

Theme: Space (ages 6 to 12)

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Monday

Feelings

Supplies

Feelings chart

Instructions

1. Using the feelings chart, ask How Are You Feeling?
2. The child can point to a picture to express their feelings and then discuss

Rocket Fruit Stick (Sensory Activity)

Supplies

- Skewer
- Bananas
- Strawberries/raspberries
- Watermelon or cantaloupe

Instructions

1. Slice some bananas
2. Cut up watermelon or cantaloupe in the shape of an arrow, place the bottom of the arrow on the stick first
3. Thread the fruit over the skewer
4. Place the top of the arrow on the stick and your rocket is complete!!

Sensory: Allow opportunities for smelling, feeling, squishing, licking and biting.

Galaxy in a Jar (Sensory Activity)

Supplies

- Clean glass jar with a lid
- Tempera paint (at least 2 colours)
- Cotton Balls
- Fine glitter
- Water

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Instructions

1. Fill 1/3 of a jar with water
2. Put several drops of acrylic tempera paint in the water, place lid on your Mason jar, and shake to mix the paint and water.
3. Add some fine glitter to the water and paint solution.
4. The glitter will be the stars within your galaxy!
5. Stretch out the cotton balls to make them long
6. Add the cotton balls to the water until the bottom of the jar is filled with cotton, allow the participant to push the cotton down with a stick or fork.

Out for a Space Walk – Scavenger Hunt (Outdoor Play)

Supplies

Print out or review the handout for scavenger hunt items.

Instructions

1. Decide where to begin your Space Walk scavenger hunt it can start indoors and move outdoors
2. Try to find the items on your scavenger hunt list

Galaxy Leaves (Arts and Crafts)

Supplies

- Newspaper/plastic table cloth
- Leaf
- Paintbrush
- Blue, Purple, Red, White paint
- Sponge
- Plate

Instructions

1. Layout some newspaper/plastic table cloth
2. Place your leaf on the paper
3. On one piece of the leaf, put two drops of blue paint
4. On the centre of the leaf, put two drops of purple paint
5. On the other side of the leaf, put two drops of red paint
6. With a small sponge, start dabbing the paint colours on the leaf, slowly mixing the colours
7. On a separate plate, put three drops of white paint
8. Dip your paintbrush into the white paint
9. Hold the brush above the painted leaf, use your wrist to splatter the white paint across the leaf to represent the stars

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Tuesday

Feelings

Supplies

Feelings chart

Instructions

1. Using the feelings chart, ask How Are You Feeling?
2. The child can point to a picture to express their feelings and then discuss

Keep the Satellite in Space (Outdoor Play)

Supplies

- Beach ball or balloon

Instructions

1. Blow up a beach ball or balloon to use as a satellite
2. Get the camper(s) active and take turns keeping the satellite in the air
3. Try not to let the satellite hit the ground

Space Match (Colouring and Memory Game)

Supplies

- Paper plates
- Markers/Crayons
- Pictures
- Pencil Crayons or markers
- Tape
- scissors

Instructions

1. Colour the various space pictures provided
2. Once coloured, they can be cut out and attached to the bottom of the paper plate.
3. This activity can be played throughout the week.

Space Sand (Sensory Activity)

Supplies

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- Container/Bowl (Crater)
- 5 cups of flour
- 1 cup vegetable oil
- Food colouring (optional)

Instructions

1. In a bowl (crater) add 5 cups of flour
2. Gradually add 1 cup of vegetable oil continuously mixing. Stop adding oil when you like the texture
3. Add food colouring (optional)

Spaceship Creation (Arts and Craft)

Supplies

- White paper
- Blue paint
- Orange paint
- Markers
- Child's foot
- Tape
- Star stickers (optional)

Instructions

1. Have the camper sit with one foot raised
2. Put blue paint on the camper's foot (except toes)
3. Apply orange or yellow paint to the child's toes
4. Tape the white paper on the ground and have the camper place their painted foot on the piece of paper.
5. Carefully remove the foot from the paper and rinse the foot immediately.
6. As the footprint is drying, using a red marker, draw a triangle just above the heel and draw some half triangles on either side of midfoot to create the wings of the rocket
7. Decorate your spaceship if you wish.

Your art can be used for an activity on Friday.

Wednesday

Feelings

Supplies

Feelings chart

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Instructions

1. Using the feelings chart, ask How Are You Feeling?
2. The child can point to a picture to express their feelings and then discuss

UFO Frisbee Challenge (Outdoor Play)

Supplies

- Frisbees
- Hoola hoops/bins/buckets/anything to create a landing pad

Instructions

1. Set up landing pads in different spaces
2. Have camper throw the Frisbees (UFO) to the landing pads

Space Creature UFO (Arts and Crafts)

Supplies

- Construction Paper; black and green or white paper
- Scissors
- Glue
- Googly Eyes (optional)
- Sharpie
- Crayons
- Aluminum paper (optional)

Instructions

1. Cut a paper plate in half and colour one half (UFO) of the plate grey or silver if you have crayons/pencil crayons/markers
2. You may also use aluminum foil and glue to the UFO to give it a shiny look
3. Trace campers hand on green construction paper or white paper and colour it green
4. May glue googly eyes or draw eyes on the fingertips
5. Cut out the handprint and glue it to black construction paper
6. Cut the black construction paper in a circle around the handprint
7. Place glue on the bottom half of the circular hand Space Creature and apply to the top half of the paper plate

Space Creature Slime (Sensory Activity)

Supplies

- Bowl/container

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- Food colouring
- Shaving Cream
- Water
- White Elmer's Glue

Instructions

1. Get a bowl (crater) and put ½ tsp of baking soda inside your crater
2. Add 1 drop of food colouring
3. Add 2 cups of shaving cream
4. Mix ¼ cup of water
5. Finally, mix in 2/3 cup of white Elmer's Glue

If you want to add more sensory components add the object into the slime.

Fitness Frenzy (Fitness)

Supplies

You decide.

Instructions

1. Create 4 stations wherever you have room and go through 4 exercises.
2. Go through your fitness circuit 3 times from start to finish!

Here are some exercise ideas: squats, lunges, frog jumps, jumping jacks, push-ups and side shuffles!

Thursday

Feelings

Supplies

Feelings chart.

Instructions

1. Using the feelings chart, ask How Are You Feeling?
2. The child can point to a picture to express their feelings and then discuss

Meteor Catch (Outdoor Play)

Supplies

Balls

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Instructions

1. Gather various types of ball, differing in texture or shape
2. Play catch and throw– practice throwing first
3. Next, focus on catching stand close together and then slowly move apart

This would help with both fine and gross motor skills.

Using large balls works on their gross motor skill development. Using a small ball will help the child with fine skills (could be a small bouncy ball, moving up to a tennis ball etc).

Star Gazers (Arts and Crafts)

Supplies

- Paper towel/toilet paper roll
- Scissors
- Glue/elastic/tape
- Construction paper (2 colours)
- Toothpick/pencil
- Stickers/markers/glitter

Instructions

1. Cover one end of the paper towel roll with black construction paper securing the paper along the sides of the roll with glue/elastic band or tape
2. Using a toothpick poke small holes in the construction paper to look through (leave one end of the roll uncovered)
3. Choose a different colour construction paper and cover the entire side of the paper towel roll
4. Decorate your Star Gazer

Have the child look through the open end of the roll through to the poked side- this will make it easier to see stars at night

Space Volcano (Science Experiment)

Supplies

- Vase or plastic container
- Baking soda
- White vinegar
- 6 drops of food colouring
- 1-2 tsp of glitter (optional)
- A pan to contain the mess

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Instructions

1. Pick a vase and a pan
2. Place vase in the pan
3. Add 3 tablespoons of baking soda into the vase
4. Add 6 drops of food colouring
5. Add 1-2 teaspoons of glitter to the vase (optional)
6. Pour $\frac{1}{2}$ a cup of vinegar into the vase and watch the reaction happen

Planet Hop (Outdoor Play)

Supplies

Balls

Instructions

1. Set up balls spread apart
2. Each ball is a different planet
3. Create a starting point and tell the camper they have to listen and follow the instructions to get to the planets

For example, to get to Mars you will have to take small steps or big steps, you will have to hop/skip/leap until you reach that planet

Adapt to the camper's physical needs, for example; if the camper is in a wheelchair, have them go in zigzag, backwards, straight, waves, etc.

Friday

Feelings

Supplies

Feelings chart.

Instructions

1. Using the feelings chart, ask How Are You Feeling?
2. The child can point to a picture to express their feelings and then discuss

Astronaut Training (Outdoor Play)

Supplies

- Varied size balls for catching
- Kitchen rubber gloves

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- Bucket
- Water bottle

Instructions

1. Astronauts will have to do a quick warm-up, have them jog on the spot for 10 seconds
2. Next, 10 space jumping jacks
3. Time to stretch, stand tall and stretch arm up above their head to try and touch the sun, then stretch arms to their sides
4. Now the astronauts have to jump up and down using both feet
5. Practice balance by stand on one foot and then switch feet
6. Provide the child with kitchen rubber (Astronaut) gloves and play catch with them, they need to practice using their hands with their work gloves
7. Shuttle Repair- fill a water bottle with water, place it in the bucket filled with water so that the bottle sinks to the bottom of the bucket, with their rubber gloves on, the child has to unscrew the lid off the bottle underwater

Astronaut Pudding (Snack)

Supplies

- Small Ziploc bag
- 1 tbsp Instant Pudding mix
- ¼ cup of milk

Instructions

1. Get a Ziploc bag ready
2. Put 1 tablespoon of chocolate (or any flavour) instant pudding in a Ziploc
3. Add 1/4 cup of milk
4. Close the bag and squish up the pudding mix
5. Make a hole and eat like the Astronauts do in their space ship with no utensils. Or squeeze the pudding in a bowl and eat like an Astronaut in training on planet Earth.

Find the Moon Rocks (Sensory Play)

Supplies

- Container/bin
- Water beads
- White or black rocks

Instructions

1. Get a container and fill it with water beads (find water beads at the dollar store)

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2. Add white or black rocks into the container with water beads
3. Camper searches through the container to find the moon rocks
4. Pull Moon Rocks out
5. Count how many moon rocks you found

Rocket Lacing (Fine motor skills)

Supplies

- Previous rocket ship creation
- Construction paper
- Scissors
- Hole puncher
- String, ribbon, rope

Instructions

1. Get your rocket ship creation, glue it on to another piece of construction paper
2. Carefully cut out your rocket ship leaving a ½ inch border
3. Use a hole puncher to create lacing holes every 1-2 inches
4. Get some string, ribbon, rope and let your astronaut practice their fine motor skills by lacing around their art

Astronaut Freeze Dance Party (Active game)

Supplies

- Music
- Amazing space moves

Instructions

1. Start the music
2. Everybody dances - except in space you have to move slowly
3. When the music stops freeze like an Astronaut on the Moon