

Primary + Child – Week 4

ONLINE ACTIVITIES



Monday June 29 th	Tuesday June 30 th	Wednesday July 1 st	Thursday July 2 nd	Friday July 3 rd
MYSTERY MONDAY		WATER WEDNESDAY		EXCURSION FRIDAY
9:00 AM GUIDED DRAWING <i>Circle, Time</i>	9:00 AM SIMON SAYS <i>Circle, Time</i>	9:00 AM ARTIST YOGA <i>Circle, Time</i>	9:00 AM PASS THE PICTURE <i>Circle, Time</i>	9:00 AM PRETZEL PAINT BRUSH <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 SPECIAL GUEST DRAMA WORKSHOP 	11:00 AM EXPRESSIVE ARTS Colour Mixing Exploration	11:00 AM EXPRESSIVE ARTS Closed Eye Drawing	11:00 AM ESSENTIAL SKILLS Q-Tip Painting	11:00 AM VIRTUAL FIELD TRIP LEGOLAND
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 RECREATION & MOTOR Snack Art!	WATER FIGHT Water Balloons & Super Soakers <i>- Offline Activity -</i>	1:00 PM Online Dance Party!	1:00 PM SUPER 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 	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

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ACTIVITY	MATERIALS PROVIDED	MATERIALS NEEDED
BUBBLE PAINTING	Plastic Straws Blue Paint Red Paint Yellow Paint Blank White Paper Dish Soap (½ cup) Plastic Cups	Mix the paint and some of the dish soap in the plastic cups. Use the straws to draw up the bubble paint and blow it onto the paper to create your bubble art!
PUFFY PAINT	Blank White Paper Shaving Cream (½ cup x 3) White Glue (½ cup x 3) Paint Brushes Plastic Cups Food Colouring	Mix 1 part glue, 1 part shaving cream, and a few drops of food colouring in a cup. Mix and use it as puffy paint to create a picture!
FINGER FLICK PAINTING	Green Paint Blue Paint Yellow Paint Blank White Paper Paintbrush Plastic Cup of Water	Paper Towel NOTE: Place your paper on top of a towel or a piece of wax paper, or do this outside! Dip your finger into one colour of paint. Place your finger on top of your white paper, about a foot above it and tilt towards it. Place the paint brush on top of your finger and move it in a quick flicking motion to create abstract art!
TAPE SHAPES	Masking Tape	Soft objects like a balloon with flour, a small ball, or socks! NOTE: Do this outside or clear it with parents if using tape on the floor! Use the tape to create shapes on the floor or ground. How many different shapes can you make? Use them as targets and toss your soft object into them! See how far away you can stand and get it in!
RAISED SALT PAINTING	Blank White Paper White Glue (bottle) Table Salt (1 cup) Plastic Cups with water Paintbrushes Paint or food colouring	Squeeze the glue into any design you want on the paper. Cover the glue with salt. Tilt to remove excess. Mix paint or food colouring with the water, and brush it over the glue LIGHTLY. Let dry completely overnight

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BEADED BRACELETS	3 coloured pieces of yarn/string	Tie a knot at the top to connect the three strings. Tape above the knot to a flat surface. Braid the three pieces into a bracelet. Tie the bottom to the knot
BALANCE BEAM STRING	1 long (6 foot) piece of string/yarn.	Tape each end down to the floor and try to cross it without “falling” off. See if you can place it somewhere trickier like a safe ledge!
PAPER ANIMAL ART	Paper Plate Construction Paper White Glue Black Marker Colours	Create an animal out of your supplies! See the link below for some examples! https://www.firstpalette.com/craft/paper-plate-animals.htm
GAMETime	- 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>	- Already have some games you love to play!? Our RCS Staff can't wait to play your favourite games!
PLAYGROUND	N/A	N/A