

## Theme: Space (youth)

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

### Monday

#### Feelings

##### Supplies

Feelings Chart

##### Instructions

1. How are we feeling today?
2. What are we excited to do today?

#### Smoothie Bowls (Healthy Eating)

##### Supplies

- 1 cup of frozen mixed berries or fruit small ripe frozen banana
- ½ of liquid or more if needed
- Topping options: Fresh Fruit of your choice, Granola, Coconut

##### Instructions

1. Put frozen berries and banana into a blender, blend on low until berries on in small pieces
2. Add liquid (yogurt, milk, Coconut water, etc) a little at a time, blend on low again, until the mixture reaches a soft-serve consistency
3. Pour into bowls
4. Top with desired toppings

Best when fresh, though leftovers can be kept in the freezer for 1-2 weeks. Thaw before enjoying.

#### Seashell Magnets (Arts and Crafts)

##### Supplies

- Glue Gun and Glue sticks
- Magnets
- Seashells (med-large in size)
- Paint
- Paintbrushes

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- Accessories - Silk Flowers, Butterflies, Ribbons, Gems, Beads

## Instructions

1. Buy some seashells (dollar store)
2. Cut out square pieces of paper
3. Glue your seashells to your paper using your glue gun
4. When your seashells are dried glue them to your magnets using a glue gun
5. Once all the glue is dry, paint your seashell and/or add accessories to decorate

## Lava Bottle (Science)

### Supplies

- Used water bottle
- Water
- Vegetable oil
- Food colouring
- Baking soda or salt

### Instructions

1. Get a plastic bottle
2. Fill the bottle 2/3 of the way with vegetable oil
3. Fill the rest of the bottle with water
4. Add 3-4 drops of food coloring (your choice of color)
5. You can add a tbsp. of baking soda or salt
6. Watch your lava lamp erupt into activity

## 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!

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## Tuesday

### Feelings

#### Supplies

Feelings Chart

#### Instructions

1. How are we feeling today?
2. What are we excited to do today?

### Cosmic Sand (Science)

#### Supplies

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

#### Instructions

1. Get a bowl and add 6 cups of flour
2. Slowly add 1 cup of vegetable oil continuous mixing
3. Stop adding oil when you like the texture
4. Add food colouring (optional)

### Space Slime (Science)

#### Supplies

- Bowl/container
- Food colouring
- Shaving Cream
- Water
- White Elmer's Glue

#### Instructions

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

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## Capture Space Balls (Outdoor Challenge)

### Supplies

- Water
- Ice
- Marbles
- Bucket
- Long Socks

### Instructions

1. Fill up a bucket/tall pot halfway with water and ice
2. Place the bucket on the floor
3. Put 30-50 marbles into the bucket
4. Using a spare long sock, try to scoop up as many marbles as possible in 2 minutes
5. See who gets the most marbles

## Space 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

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.

## Wednesday

### Feelings

### Supplies

Feelings Chart

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## Instructions

1. How are we feeling today?
2. What are we excited to do today?

## Layers of Liquid (Science)

### Supplies

- Tall clear drinking glass
- A large spoon
- Water
- Oil, about 1 cup(vegetable works great)
- Corn Syrup
- Optional: Food Coloring
- Paper Towels

### Instructions

1. Fill the glass about halfway with water
2. Add a drop of food colouring (optional). Not too much or you might not be able to see what is happening.
3. Slowly pour some corn syrup into the water and watch what happens. Does it sink or float?
4. Slowly add some oil. Does the oil sink or float?
5. See how the layers of liquid do not mix

## Boat Creation (Arts and Craft)

### Supplies

- Popsicle sticks
- Construction Paper or cardboard
- Cork
- Toothpick
- Glue gun
- Glue stick

### Instructions

1. You will need 10 popsicle sticks for the base, 2 sticks to secure the base, 6 sticks for the border of the boat
2. Put your 2 sticks down on a flat surface
3. Glue the middle of your sticks
4. Lay the 6 sticks on top of the glued two sticks ensuring that the 2 sticks are the in the middle of the 6 sticks
5. Allow the glue to dry

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6. Take a cardboard box and decorate it, when finished cut out a triangle
7. Add on your sides to the base of your boat and allow to dry for 5 mins
8. Glue the cork to the centre of your boat base
9. Glue your triangle to a toothpick, stick a toothpick into the Cork

## Keep the Ball Up (Outdoor Challenge)

### Supplies

- Beach ball/Beach Volleyball
- Optional – Air Pump

### Instructions

1. Inflate a large beach ball
2. Throw the ball up in the air
3. You and your family members have to try to keep the ball up in the air as long as you can

## Emoji Challenge (Activity)

### Supplies

You decide.

### Instructions

1. Create and draw your very own emoji that you could send to someone who has done something kind to you!
2. Write and explain why you decided to draw this emoji.

## Thursday

### Feelings

#### Supplies

Feelings Chart

#### Instructions

1. How are we feeling today?
2. What are we excited to do today?

## Shaving Cream Cloud (Science)

### Supplies

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- A couple of clear glasses, vases, or containers
- Food colouring
- Shaving cream
- Small bowls/containers that can hold 1-2 ounces
- Water
- An eyedropper or ¼ teaspoon measuring spoon

## Instructions

1. Fill the small containers with water. (The more water you use, the faster the “rain” falls and the less “rain” there will be)
2. Add a couple of drops of different food colouring into each container.
3. Fill the clear glass about  $\frac{2}{3}$  full with water.
4. Top off the water in the glass with a good amount of shaving cream to create the “cloud”.
5. Use the eyedropper to pour the coloured water onto the “cloud”. As the shaving cream begins to fill up, the coloured water will come out of the bottom as rain

## Yogurt Ice Pops (Healthy Eating)

### Supplies

- 12 ladyfinger cookies
- 1 large container of Greek vanilla yogurt (cold)
- Chips of your choice – Chocolate, Sea Salt Caramel, Butter Scotch
- Fresh fruit of your choice
- Popsicle sticks
- Small paper cups or popsicle moulds

### Instructions

1. Crush ladyfinger cookies into bits
2. Mix yogurt, cookies, and chips or fruit in a large bowl
3. Pour mixture into paper cups and place popsicle sticks in the middle of the cup or pour into moulds
4. Freeze for 4 hours and enjoy

To remove the treat from the paper cups, peel the paper back. When removing from a plastic mould, rinse under hot water and pop out.

## Star Art (Arts and Crafts)

### Supplies

- Popsicle sticks
- Glue
- Accessories – Beads, sparkles, gems, google eyes

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## Instructions

1. Paint popsicle sticks
2. Glue two popsicle sticks together to form a T
3. Glue another two popsicle sticks to create an X
4. Place a dab of glue in the middle of the X and attach the t to the X
5. Let the star sit of 5 mins to make it sturdy
6. Design your star by gluing on your accessories

## Space Volcano (Science Experiment)

### Supplies

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

### 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

## Friday

### Feelings

#### Supplies

Feelings Chart

#### Instructions

1. How are we feeling today?
2. What are we excited to do today?

### Crater Art (Arts and Crafts)

#### Supplies

- Black Construction Paper



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- Paper Plate or White Paper
- White, Black and Silver Paint
- Tinfoil

## Instructions

1. Use white paint to create stars on black paper
2. Paste white circle on black construction paper
3. Using grey paint and crumpled tinfoil, start to create a crater-like texture
4. Use different shades to add dimension
5. Let dry and hang up.

## Grocery Store Challenge (Healthy Eating)

### Supplies

Camera to take pictures.

### Instructions

1. Go to the grocery store and pick out 5 random healthy ingredients to use to make your lunch or snack.
2. Take a photo of your creation to share with everyone!

## Skittle Exploration (Science)

### Supplies

- A white plate
- Skittles
- Water

### Instructions

1. Place the skittles in a ring around the edge of the plate in an alternating colour pattern
2. Carefully pour water into the plate.
3. If any skittles move out of place quickly fix their position and observe the pattern being formed

## Keep It Moving Board Game (Fitness)

### Supplies

You decide.

### Instructions

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1. Keep your body active and warm by playing this game by yourself or with your family! The goal is to try your best to make it around the board game at least once.
2. When you have finished, we challenge you to stretch your creative muscle and create your own board game that focuses on fitness and physical activity!