

# Teen – Week 4

## ONLINE ACTIVITIES



Monday June 29 <sup>th</sup>	Tuesday June 30 <sup>th</sup>	Wednesday July 1 <sup>st</sup>	Thursday July 2 <sup>nd</sup>	Friday July 3 <sup>rd</sup>
<b>MYSTERY MONDAY</b>		<b>WATER WEDNESDAY</b>		<b>EXCURSION FRIDAY</b>
9:00 AM MYSTERY ITEM <i>Circle, Time</i>	9:00 AM SHAVING CREAM PAINT <i>Circle, Time</i>	9:00 AM PASS THE PICTURE <i>Circle, Time</i>	9:00 AM ARTIST YOGA <i>Circle, Time</i>	9:00 AM MIRROR, MIRROR <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

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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>BOUNCY BALL SPLAT PAINTING</b>	Bouncy Ball x 2 Long Blank White Paper Blue Paint Yellow Paint Red Paint Green Paint	<p>Do this outside against a fence with parent permission! Use wax paper underneath to avoid mess if you can!</p> <p>Lay out your paper and anchor it down if necessary.</p> <p>Dip your bouncy balls around in the paint and roll it, bounce it, and move it around your paper to see what you can create!</p>
<b>CRUMPLED PAPER PAINTING</b>	Blank White Paper Paint Paint Brushes Paper Towel Plastic Cups of Water	<p>Crumple up your piece of paper and then gently flatten it out.</p> <p>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</p>
<b>PAINT CHIP SCAVENGER HUNT</b>	Paint Chip with multiple colours	<p>Paper Towel</p> <p>Move around your house and nature and try to find an item that matches EACH shade on your paint chip!</p>
<b>TAPE RESIST PAINTING</b>	Blank White Paper Paint (3 colours) Masking Tape Cups of Water Paintbrushes	<p>Rip off pieces of paint and tape them to your paper in a design or pattern, or randomly.</p> <p>Paint the entire painting.</p> <p>Once the paint has dried, GENTLY rip off the tape to see what your artwork looks like!</p>
<b>TAPE MAZE GAME</b>	Masking Tape	<p>Do this outside or clear it with parents if planning to do it inside!</p> <p>Use your tape to create a big maze on the ground! Remember to add some obstacles in the maze with the tape to make it trickier!</p>

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<p><b>SLIME</b></p>	<p>¾ cup white glue ¾ tbsp baking soda 2 tbsp contact solution food colouring</p>	<p>Bowl for mixing</p> <p>Mix together the food colouring, white glue, and baking soda. Add in the contact solution as necessary to create slime!</p>
<p><b>KEYCHAINS</b></p>	<p>String or elastic (1 foot) Small bag of beads</p>	<p>Create a keychain! Make any pattern or design you like!</p>
<p><b>GAME</b><i>Time</i></p>	<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>
<p><b>PLAYGROUND</b></p>	<p>N/A</p>	<p>N/A</p>