

Preteen & Jr. Teen – Week 6

ONLINE ACTIVITIES



Monday AUGUST 4 TH	Tuesday AUGUST 5 TH	Wednesday AUGUST 6 TH	Thursday AUGUST 7 TH	Friday AUGUST 8 TH
		WATER WEDNESDAY		EXCURSION FRIDAY
NO CAMP TODAY!	9:00 AM FREEZE DANCE <i>Circle Time</i>	9:00 AM SENSORY BOTTLE <i>Circle Time</i>	9:00 AM OPTICAL ILLUSIONS <i>Circle Time</i>	9:00 AM SCATTERGORIES <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 
NO CAMP TODAY!	11:00 AM ESSENTIAL SKILLS Blindfolded Taste Test	11:00 AM EXPRESSIVE ARTS Scratch Drawings	11:00 AM ESSENTIAL SKILLS Blindfolded Scent Test	11:00 AM ESSENTIAL SKILLS Sensory Boards
	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 Tea Bag Painting	WATER FIGHT Water Balloons & Super Soakers  <i>- Offline Activity -</i>	1:00 PM ESSENTIAL SKILLS Popcorn Senses	1:00 PM 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 
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
WATER XYLOPHONE	N/A	5 glasses 1. Fill each glass with water, having one completely full and one close to empty, with the others in between. 2. Blow on the top of each glass, blowing across the glass to create different sounds!
SCENTED SLIME	2 tbsp contact solution ½ tsp baking soda ½ cup clear liquid glue 1 tbsp Jello powder	Bowl, spoon, water (1/2 cup) 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!
JELLY BEAN TASTE TESTING	Jelly beans	Take a look at each jelly bean and smell it. Try to guess what flavour it is! Taste it to see if you were correct. How did all of your senses help you figure it out?
PAPER PLATE SKATING	2 Paper Plates	Walk across the floor normally and describe how it feels. Slide across carefully in socks and describe what is different. Now, step on two paper plates, using them like skates. What does this feel like? Tap into your sense of touch for this fun activity! Feel free to create a safe obstacle course to complete while doing this!
GAME <i>Time</i>	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

