

# HSTC – Week 4

## ONLINE ACTIVITIES



Monday July 20 <sup>th</sup>	Tuesday July 21 <sup>st</sup>	Wednesday July 22 <sup>nd</sup>	Thursday July 23 <sup>rd</sup>	Friday July 24 <sup>th</sup>
<b>MYSTERY MONDAY</b>		<b>WATER WEDNESDAY</b>		<b>EXCURSION FRIDAY</b>
9:00 AM ART EXPLORATION <i>Circle, Time</i>	9:00 AM SHAVING CREAM PAINT <i>Circle, Time</i>	9:00 AM CHARADES <i>Circle, Time</i>	9:00 AM PASS THE PICTURE <i>Circle, Time</i>	9:00 AM GUIDED DRAWING <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 MYSTERY ACTIVITY	11:00 AM EXPRESSIVE ARTS Weaving	11:00 AM EXPRESSIVE ARTS Paint Party	11:00 AM ESSENTIAL SKILLS RICE CRISPY PAINT BRUSHES	11:00 AM VIRTUAL FIELD TRIP Art Museum
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 SPECIAL GUEST DRAMA WORKSHOP 	1:00 PM ESSENTIAL LIFE SKILLS Pretzel Stick Painting	1:00 PM WATER FIGHT Water Balloons & Super Soakers <i>- Offline Activity -</i>	1:00 PM REC & MOTOR Balloon Obstacle Course	1:00 PM SUPER 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 4

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ACTIVITY	MATERIALS PROVIDED	MATERIALS NEEDED
<b>MURAL PAINTING</b>	Large White Paper Paint (3 colours) Paint Brushes Cups with Water	
<b>CRUMPLED PAPER PAINTING</b>	Blank White Paper Paint Paint Brushes Paper Towel Plastic Cups of Water	Crumple up your piece of paper and then gently flatten it out. Use the lines as guides when you paint! Paint a new colour each time you hit a line to fill in the paper. The result will be a beautiful, colourful, abstract piece of art
<b>Rock Painting</b>	Rock Paintbrush Cups with Paint Paint	Surface for the rock (outside or wax paper) Go for a walk and find a large smooth rock to decorate. See the link below for some examples! <a href="https://kcls.bibliocommons.com/events/5c76b0a053773c2b00f46194">https://kcls.bibliocommons.com/events/5c76b0a053773c2b00f46194</a>
<b>PAINT CHIP SCAVENGER HUNT</b>	Paint Chip with multiple colours	Paper Towel Move around your house and nature and try to find an item that matches EACH shade on your paint chip!
<b>TAPE RESIST PAINTING</b>	Blank White Paper Paint (3 colours) Masking Tape Cups of Water Paintbrushes	Rip off pieces of paint and tape them to your paper in a design or pattern, or randomly. Paint the entire painting. Once the paint has dried, GENTLY rip off the tape to see what your artwork looks like!
<b>KEYCHAINS</b>	String or elastic (1 foot) Small bag of beads	Create a keychain! Make any pattern or design you like!

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<b>GAMETime</b>	<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>
<b>PLAYGROUND</b>	<b>N/A</b>	<b>N/A</b>