIONS
<p>SENSORY BOTTLE</p>	<p>Jar with Lid Rice (1 cup) Small pom poms Beads</p>	<ol style="list-style-type: none"> 1. Fill the jar with rice, leaving about an inch at the top. 2. Put the pom poms and beads in and mix/shake it. 3. Explore how the jar can appeal to 3 of your five senses - sight, touch, and sound!
<p>SCENTED SLIME</p>	<p>2 tbsp contact solution ½ tsp baking soda ½ cup clear liquid glue 1 tbsp Jello powder</p>	<p>Bowl, spoon, water (1/2 cup)</p> <ol style="list-style-type: none"> 1. Mix the glue, baking soda, water, and Jello powder in a bowl. 2. Once sticky, mix in 1 tbsp of contact solution, slowly adding more to get desired consistency. 3. Knead with your hands!
<p>BLINDFOLDED CANDY WALK</p>	<p>Blindfold</p>	<p>In a large safe area with no obstacles, have your RCS staff blindfold you. They will place a few pieces of candy around the room. They will stand and give you directions on how to get to them. You will need to use your sense of sound and touch to find your way!</p>
<p>SPICE PAINTING</p>	<p>Cinnamon (⅓ cup) Paprika (⅓ cup) Turmeric or Curry (⅓ cup) Paintbrushes Paper</p>	<p>Pepper (1/3 cup), water (4 cups), paper towel</p> <ol style="list-style-type: none"> 1. Pour each spice into its own cup. 2. Gradually add about ⅓ cup of water into each cup. 3. Mix with spoon until it is a paste/paint. 4. Use the spice paint the same way you would use any other paint and create a picture!
<p>GAMETime</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>