

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 SCATTERGORIES 	9:00 AM SCRATCH ART 	9:00 AM JELLY BEAN TASTE TEST 	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 Popcorn Senses	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 ESSENTIAL SKILLS Ice Cream in a Bag	WATER FIGHT Water Balloons & Super Soakers  <i>- Offline Activity -</i>	1:00 PM ESSENTIAL SKILLS Optical Illusions	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
SENSORY BOTTLE	Jar with Lid Rice (1 cup) Small pom poms Beads	<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!
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) <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!
BLINDFOLDED CANDY WALK	Blindfold	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!
SENSORY BOARD	Cardboard (1 ft square) Felt Large pom poms or cotton balls White glue (1 cup) Popsicle Sticks Lego (1 piece) Sandpaper	Glue all of the materials onto the cardboard to create your own sensory board! What is your favourite texture on the board? What else could you use to add more textures?
	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

