

Theme: Eco

Go to [Adapted and Inclusive Virtual Camp](#) to download game templates and more.

Monday

Rock Tic Tac Toe

Supplies

- 10 Rocks (approximately same size)
- Paint
- Paper Plate
- Paintbrushes
- Paper and or tape to make a grid

Instructions

1. Collect 10 rocks (all approximately the same size) and rinse and dry them.
2. Decorate the rocks to your liking in 2 sets. Examples:
 - 5 Red Rocks, 5 Blue Rocks
 - 5 Rocks with X, 5 Rocks with O
 - 5 Ladybugs, 5 Bumblebees
3. Once dry, create a tic tac toe grid on paper or with tape, ask another player to join. Try to get 3 of your rocks in a row to win!

Apple Slice Cookies

Supplies

- Apples
- Wow butter
- Chocolate chips

Instructions

1. Have an adult core a few apples and slice them into circles
2. Take a few spoonful's of Wow butter and spread onto sliced apples
3. Sprinkle a few chocolate chips

Water Bottle Bowling

Supplies

Adapted & Inclusive Virtual Camp

- Empty Water Bottles (as many as you can find)
- Water
- Styrofoam Ball or Playground Ball
- Food colouring (optional)
- Paint (optional)
- Glow Sticks (optional)

Instructions

1. Take empty bottles and fill them $\frac{1}{4}$ full (if going outside) or keep empty (if playing inside to avoid an accidental mess).
2. Arrange an empty hall or safe space outside.
3. Line up bottles
4. Roll the ball and knock them down!

Variations

- Paint the bottles
- Add Food Colouring to the water
- Insert a glow stick for some glow in the dark bowling!

Nature Walk

Supplies

- Wear sunscreen
- Wear a hat
- Take a reusable water bottle

We suggest bringing a bag with you to collect items on your outing.

Instructions

Participants go on a community walk with a family member/caregiver and retrieve materials for a craft later in the day.

Participants should look for and collect different leaves/sticks. If a community walk is not possible we suggest looking in your own yards/gardens/homes for items that can be used as paintbrushes.

Leaf Animal Art

Supplies

- Various leaves that you picked up from your nature walk
- Construction paper
- Glue

Adapted & Inclusive Virtual Camp

- Googly Eyes
- Markers and pencil crayons
- Optional: feathers, glitter, sequins

Instructions

1. Take a look at the leaves that you found and talk what animal they can be turned into
2. Glue leaf to paper. Decorate to look like the animal you chose
3. Continue with the remaining leaves.
4. Optional: make a forest to go with your animal use marker and pencil crayons

Tuesday

Bubble Worm

Supplies

- Small plastic bowls
- Dawn dish soap
- Old clean sock
- Empty clean water bottle
- Scissors
- Elastic or duct tape

Instructions

Part 1:

1. In a bowl, pour in 2-3 tablespoons of Dawn dish soap
2. Add 9oz of water to the bowl, stir well, set aside for later

Part 2:

1. Get a clean empty water bottle and get an adult to cut the bottom off of it (cut it in half)
2. Cover the bottom opening with an old clean sock and secure it with either an elastic or duct tape
3. Dip the sock end into the solution and blow into the mouthpiece of the water bottle.

If you want colour, add a few drops of food colouring to the sock end.

Memory Match

Supplies

Adapted & Inclusive Virtual Camp

- Paper plates
- Pencil Crayons or markers
- Tape
- Scissors

Instructions

Make your own Memory Match:

1. Colour the various nature pictures provided
2. Once coloured, they can be cut out and attached to the bottom of the paper plate.

This activity can be played throughout the week.

Seed Growing

Supplies

- Ziploc Bags
- Paper towels
- Various seeds
- Painters Tape
- Permanent Marker

Instructions

Experiment: Seed growing:

1. Wet a paper towel and fold in half
2. Drop a small number of seeds on it.
3. Try to leave some space between the seeds (in case you want to plant them or else the roots will tangle).
4. Place the paper towel in a small Ziploc bag and hang the bag in a sunny window or outside in a sunny spot.

In a few days, the seeds will germinate and the roots will be visible.

Story Time and Art Project

Supplies

- 3-4 Straws
- Various colour tissue paper (green, pink, purple and orange)
- White paper
- White glue
- Pencil

Adapted & Inclusive Virtual Camp

- Scissors
- Container for glue

Instructions

Read Story: Dr. Seuss - The Lorax (Book can be found on youtube)

After reading the story, create a craft incorporating ideas from the story.

Make your own Truffula Tree

1. Cut 10-12 1-inch squares out of the purple, pink and orange tissue paper. Then cut 25 1-inch squares out of the green tissue paper.
2. Take a pencil and place the eraser end in the middle of a green square. Twist the paper up around the pencil and dip it in a tiny bit of glue. Place it on the bottom of the paper plate and slowly lift out the pencil. Repeat the process until you have a line of grass.
3. Once you have a line of grass, take the three straws and cut different lengths. Glue each one onto the plate, making sure to have one end in the grass.
4. Repeat step 2 to make the Truffula trees. Press down each tissue paper in a circle to create the shape of the treetop. Only 10-12 squares will be needed to make the trees.
5. Once your scene is complete from The Lorax, let the plate dry.

Wednesday

Neighbourhood Scavenger Hunt

Supplies

- Wear sunscreen
- Wear a hat
- Take a reusable water bottle

We suggest bringing a bag with you to collect items on your outing.

Instructions

Participants go on a community walk with a family member/caregiver and can retrieve materials for a craft later in the day. Participants should look for and collect different leaves/sticks.

Alternatively, if a community walk is not possible we suggest looking in your own yards/gardens/homes for items that can be used as paintbrushes.

Adapted & Inclusive Virtual Camp

Nature Prints: Leaf Painting

Supplies

- Construction Paper
- Leaves (what you collected on your nature walk)
- Paint
- Paper Plate (for paint)

Instructions

1. Put your paint on a paper plate
2. Dip leaves into the paint and lay the leaves paint side down onto your construction paper.
3. Use the leaves to create impressions of your leaves or drag the leaf as if it were a paintbrush.
4. Use different leaves and colours to create a unique and fun Nature Print!

Get the Acorn

Supplies

Ball or object easy to grab.

Instructions

2. Divided evenly and each person.
3. Each person stands on opposite sides with the object sitting in the middle.
4. On the count of 3 a person from each side of the object run, skip or hop to try and get the Acorn and try to get it back to their side.
5. When you get back to your side scream ACORN and you get a point.

Eco-Friendly Bouquet

Supplies

- 5-6 Coffee filters
- Food colouring or Crayola marker
- Pipe Cleaners
- Spray bottle filled with water (or fill a small bowl with water)

Instructions

1. On a paper plate, lay out your first coffee filter
2. Drop a few different colours of the food colouring or draw designs onto the filter with markers.

Adapted & Inclusive Virtual Camp

3. Use a spray bottle filled with water and mist the water onto the filter (or dip your fingers in the bowl of water and splash drops of water onto the filter)
4. Watch the colours spread and then let dry.
5. Once dry, take a pipe cleaner and twist one end into a ball. Push the filter through the other end all the way to the ball.
6. Add the remaining filters to the same pipe cleaner stem. Then pinch the bottom of the flower, and wrap a pipe cleaner around it to hold it in place

Add a special touch: When filters are dry, fold in half and add little cuts onto the rounded ends, this will give your flower a more realistic look.

Thursday

Cloud Creation

Supplies

- 1 cup corn starch
- ½ cup hair conditioner
- Bowl
- Stirring spoon

Instructions

1. Measure 1 cup corn starch and ½ cup of hair conditioner and pour into a bowl
2. Stir until fully mixed

Statue

Supplies

Music.

Instructions

1. Play music
2. While the music is playing, have players dance in place
3. Every minute or so, stop the music. Players need to freeze in place.
4. If they move, players must sit down and lose a turn.

Rain Tubes

Supplies

- Paper towel roll or poster board cut and rolled into a tube
- Packing tape
- Tissue paper

Adapted & Inclusive Virtual Camp

- Glue
- Paper Bags
- Elastic bands
- Markers/pencil crayons
- Dried rice
- Ribbon
- Scissors

Instructions

1. Either use paper towel roll or roll a square cut poster board into a tube (secure with tape)
2. Decorate the tube with coloured tissue paper using a paintbrush and glue
3. Let dry
4. Cut 4 large circles from the paper bags
5. Take 2 cut circles and place them on one end of the dry tube. Use the elastics to hold the paper in place.
6. Pour a cup of dried rice inside the tube.
7. Secure the last 2 cut circles on the open end so the rice doesn't fall out. Use the elastics to hold it on.
8. You can also use ribbons and tie around the ends for more decoration

Fitness Wheel

Supplies

- Paper
- Pencil
- Markers
- Paperclip

Instructions

1. Draw two wheels on a paper
2. One wheel divided into six (known as the exercise spinner)
3. Another wheel divided into ten (known as the 1-10 spinner)
4. First, use exercise spinner, using a pen and paperclip, spin the paper clip and see where it lands.
5. Then, spin the 1-10 spinner to tell you how many times you do that exercise.

Friday

Paper Windmill

Supplies

- Crayons or Markers

Adapted & Inclusive Virtual Camp

- Pencil or straw
- Push Pins
- Scissors

Instructions

1. Take your piece of paper and cut it into a perfect square.
2. Decorate both sides of the paper with whatever design you wish.
3. Fold the paper diagonally so it turns into a triangle and crease it lightly. Repeat this for the opposite direction as well. You will then unfold and have a creased "X" on the page.
4. Cut along the creases about halfway to the middle of the paper. Be sure not to cut all the way.
5. Bend each corner into the middle. Make sure to bend and not to fold.
6. Once all four corners are in the middle push the pushpin through them all as well as the straw or eraser (you may need adult help).

Sensory Bottles

Supplies

- Water Bottle (used, cleaned and labels removed)
- Baby Oil
- Food Colouring (optional)
- Glitter (optional)
- Sand (optional)
- Pom Poms (optional)
- Duct/ Masking Tape

Instructions

1. Open up your water bottle
2. Add baby oil and water
3. Add Food Colouring (optional)
4. Add glitter, sand, pompoms, etc. (optional)
5. Seal bottle
6. Use tape to seal the top of the bottle to avoid any leakage.
7. Play!

Sensory Play

Supplies

- Sensory Bottle
- Sensory Bags
- Slime

Adapted & Inclusive Virtual Camp

Instructions

Using your previously made sensory toys, enjoy 10 minutes of play!

Rainbow Stick Craft

Supplies

- Computer/IPad
- Stick
- Ribbon/ String
- Tape
- Scissors

Instructions

Follow along on [YouTube](#).

Bird Watching

Supplies

Computer/IPad.

Instructions

Follow along on [YouTube](#).