

TEEN – WEEK 1

ONLINE ACTIVITIES



Monday July 5	Tuesday July 6	Wednesday July 7	Thursday July 8	Friday July 9
MYSTERY MONDAY		WATER WEDNESDAY		FESTIVAL FRIDAY
10:00 AM Movement Game <i>>huddle</i>	10:00 AM At-Home Farmers <i>>huddle</i>	10:00 AM Painting Pots + All About Plants <i>>huddle</i>	10:00 AM Mindful Breathing <i>>huddle</i>	10:00 AM Explore Canada – Guess Where? <i>>huddle</i>
10:15 AM 1:1 TIME TOGETHER 	10:15 AM 1:1 TIME TOGETHER 	10:15 AM ESSENTIAL LIFE SKILLS ACTIVITY	10:15 AM 1:1 TIME TOGETHER 	10:15 AM 1:1 TIME TOGETHER
	11:00 AM SPECIAL GUEST WILDLIFE SANCTUARY	11:00 AM 1:1 TIME TOGETHER 		11:00 AM VIRTUAL FIELD TRIP CANADA'S CAPITAL
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 GROUP GAMES FREEZE DANCE, CHARADES, & Pictionary	1:00 PM 1:1 TIME TOGETHER 	WATER FIGHT - OFFLINE ACTIVITY - <i>Water balloons provided ☺</i>	1:00 PM DANCE PARTY <i>All Camp Participants Invited</i> 	1:00 PM EXPRESSIVE ARTS CANADIAN CRAFT
1:45 PM 1:1 TIME TOGETHER 			1:45 PM 1:1 TIME TOGETHER 	1:30 PM 1:1 TIME TOGETHER
2:15 PM WIND DOWN Yoga	2:15 PM WIND DOWN Making Butter	2:15 PM WIND DOWN Scavenger Hunt	2:15 PM WIND DOWN Yes, Let's!	2:15 PM WIND DOWN Explore Journal

All program activities are subject to change without notice.

TEEN – WEEK 1

OFFLINE ACTIVITIES



ACTIVITY	TYPE	MATERIALS PROVIDED	MATERIALS REQUIRED
At-Home Farmers	ONLINE	1x Lima Bean 1x Paper Towel 1x Small Ziploc Baggy	
Making Butter	ONLINE	1x Small container and 1x Lid 1x Cup of Heavy Whipping Cream 1-2x Salt crackers	
Painting Pots	ONLINE	1x Small pot 1x Paint in a small container 1x Paint-brush	
Canadian Craft – Maple Leaf	ONLINE	1x Black construction paper 1x-2x Red and white chalk 1x Maple leaf template on cardstock 1x Strip of painter's tape	1x Scissors
Explore Journal	ONLINE	1x Pencil 1x Small journal	
All About Plants	ONLINE	1x Small / shallow dish 1x Coffee filter 1x Pencil 1x Small piece of tape 1x Knife	1x cup of water 1x Lettuce 1-5x Leaves
Coffee Filter Flowers	OFFLINE	5-6x markers 1x Mini spray bottle 2x Coffee filter 1x Pipe cleaner (any colour)	1x Scissors
Travel Bucket List Collage	OFFLINE	5-6x markers 1x White paper 1x Glue stick	1x Magazine 1x Newspaper Any images wanted from a Google Search
Typing Practice	OFFLINE		https://www.typing.academy/typing-tutor/lessons
Painting Birdhouses	OFFLINE	2-3x Small paint containers 1-2x Paint brushes 1x Wooden birdhouse 1x Paper plate	
Road Trip Survival Box	OFFLINE	1x Medium square plastic container with a lid (craft container mat work best) 1x Roll of decorative tape 5x Markers 1x pack of stickers 2-3 Sheets of colourful construction paper 1x Pack of gum 1x Mini pencil crayons	
What Describes Canada?	OFFLINE	1x construction paper (Any) 5x Markers	1x Scissors

TEEN – WEEK 1

OFFLINE ACTIVITIES



		2-3x Magazines/newspaper articles 1x Glue Stick	
Key chain	OFFLINE	1x plastic string 20-30 assorted beads 1x metal ring	1x Scissors
Name that Tune	OFFLINE	None	CS provide appropriate music (ex: Disney)
Comic strip	OFFLINE	2x white paper 1x black marker 1x pencil 5-6x different colored markers/pencil crayons	
Canada Day Fireworks	OFFLINE	1x toilet paper roll 2-3x paper plates 1x container of each primary paint color 1x black construction paper	1x Scissors
GAMETime	OFFLINE	None	<i>Break out your favorite games or check out our Lending Library for other games!</i>
★SCAVENGER HUNT★	OFFLINE	Scavenger hunt list	Pencil, camera or bucket (for collecting items)
LENDING LIBRARY	OFFLINE	<i>We have a variety of specialized recreation, play, and sensory equipment! Request items here:</i> https://sites.google.com/adaptabilities.ca/lendinglibrary/resource-catalogue	None