

HSTC – Week 5

ONLINE ACTIVITIES



Monday June 29 th	Tuesday June 30 th	Wednesday July 1 st	Thursday July 2 nd	Friday July 3 rd
MYSTERY MONDAY		WATER WEDNESDAY		EXCURSION FRIDAY
9:00 AM GOING TO THE MOON <i>Circle Time</i>	9:00 AM MARBLED PLANETS <i>Circle Time</i>	9:00 AM PAPER MACHE HELMETS <i>Circle Time</i>	9:00 AM PAPER MACHE PAINTING <i>Circle Time</i>	9:00 AM GALAXY IN A JAR <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 GUEST PRESENTER	11:00 AM EXPRESSIVE ARTS Paper Mache Helmets	11:00 AM REC & MOTOR Space Minuet to Win It Challenges	11:00 AM ESSENTIAL SKILLS Edible Spacecraft	11:00 AM VIRTUAL FIELD TRIP Space Exploration
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>Mixing Bowl Needed</i>	1:00 PM ESSENTIAL LIFE SKILLS Galaxy Popcorn	1:00 PM WATER FIGHT Water Balloons & Super Soakers <i>- Offline Activity -</i>	1:00 PM REC & MOTOR Astronaut Training	1:00 PM SPACE DANCE PARTY Lei Provided! <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
<p>ROTATING DAY + NIGHT PAPER PLATES</p>	<p>2 Paper Plates Yellow Paper Light Blue Paper Glue Stick Black Paint → Metal Paper Fastener</p>	<p>Scissors</p> <ol style="list-style-type: none"> 1. On one paper plate, paint the top half black. 2. Trace the bottom half onto the light blue paper, and cut it out, gluing it across the bottom half of the paper plate. Your plate should be half black, and half blue. 3. On the black half, cut out a moon and add some stars. Glue on. 4. On the blue half, cut out the sun and some clouds and glue on. 5. Take your second paper plate, and trace a line through the middle. Cut out the top half, being sure to leave the outer rim of the paper plate intact. 6. Use a hole punch or scissors to create a hole in the middle of the paper plate, right under where it was cut. 7. Place the second paper plate on top of the painted paper plate. Trace the hole in the blank paper plate onto the painted one. 8. Cut out the hole in the painted paper plate. 9. Place the second paper plate on top of the paper one, and secure using a paper fastener through the hole. <p>Rotate the second plate around the first one to transition from day to night</p>
<p>MICROSCOPES</p>	<p>Clear Plastic Cup Saran Wrap Rubber Band</p>	<p>Scissors</p> <ol style="list-style-type: none"> 1. On the side at the bottom of the cup, cut out a small hole to fit the specimen through. 2. Stretch the saran wrap across the top of

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		<p>the cup, securing with a rubber band. Find a specimen to slide into the hole to look at! When you have one, put a couple drops of water on top of the saran wrap, which will act as a lens and enlarge the specimen!</p>
SUN DIAL	<p>Paper Plate White Paper Pencil Clock Template</p>	<p>https://pagingsupermom.com/make-a-sundial/</p>
GALAXY SLIME	<p>$\frac{2}{3}$ cup glitter liquid glue $\frac{1}{2}$ tsp baking soda 1 $\frac{1}{2}$ tbsp contact solution silver glitter</p>	<ol style="list-style-type: none"> 1. Mix the glitter glue, glitter, and baking soda together with your hands. 2. Slowly add in the contact solution until the consistency is ideal.
DON'T DROP THE ASTROID	<p>Balloon</p>	<p>Stand away from your RCS staff and toss the balloon into the air, without letting it touch the ground! Challenge yourself by only using your elbows, legs, head, or another body part other than your hands!</p>
BLACK HOLE	<p>Frisbee Some kind of target – can be anything!</p>	<p>Toss the frisbee, trying to get it into the Black Hole (target). Move it further away from you as a challenge.</p>
GAMETime	<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>
PLAYGROUND	<p>N/A</p>	<p>N/A</p>