

WELCOME TO SUMMER CAMP



Welcome to 6-weeks of easy, engaging, and inexpensive ideas to keep summer days from ticking backwards. My summer camp program is designed to let families have stress-free fun together. The activities are open-ended and multi-age - you'll be able to adjust projects easily.

Remember, you can use this program however you need: in any order, picking and choosing, skipping weeks or combining them. You have total control. Enjoy these simple themes and the memories that will come this summer.

The Themes:

- GAMES
- WATER & ICE
- STEM
- NATURE
- CAMPING
- ART

A welcome note with some theme thoughts

Supply list

CAMPING WEEK		
WELCOME Hello, Summer Campers! It's Camping Week! The focus of this week is all things camp related - from fun and games to time outdoors to the foods we eat at a camp site. This theme is a great way to introduce camping to kids who haven't had a chance to go camping and a perfect way to bring back great memories for those who have.	ACTIVITIES CAMP SITE MAP It's important to have a map at a camp site so you don't get lost. Work together to create a map of your camp site (see "Extra Activity"). Talk about distance & measuring, compasses, and map keys. ROCK ART Sit around the "camp fire" and paint some rocks. Encourage older kids to paint rocks in camping theme: fires, bugs, supplies, etc. Tell stories using the painted rocks. FLASHLIGHT FUN What's more fun than a flashlight? A few options for flashlight fun: make a camp site hunt! Rhyme with HIRE, shine your flashlight on the _____. Use a flashlight to read in the tent, or tape up camp related pictures or words for kids to flashlight find.	TRAIL MIX STORY Have fun making a camp snack into a story. Use the poem/story included to create a trail mix story snack (or come up with your own). SOLAR S'MORES Take a box with an attached lid (think pizza box) and line with foil. Stack graham cracker, chocolate, and marshmallows like a s'more. Cover s'mores with plastic wrap. Wrap the lid of the box with foil to reflect on the s'mores. Keep the lid open by wedging a wooden skewer between the lid and the box. Set in direct sunlight and cook for 20-30 minutes. CAMP TARGETS Take 4 paper plates or large buckets. Label them 10, 20, 30, and 40 points. Space them out evenly in the yard and let kids toss bean bags or balls onto the target.
SUPPLIES Camp site materials Construction paper Markers & paint Rocks Flashlight Box with attached lid Plastic wrap & foil Graham cracker, marshmallows, & chocolate Wooden skewer Paper plates or bucket Trail mix supplies Balls or bean bags	EXTRAS BUILD A CAMP SITE Have some fun setting up a fake camp site with your kids: pop up the tent or build a fort, grab sticks and rocks for a fake fire, bring out lawn chairs and a kiddie pool as the "lake." WRITING Let your child create an informational poster on camping. Include things like: how to set up a camp site, steps to make s'mores, and reasons why camping is so much fun.	

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6 activities to pick from

Extras: 1 extra activity that usually spans the full week and 1 writing activity for older kids

Cheer to a fun childhood summer full of laughter and play!



STEM WEEK

WELCOME

It's STEM Week! The focus of this week is activities rooted in science, technology, engineering, and math (STEM). Encourage kids to tinker, create, and invent their own projects using items from around the house. Questioning, testing, and learning through trial and error will be a big part of this week's learning process.

SUPPLIES

LEGO bricks
Thin string
Paper
Plastic cups
Cornstarch
Water
Large cardboard box
Broom handle or stick
Variety of balls
White vinegar
Baking soda (bi-carb)
Ice cub tray
Syringes or spray bottles
Recycled items
Sugar
Wooden skewers
Miscellaneous recyclables
Tape, glue & scissors

ACTIVITIES

LEGO ZIPLINE

Tie a string across a room or outside, angling slightly downhill. Build LEGO creations, attach them to the string, and send them down the zipline. Record data on the experiment: what works best?

OUBLECK

Mix 2 cups cornstarch with 1 cup water to make a non-Newtonian substance. Pour into a sensory bin or water table and ask your child, "Is it a solid or a liquid?"

BALL RAMP

Use cardboard to create a ramp. Flatten a box, fold back the flaps, and tape a stick or broom handle to the back. Roll the end up to make a curved jump. Let kids experiment with varying angles and objects to roll.

FIZZY ICE CUBES

Mix 1/2 cup water with 1 cup baking soda. Optional: add food coloring. Pour into an ice cube tray and freeze. Give kids syringes or spray bottles of white vinegar. Let them explore the chemical reaction.

BUILD A BRIDGE

Using cups, tape, craft sticks, and paper, kids work to create a bridge. Test the bridge and how much weight it can hold. Record the data. Rebuild to make it stronger.

CREATION STATION

Gather all your "good" trash. Make a space for kids to design, imagine, and build. Toss in boxes, papers, ribbons, tape, and glue. Let them create robots, aliens, and anything else.

EXTRAS

DIY ROCK CANDY

Mix 3 cups sugar with 1 cup water in a saucepan on medium heat. Dissolve. Cool and pour into a jar. Take wood skewers, roll in water & sugar, let dry, then play in jar (lay a clothespin across the jar's mouth to steady and hold the skewer vertically in the jar). Observe daily as candy forms in 5-7 days.

WRITING

Have your child create a "How-To" book explaining how to recreate one of the projects from the week. Make sure to include supplies and step-by-step directions. Let them share the book with others and see if their directions work.

CAMPING WEEK

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SUPPLIES

Camp site materials
Construction paper
Markers & paint
Rocks
Flashlight
Box with attached lid
Plastic wrap & foil
Graham cracker, marshmallows, & chocolate
Wooden skewer
Paper plates or bucket
Trail mix supplies
Balls or bean bags

ACTIVITIES

CAMP SITE MAP

It's important to have a map at a camp site so you don't get lost. Work together to create a map of your camp site (see "Extra Activity"). Talk about distance & measuring, compasses, and map keys.

ROCK ART

Sit around the "camp fire" and paint some rocks. Encourage older kids to paint rocks in camping theme: fires, bugs, supplies, etc. Tell stories using the painted rocks.

FLASHLIGHT FUN

What's more fun than a flashlight? A few options for flashlight fun: make a camp site hunt "I rhyme with HIRE, shine your flashlight on the ____", use a flashlight to read in the tent, or tape up camp related pictures or words for kids to flashlight find.

TRAIL MIX STORY

Have fun making a camp snack into a story. Use the poem/story included to create a trail mix story snack (or come up with your own).

SOLAR S'MORES

Take a box with an attached lid (think pizza box) and line with foil. Stack graham cracker, chocolate, and marshmallows like a s'more. Cover s'mores with plastic wrap. Wrap the lid of the box with foil to reflect on the s'mores. Keep the lid open by wedging a wooden skewer between the lid and the box. Set in direct sunlight and cook for 20-30 minutes.

CAMP TARGETS

Take 4 paper plates or large buckets. Label them 10, 20, 30, and 40 points. Space them out evenly in the yard and let kids toss bean bags or balls onto the target.

EXTRAS

BUILD A CAMP SITE

Have some fun setting up a fake camp site with your kids: pop up the tent or build a fort, grab sticks and rocks for a fake fire, bring out lawn chairs and a kiddie pool as the "lake."

WRITING

Let your child create an informational poster on camping. Include things like: how to set up a camp site, steps to make s'mores, and reasons why camping is so much fun.

TRAIL MIX STORY

Turning your homemade trail mix snack into a story is a fun, simple way to add an extra bit of our camping theme into this week. Here is a sample story for you to use or make up your own to fit your family and their taste buds better.

*Once upon a camping trip, I needed stuff to eat.
I looked around the camp site for a really tasty treat.*

*I saw some ants were on a log,
some colorful rocks were near a bog;
I saw the clouds up in the sky,
They waved at me and I yelled "Hi."*

*I grabbed onto my floaty ring,
to the lake I went, my pole I'd bring:
Some fish I'd catch to have my lunch..
I hoped I'd get a bunch to munch.*

Trail Mix

Let each kid fill their trail mix bag to match the story:

Pretzel sticks (logs)
Raisins (ants)
Mini marshmallows (clouds)
M & M's (colorful rocks)
Cheerios (floaty ring)
Gold fish crackers (fish)

ART WEEK

WELCOME

It's Art Week! This week is designed to introduce your child to various art techniques - hopefully, some that are brand new to them. The goal is to broaden their art horizon, and to help them see art as more than just painting or coloring a picture on a piece of paper. There's so much more to art.

SUPPLIES

Muffin tin
Large paper
Construction paper
Cardboard
Crayons & markers
Scissors
Wet glue
Masking or Painter's tape
Q-tips
Pencils
Mirror
Table salt
Paint brushes
Watercolor paint
Washable paint
Random arts & crafts supplies
White paper
Stapler

ACTIVITIES

POINTILLISM

First, draw (or have your child draw) the outline of an object in pencil. Butterflies, trees, flowers work well for a first try. Using q-tips dipped in paint, have your child delicately fill in the drawing with small dots.

SALT PAINTING

Start by having your child create a design or drawing by squeezing wet glue on paper. Do not smooth the glue. Pour table salt onto the glue, shake off excess, and let it dry. Next, carefully watercolor just the salt-glue (not the paper). The salt absorbs the paint instantly.

SPLATTER PAINT

Cover a large surface with paper outside. In muffin tins, mix 1/2 water + 1/2 paint to make a soupy mixture. Let the kids splatter paint by flinging and flicking paint brushes soaked with paint at the paper.

SELF-PORTRAITS

Set your child in front of a mirror and talk about self-portraits. Give them space, and time to draw a detailed portrait of themselves. Encourage them to add their emotions into the drawing.

WEAVING

Fold construction paper in half. Cut from the folded edge to 1 inch from the paper's edge. Do not cut all the way through the paper. Repeat every inch. Unfold. With another sheet, cut 8 one-inch wide strips of paper. Show your child how to weave the strips into the cut paper (over, under, over, under).

TAPE-RESIST ART

On a large flattened box, let your child tape out a design in masking or painter's tape. Have them paint the entire canvas with washable paint. Wait 24 hours then remove the tape to reveal clean lines underneath.

EXTRAS

ART TABLE

Set up a safe, free-to-create space for the week with various arts and craft supplies. If possible, leave these out for kids to freely create art on their own time.

WRITING

Staple a few pages of white paper together to form a booklet. Let your child be an author and an illustrator by writing and drawing the pictures for their own book.

WATER & ICE

WELCOME

It's a whole week of water and ice activities - how perfect for summertime! These activities are paired together because they're a fun way to showcase two forms of the same substance. Make sure to talk about how ice is just solid water... and how water is a liquid. There's so much learning and science from these two very basic supplies.

SUPPLIES

Water & ice
Ice cube tray
Washable paint
Craft sticks
Foil
Pennies
Chalk
Water balloons or sponges
Tear-free soap
Mixer or blender
Cream (any kind)
Chocolate syrup
Salt
Oven mitts
Plastic resealable bags

ACTIVITIES

ICE PAINT

In an ice cube tray, mix 1/2 paint with 1/2 water in each space. Cover with foil and place craft sticks into each now covered spot. Freeze overnight. The next day, paint with frozen paint.

FOIL BOATS

Let kids make boats from foil. Can you make it float? Fill up a large container with water and set the boat to float. Then, begin placing pennies one at a time onto the boat until it sinks. Record the data and try again.

TARGET PRACTICE

On a fence or side walk, draw a target with chalk. Using wet sponges or water balloons... ready, aim, fire! Consider writing kids' names, letters, or math problems for them to throw at (and erase).

BUBBLE FOAM

Mix 1 cup water + 1/2 cup tear free soap. Use a blender or mixer to whip it into stiff peaks. Pour into a container (like the water table) and play outside.

ICE CUBE BIN

Dump ice cube into a storage container or water table. Add a little water so the ice floats. Give kids kitchen utensils, strainers, and toys. Let them explore the ice. Under your supervision and judgment, you can also let them crush the ice with small hammers.

MAKE ICE CREAM

In a small resealable bag, put 1/2 cup cream + chocolate syrup. Seal it. Place inside a second bag. Seal again. Place in a larger bag filled with ice and 1/4 cup salt. Seal. Using oven mitts for protection, shake for 8 minutes. Carefully open to reveal ice cream.

EXTRAS

DYED WATER

Colorful water is just more fun. Easily dye water with a few squirts of washable paint. Create different bins or containers of colored water for kids to play with all week as they want.

WRITING

Have your child write about which they would rather be: water or ice. Why would they pick that? Why is one form better to them than the other?

NATURE WEEK

WELCOME

Hello, Nature Week!

This week is all about getting outside and up close with nature. Let's see what the kids notice this week about the world around them. Let this be a fully immersive week and move as many parts of the day outside: breakfast in the grass? Books under a tree? Coloring time while sitting on the sidewalk? Have fun this week exploring nature with your kids.

SUPPLIES

Pine cone or TP tube
Peanut butter
Bird seed
String
Scavenger hunt print out
Sticks
Small piece of cardboard
Leaves, rocks, flowers,
Grasses, moss, weeds
Construction paper
Washable paint
Kitchen utensils

ACTIVITIES

BIRD FEEDER

Roll a toilet paper tube or pine cone in peanut butter and bird seeds. Attach string and hang outside. Optional: make a journal to track animals that come visit.

SCAVENGER HUNT

Do a nature-inspired scavenger hunt. Make your own or use the one included with this sheet. If interested, have your child make their own scavenger hunt next for another child or adult.

NATURE BRUSHES

Collect sturdy sticks for handles and other nature bits for the brush heads (think leaves, grass, flowers, moss, etc.). Fix it to the sticks with rubber bands or hair ties. Use the homemade brushes to paint.

NATURE RUBBING

Gather construction paper and crayons (remove the wrapper). Let kids work on making nature rubbings of trees, leaves, etc. Have them look for patterns in their rubbings.

NAME COLLAGES

Write your child's name on a small pieces of cardboard. Give them wet glue, small leaves and petals. Have them trace each letter with glue and add the items from nature.

FAIRY GARDEN

Using items from outside and inside, find a spot to create a fairy garden. Make a habitat fit for fairies with houses, chairs, eating areas, and play structures - all fairy sized.

EXTRAS

MUD KITCHEN

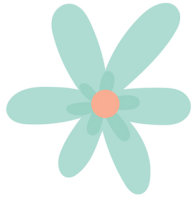
Use old kitchen supplies to build a DIY mud kitchen. Create a fun space for your child to play with imaginary cooking. Leave dirt, water, kitchen utensils, cups, and bowls for kids to make muddy masterpieces with. Play along and "enjoy" their food creations.

WRITING

Have your child make a list of all the animals they see from their window each day. Let them pick one and write a story about its life. Where is it going each day? What does it like to do? Why does it live in your yard?

SCAVENGER HUNT

Can you find these items outside?



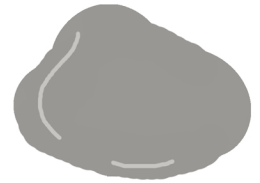
flower



wild animal



seed



rock



butterfly



bird



plant with small
leaves



bush with
berries



grass



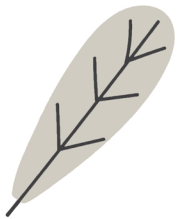
tree with
leaves



colored leaf



tree with
needles



feather



insect that flies



flower with
leaves



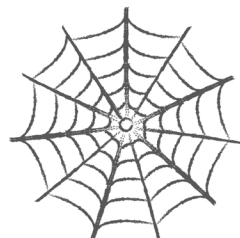
insect that
crawls



green leaf



stump



spider web



insect that
walks

GAMES WEEK

WELCOME

Ready or not...here we come and right into Games Week! This week is designed around awesome games we can do in the backyard or at a park. You don't need much to make a memorable game for kids - and this week proves it. Let's help our kids see the beauty in simple games that don't have or need a lot of fuss. There's magic to be found right in our own backyard.

SUPPLIES

Chalk
Rocks
Paint
Paper plates
Craft sticks
Water blaster
Plastic cups
Tape
String
Straws
Water balloons
Balloons
Bat

ACTIVITIES

OBSTACLE COURSE

Start with chalk and expand from there - channel your inner warrior as you create a fun (and challenging) course. Time the kids and have them beat their personal best.

DIY GAME BOARD

Gather up the perfect rocks and help kids make a tic-tac-toe board outside in chalk. Use paint to decorate the rocks. Optional: make a checkers board.

WATER RACE

You will need two chairs or poles. Tie string to one end. Tape a straw to the side of a plastic cup and push the string through the straw. Then tie the string to the other chair or pole. With water blasters, have your kids shoot into the cups, racing to the other side.

GIANT MEMORY

Using paper plates or construction paper, draw pictures, words, or numbers. Make sure each picture has a match (12 to 15 pairs is good).

BALLOON TENNIS

Blow up a few balloons and make some homemade rackets - backyard balloon tennis is awesome. Glue or tape a paper plate to a craft stick for a DIY racket. Play spelling & counting games as you hit the balloons back and forth. Keep track of records.

WATER BASEBALL

Fill up some water balloons for the wettest batting practice ever. Not ready for baseball? Make the balloons easier to hit by hanging them on strings from a branch.

EXTRAS

THE CLASSICS

This is a great week to introduce kids to some classic childhood games:

Hide n' Seek
Capture the Flag
H-O-R-S-E
Simon Says
Red Light, Green Light
Four Square
What Time is it, Mr. Fox?

WRITING

Have your child design a game and write the directions for it. Let them make a game board if needed. Have them explain the game and lead family or friends in playing it.