

Theme: Under the Sea

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

Monday

Rainbow Fish – Story Time

Supplies

- Computer/Phone/iPad
- Internet access

Instructions

[Read Rainbow Fish](#)

Swim through the Ocean – Outdoor Activity

Supplies

Bag

Instructions

1. Camper and caregiver go out for an early walk in the neighbourhood
2. Look for identified objects that will be used to make an item for a later activity
 - Branches
 - Leaves
 - Pinecones
 - Rocks

Gone Fishing – Arts & Crafts

Supplies

- Construction paper fish
- Branches or Paint brushes
- String
- Metal paper clips
- Magnets
- Tape
- Hot glue gun
- Hula hoop or Bucket or little pool
- Put paper clips on fish

Instructions

Using the braches you picked up from your scavenger hunt, you are going to make a fishing rod.

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1. Take the branch, tie your string to the end of the branch, you can add tape to make it extra secure
2. On the other end of the string attach a magnet with tape or a glue gun
3. Using the leaves, pine cones or rocks (pretend fish) you found on your morning scavenger hunt, attach a paper clip with tape or hot glue gun. You can also make fish with construction paper.
4. Put your fish in a bowl, bucket, little pool, hula hoop whatever you are using for an imaginary ocean
5. Take your fishing rod and try to catch your fish

Ocean in a Bag – Sensory Activity

Supplies

- Ziploc bags
- Hair gel , water or baby oil
- Glitter
- Sand
- Small sea animals (optional)
- Pompoms (optional)
- Duct tape or masking tape
- Food colouring (optional)

Instructions

1. Open up your Ziploc bag
2. Add either hair gel, baby oil or water to bag
3. Optional: add blue food colouring
4. Add some glitter, sand or sea animals
5. Zip the bag closed
6. Use duct tape or masking tape to seal the top of the bag to avoid any leakage
7. Enjoy your sensory Ocean in a bag

Tuesday

Rainbow Weaving Fish – Arts & Crafts

Supplies

- Rainbow coloured paper
- Googly eye
- White or black card stock paper
- Scissors
- Glue

Instructions

1. Cut out the shape of a fish with card stock paper and fold it in half
2. Use a scissor and cut slits close together, not too close to the bottom or mouth of the fish
3. Cut out long strips of coloured paper

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4. Weave the coloured pieces of paper through and trim the top and bottom to look like fish fins
5. Add your googly eye any extra scraps around the body and tail

Sea Creature Movement – Outdoor Activity

Instructions

1. Teach the camper the movement of the sea creatures
 - Jellyfish- wiggle arms and legs around
 - Sea turtle- walk slowly through the yard
 - Swim like a shark- fast moving movements side to side
 - Swim like a fish- using arms as if swimming and making mouth movements by sucking in cheeks
 - Swim like a dolphin- bend at waist and lift chest up, making dolphin sounds
 - Seaweed- put arms in air and wave them around from side to side
 - Walk like a crab- have child sit on ground and lift up using legs and arms and do the crab walk
2. After completing movements a few times, make it a game. Call out an ocean animal and have the child quickly perform the movement

Sea Bowl – Sensory Activity

Supplies

- 1/4 cup of warm water
- 2 tbsp dish soap
- 2 tbsp cornstarch (Or corn flour)
- Blue food coloring or liquid watercolors
- Blender (or hand mixer)
- Bin
- Small sea animals

Instructions

1. In the blender, add the water, dish soap, cornstarch and food coloring.
2. Blend on high speed until stiff peaks form, if it is too watery, add more cornstarch and dish soap
3. Pour the soap foam into a container and add ocean animals
4. For additional sensory exposure, place another container with water so the camper can wash off their sea animals after they find them.

Wednesday

Ocean Sponge Animal Catch – Outdoor Play

Supplies

- Sponges
- Bucket

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- Water

Instructions

1. Cut starfish and fish shapes out of sponges.
2. Fill a bucket or large container with water
3. Place the sponges in water and play
4. You can take your sponge out of the water and throw it to your partner, be prepared to get wet!

Jellyfish –Arts & Crafts

Supplies

- Small paper bowl
- Tissue paper (any colours)
- Ribbon
- Googly eyes
- White string (to hang the jellyfish)
- Glue
- Tape
- Scissors

Instructions

1. Cut your tissue paper into square pieces. Use a few different colours if you wish to make your jellyfish colourful
2. Turn your paper bowl upside down and add school glue all over the bottom of it and the sides. Put your tissue paper squares all over your bowl, covering the bottom and sides of the bowl completely. Let your glue dry completely
3. Have an adult use your scissors to poke a small hole in the center of your paper bowl. Push your white string through the hole, tie a knot in the end and tape it down inside the bowl
4. Using the ribbon attach it to the inside of the bowl. You may also want to ask an adult to help curl the ribbon
5. Finish your cute and colourful jellyfish craft by gluing on googly eyes

Find the Sea Animal

Supplies

- Print out Find the Sea Animal Template
- Marker

Instructions

1. Print out the Find the Sea Animal Template
2. Have the camper pick their favourite marker
3. Find the pictures located on the left and side in the sea
4. Once you find the picture circle it

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Thursday

Fish Egg Race – Outdoor Play

Supplies

- Wooden spoons
- Balloons
- Water
- 2 buckets

Instructions

1. Fill multiple balloons with water- not too much water
2. Place water filled balloon into one bucket
3. Give camper wooden spoon
4. Camper needs to place a water balloon (fish egg) onto the wooden spoon and walk with it to the other bucket
5. Repeat multiple times until all the balloons have been transferred from one bucket to the other
6. If you need to make it more challenging, time how long it takes and try to beat the time on another day or the same day.

Paper Bag Mermaid – Arts & Crafts

Supplies

- Paint, Crayons or Markers
- Brown paper bag
- Craft yarn
- Scissors
- Single hole punch
- Large wiggle eyes
- Glue

Instructions

1. Make the fins for your mermaid. Lay your paper bag on a flat surface with the opening of the bag facing you.
2. Take your scissors and cut out a small triangle to make two fins for the mermaid tail. Just don't cut too much.
3. Decorate your paper bag however you like with craft paint, markers, crayons etc.
4. When done decorating, take your single hole punch and punch a few holes along the bottom of the paper bag, where you made the face.
5. Set aside the bag
6. Tie/secure the yarn pieces in place, in the punched holes, to make the mermaid's hair. Add as much or as little yarn as you like
7. Finally, glue the wiggle eyes in place so your mermaid can see.

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Sea Slime – Sensory Activity

Supplies

- 4 oz. Elmer's White School Glue
- Glitter (optional)
- ½ tbsp baking soda
- 2-3 tbsp contact solution
- Small plastic ocean animals

Instructions

1. Get a large bowl
2. Mix glue and baking soda (add glitter optional)
3. Stir until the baking soda is no longer clumpy
4. Add in 1 tbsp of contact solution
5. Stir until slime starts to become a solid continue adding contact solution 1 tbsp at a time until the slime begins to form
6. Finish mixing the slime by hand. Slowly add in more contact solution if your slime is too sticky
7. Add sea creatures

Friday

Fill the Sea – Outdoor Play

Supplies

- Paper cup with holes punched through the cup
- 2 large buckets or pots

Instructions

1. Place 2 buckets 15 feet away from each other
2. Fill one bucket with water
3. Have the camper stand by the water filled bucket
4. Give the camper the paper cup with holes punched through
5. Camper has to fill the cup with water and run to the other bucket and dump what water is left into the empty bucket
6. The camper has to repeat until certain amount of water level is reached in the empty bucket

You can time them or just take their time and have fun!

Colourful Pasta Fish – Arts & Crafts

Supplies

- Cardboard
- Elbow Macaroni pasta
- Paint (colours of your choice)
- Sandwich bags

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- Wax paper or Parchment paper
- Googly eyes
- Scissors
- Glue

Instructions

1. Start by painting your elbow macaroni pasta. To do this, squirt some paint into the bottom of a sandwich baggy, then pour a handful of pasta into the bag. Seal it shut and squish the pasta around to coat them with the paint. Once coated, pour them out onto a sheet of wax paper or parchment paper to let them dry
2. Cut a fish shape out of your cardboard. Paint your fish and set it aside to dry completely
3. Once your pasta and cardboard fish are dry it's time for the fun part. Glue a googly eye onto your fish and then glue your pasta all over your fish to make fish scales and fun designs on your fish. Make sure to use a piece of pasta for the fish mouth

Sea Bingo – Quiet Activity

Supplies

- Sea Bingo Cards
- Cut out stars as starfish to mark the pictures called out

Instructions

1. Print off bingo cards
2. Call out pictures
3. Campers to cover the picture on their card as it is call out
4. First camper to get one line calls out SEA