

Primary + Child – Week 3

ONLINE ACTIVITIES



Monday July 13 th	Tuesday July 14 th	Wednesday July 15 th	Thursday July 16 th	Friday July 17 th
MYSTERY MONDAY		WATER WEDNESDAY		EXCURSION FRIDAY
9:00 AM SPOT THE DIFFERENCE <i>Circle Time</i>	9:00 AM POPSICLE MAKING <i>Circle Time</i>	9:00 AM KITCHEN TOUR <i>Circle Time</i>	9:00 AM MYSTERY INGREDIENTS <i>Circle Time</i>	9:00 AM PIZZA STRETCH <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	11:00 AM EXPRESSIVE ARTS Dragons Love Tacos Guided Drawing	11:00 AM EXPRESSIVE ARTS Minute to Win It Chef Challenges	11:00 AM ESSENTIAL SKILLS Chopstick Challenge	11:00 AM VIRTUAL FIELD TRIP Hershey's Chocolate World
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 <i>Find your Apron!</i>	1:00 PM RECREATION & MOTOR Food Obstacle Course	WATER FIGHT Water Balloons & Super Soakers <i>- Offline Activity -</i>	1:00 PM Mini Marshmallow Tower STEAM Challenge	1:00 PM AROUND THE WORLD 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

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ACTIVITY	DESCRIPTION	MATERIALS PROVIDED	MATERIALS NEEDED
SEAVENGER HUNT	Find out where food comes from!	https://docs.google.com/presentation/d/1SiLCybsMqRtDMmYOq3lgvkOiSsdwz3oAKzElda3uj_Q/edit?usp=sharing	N/A
Nature Food Recipe	How can we use nature in our food?	Nature Food Recipe Card (in kit)	N/A
Very Hungry Caterpillar Art	Listen to Story on YouTube first if desired!	Construction Paper x2 OR White Paper Colours (if white paper)	Scissors Instructions: https://docs.google.com/presentation/d/1HYaJKbJtLlNYkJGsvFK3xbqnG3e17fi_tcmN57GVq4Y/edit?usp=sharing
Baking Soda Sidewalk Chalk	A twist on classic sidewalk chalk!	Cornstarch (3/4 cup x3) Baking Soda (3/4 cup x3) Food Colouring (3 colours) 3 Plastic Bowls	Warm Water https://www.growingajeweledrose.com/2012/09/halloween-fizzing-sidewalk-art.html
Candy Necklace	Fun to wear AND eat! String the candy onto the string and tie it as a bracelet or necklace!	String Fruit Loops Peach Rings Circular Candy	N/A
Egg-cercise Relay Race	Race your RCS staff and try over and over again to beat your record!	Spoon Balloon or Ball Ping Pong Ball	https://docs.google.com/presentation/d/1LaAf92MyQD9kusFt6FVSmqmeUTq6lR-8vigiJPBGOMg/edit?usp=sharing
Pudding Slime	Slime you can play with and eat!	Pudding Cup Cornstarch	Bowl Spoon Warm Water https://thesoccermomblog.com/edible-pudding-slime/
Macaroni Art	What kind of macaroni masterpiece can you create?	Macaroni Noodles White Glue Paper	N/A

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Placemat Weaving	Weave a paper placemat to eat your culinary creations on!	Two long pieces of construction paper Gluestick Optional: Colouring materials	https://laughingkidslearn.com/how-to-make-paper-weaving-placemats/
GAMETime	Tons of fun games to choose from with your RCS!	- 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	Playgrounds are now open!	N/A	N/A