











TEEN – WEEK 7

ONLINE ACTIVITIES



Monday August 16 th	Tuesday August 17 th	Wednesday August 18 th	Thursday August 19 th	Friday August 20 th
MYSTERY MONDAY		WATER WEDNESDAY		FESTIVAL FRIDAY
9:55 AM MINDFUL YOGA <i>>huddle</i>	10:00 AM HISTORY <i>>huddle</i>	10:00 AM WHY DO WE LOSE CONTROL OF EMOTIONS? <i>>huddle</i>	9:55 AM POSITIVE SELF-TALK <i>>huddle</i>	9:55 AM OPTICAL ILLUSIONS <i>>huddle</i>
10:10 AM 1:1 TIME TOGETHER 	10:10 AM TOURING AUSTRALIA	10:10 AM ESSENTIAL LIFE SKILLS EMOTIONAL REGULATION AND IDENTIFICATION	10:10 AM 1:1 TIME TOGETHER 	10:10 AM 1:1 TIME TOGETHER 
	10:45 AM 1:1 TIME TOGETHER 	10:45 AM 1:1 TIME TOGETHER 		11:00 AM FIELD TRIP CARNEGIE MUSEUMS DINOSAURS IN THEIR TIME
	11:00 AM GUEST SPEAKER AWARD WINNING MUSIC EDUCATOR			
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 EGYPT TOMB ESCAPE ROOM	1:00 PM 1:1 TIME TOGETHER 	WATER FIGHT ~ OFFLINE ACTIVITY ~ Water balloons provided ☺	1:00 PM DANCE PARTY <i>All Camp Participants Invited</i> 	1:00 PM FIELD TRIP & EXPRESSIVE ARTS AUSTRALIA ZOO KOALA BEARS
1:45 PM 1:1 TIME TOGETHER 			1:45 PM 1:1 TIME TOGETHER 	1:30 PM 1:1 TIME TOGETHER 
2:10 PM WIND DOWN HAPPINESS BOARDS	2:10 PM WIND DOWN AUSTRALIAN WILDLIFE	2:10 PM WIND DOWN POSITIVE BUTTERFLIES	2:10 PM WIND DOWN MINUTE-TO-WIN-IT GAME	2:10 PM WIND DOWN WOULD YOU RATHER

TEEN – WEEK 7

OFFLINE ACTIVITIES



All program activities are subject to change without notice.

ACTIVITY	TYPE	MATERIALS PROVIDED	MATERIALS REQUIRED
Mindful Yoga	ONLINE		1X pillow, blanket or chair to sit on
Egypt Tomb Escape Room	ONLINE	1X white paper 1X pencil	
Happiness boards	ONLINE	2-3X patterned paper 1X glue stick 1X patterned ribbon 1X glitter Paint Paint brush 2-3X magazines 2-3X newspapers Stickers 1X poster board	Scissors
Positive Butterflies	ONLINE	1X print off butterfly template Markers (multiple colors)	
Minute-to-win-it Game	ONLINE	2X balloons 1X blind fold/scarf (not see through) 10-15X cotton balls 1X straw (normal size) 1X small baggy of mini marshmallows	Timer (facilitator) 1X Large spoon (one you would cook with) 1X large bowl 2X small bowls
Drawing a Koala Bear	ONLINE	1X pencil 1X white paper Pencil crayons/markers (must have grey, white and black)	
Hold on and Let Go	OFFLINE	1-2X pieces of white paper 1X pencil Pencil crayons/markers	
Kindness Calendar	OFFLINE	1X printed Kindness Calendar Pencil crayons/markers 1X pencil	
Worry Stones	OFFLINE	2X small containers of flour 1X small container of salt 1X package of gel food coloring 1X package of sparkly glitter	1X cup warm water
Cloud Dough	OFFLINE	2X small containers of corn-starch 1X small container of hair conditioner Food coloring 1X small baggy/container Chunky Glitter	

TEEN – WEEK 7

OFFLINE ACTIVITIES



Australian Fairy Bread	OFFLINE	1X slice of white bread 1X plastic knife 1X small container of sprinkles 1X small container of icing	
Australian paper flowers	OFFLINE	1X Australian Flower print off template 1X glue stick 1X scissors 3-4X colorful paper	Scissors
Nature Weaving Craft	OFFLINE	3X long strands of colorful string	Scissors Sticks Nature items (leaves, acorns, pinecones., etc.
The M&M Feelings Game	OFFLINE	1X baggy full of milk chocolate M&M's (Regular size) 1X Candy Game Template	
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 1X Egg Carton	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