

# DISCOVERER SUMMER CAMP



# DISCOVERERS



# Respect

**WEEK 1: JURASSIC QUEST**





# A CAMP ROOTED IN...

# Respect



## Attention Getters

- **Counselor:** Stegosaurus, Tyrannosaurus Rex!
  - **Campers:** Tell us what we should do next!
- **Counselor:** Dino!
  - **Campers:** Saur!

## Counselor Challenge

- Play Chicken, Dinosaur, Superhero

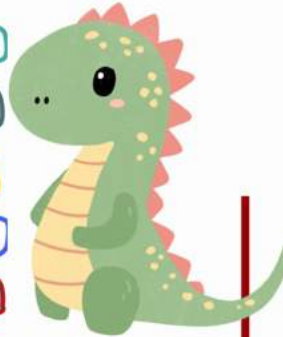
## Camp Magic

- Dress up like a dinosaur or in your favorite dinosaur gear.
- Transition in between your rotations like a dinosaur.

## Circle Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Each day, we will start the day by talking about the weather, month, day of the week, and discussion prompt. Use the prompts below to guide daily discussion during snack time!
  - Mon - Introduce yourself, and the campers to each other, and your best dinosaur roar.
  - Tue - How can we show the 3 R's at camp?
  - Wed - Would you rather be a stegosaurus or a T-Rex?
  - Thurs - How have you shown respect this week?
  - Fri - Favorite thing about the week.

## GO TO GAMES!



THE CHARACTER TRAIT OF THE WEEK IS RESPECT! HOW CAN WE TEACH OUR CAMPERS OUR 3 R'S TO LEARN AND SUCCEED IN THEIR EVERYDAY!

## 3 R'S PUZZLE

Reflection/Creativity

### Materials:

- Puzzle Template
- Construction paper
- Crayons
- Scissors
- Black marker
- Ziploc bags
- Stapler.

### Preparation:

- Write at the top of each construction paper with a black marker, "I can follow KV's three rules by:"
- Cut the templates in half for campers to be ready to color.
- Open a Ziploc bag and staple ONE SIDE to the back of the construction paper for campers to place their puzzle inside for safekeeping.

### Instructions:

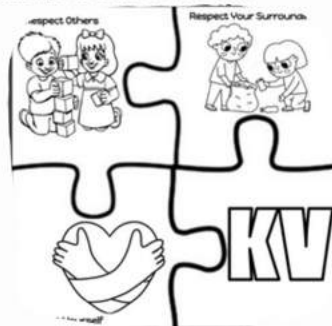
- Read "My Mouth is a Volcano" to campers.
- Provide each camper with a puzzle template.
- Provide crayons for campers to color their puzzle.
- Give scissors to campers who are ready to cut their puzzle pieces. \*Assist as needed
- Once the puzzle has been cut out, provide campers with construction paper.
- Help the camper read the sentence stem at the top as they complete the puzzle on the construction paper.
- Once students are ready to put their puzzle away, model how to be respectful to their craft by placing it nicely inside the Ziploc bag located on the back of the construction paper.

### Gear it Down (Younger Ages /Less Ability):

- Pre-cut puzzle pieces

### Gear it Up (Older Ages /Advanced Ability):

- Using a highlighter, write "I can follow KV's three rules by" and have campers trace over the words.



## FOSSIL MAKING

Exploration/Creativity

### Materials:

- Small dinosaur toys
- Air dry clay
- Paint
- Playdough toys (cups, rolling pins, plastic knives)
- Plastic cups (if not enough playdough toy cups)
- Toothpicks (see gear it up)

### Preparation:

- Cover tables with butcher paper to help with clean up.
- Have a plan and designated area for projects to dry.
- Divide out clay for campers but keep sealed in a container until ready to start.

### Instructions:

- Hand out balls of clay to each camper.
- Help campers roll their clay flat either with their hands or with a rolling pin.
- Once the clay is flat, use a cup to cut a circle out of the clay. If there is a lot of clay left over, campers can roll the clay out again and make multiple fossils.
- Gently press a toy dinosaur into the clay.
- Leave to dry overnight.
- Once dry, have campers paint their fossils.

### Gear it Down (Younger Ages /Less Ability):

- Pre-flatten clay for campers.

### Gear it Up (Older Ages /Advanced Ability):

- Have campers use toothpicks and other tools to create designs and textures in the clay.
- Use a toothpick to cut out their fossils.



# A CAMP ROOTED IN... *Respect*

## NIGHT AT THE MUSEUM



Physical



**Materials:** None

**Space:** Gym/Field/Large Indoor Space

**Instructions:**

- Pick one camper to be the "security guard"
- The rest of the campers are the "exhibits" that come alive at night and while the security guard isn't looking.
- The goal of the security guard is to catch all of the exhibits moving (like freeze dance). While it is the goal of the exhibits to not be caught moving and tag the security guard.
- The security guard stands in the middle of the room close their eyes and count out loud to 5. During this time the exhibits are moving around the room trying to get close to the guard to tap them.
- When the guard is done counting, they open their eyes and try to catch an exhibit moving. If an exhibit is caught they are out for the remainder of the round. The guard can walk around the exhibits before closing their eyes again.
- The game keeps going until either all of the exhibits have been caught, or the guard has been tagged.

**Gear it Down (Younger Ages /Less Ability):**

- The guard cannot move.

**Gear it Up (Older Ages /Advanced Ability):**

- If an exhibit is caught moving, they aren't out but have to start over at the farthest part of the room from the guard.
- Have to guard count to 3 instead.

## T-REX TAG

Physical

## LAVA FLOOR

Physical

**Materials:** Hula Hoops (2-3)

**Space:** Large indoor or outdoor space

**Preparation:** Set hula hoops in various parts of the space, these are the safe zones

**Instructions:**

- Assign one camper to be the T-Rex or the tagger
- Make sure the hula hoops are set out in the space and let campers know that these are the "safe zones"
- Campers will begin to move around the space pretending to eat different plants
- When a counselor calls out "T-Rex" the campers scramble to their "safe zones" AKA hula hoops
- They must get to the safe zones before the T-Rex tags them
- The last safe dinosaur can become the next T-Rex

**Gear it Down (Younger Ages /Less Ability):**

- Add more hula hoops
- Have more than one T-Rex
- Set a speed limit (skipping, hopping on one leg, etc) to both the T-Rex and the campers.

**Gear it Up (Older Ages /Advanced Ability):**

- Take away some hula hoops
- Limit how many campers can be in a "safe zone" at once
- Set a speed limit (skipping, hopping on one leg) to either the T-Rex or the campers but not both.

**Materials:** Poly spots, music

**Space:** Large indoor or outdoor space

**Preparation:** Lay out as many poly spots as there are campers playing, then take away one poly spot (e.g. if there are 12 campers playing, only set out 11 campers)

**Instructions:**

- This activity is similar to the game "Musical Chairs" but instead of sitting in chairs, campers must stand on poly spots to stay in the game.
- When the music starts, campers walk around the playing area
- When the music stops, everyone yells "LAVA FLOOR" and runs to a poly spot. The camper without a poly spot is out
- Take a poly spot away from the playing area and start the music
- One camper in each round will be taken out of the game. Campers who are out can help with the music and watch to see which camper is out next!

**Gear it Up (Older Ages /Advanced Ability):**

- Take away more than one poly spot each round





# A CAMP ROOTED IN...

# Respect



## WORLD RECORDS

### Dino Egg Pop



**Materials:**

- Balloons

**Preparation:** Blow balloons (eggs) up.

**Instructions:**

- Divide into teams and give each camper a balloon (egg). The aim of the game is to sit on the balloon and get it to pop and so the egg is hatched.
  - No hands are allowed.
- First team to finish wins!

**Gear it Down (Younger Ages /Less Ability):**

- Campers can use their hands

**Gear it Up (Older Ages /Advanced Ability):**

Time it, to where campers have only limited amount of time hatch their eggs. Whichever group who has the most egg hatched is the winner.



## CARNIVAL GUIDE



### FACE PAINT!

### 9 SQUARE!



### GAGA BALL!

### RAINBOW!



### CONNECT 4!

### PLAYGROUND



## CENTER OF THE WEEK!

### Playdough Dinos!

**Materials:**

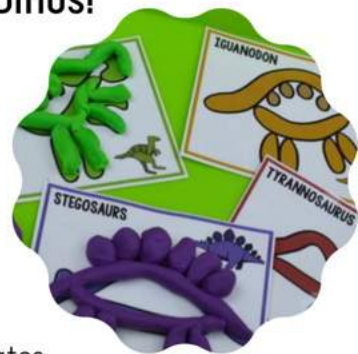
- Playdough
- Dino Playdough Mats
- Playdough toys

**Preparation:**

- Cut the laminated playdough card templates.
- Cover table(s) where station will be.

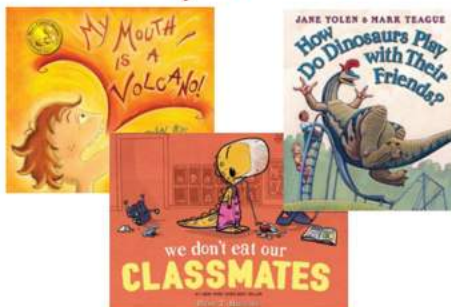
**Instructions:**

- Campers choose a dinosaur card and will use that card to make their own playdough dino.
- Counselors can help campers form the dough and identify what dinosaur they are building.
- Counselors can talk to campers about their favorite dinosaurs, what sounds they make, and what they eat.



## Team building Books of the Week

THIS WEEK CAMPERS WILL WORK TOGETHER TO MOVE AS ONE UNIT ON THEIR TEAM SKIS!



REFER TO TEAM BUILDING GUIDE FOR ADDITIONAL RESOURCES.



# Friendships

**WEEK 2: SPACE ADVENTURES**





# A CAMP ROOTED IN... *Friendship*



## Attention Getters

- Counselor: To infinity!
  - Campers: And beyond!
- Counselor: 3, 2, 1...
  - Campers: Blast off!

## Counselor Challenge

- Star Wars
- Oreo Cookie Monster

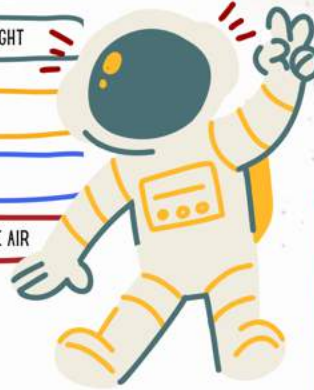
## Camp Magic

- Dress up like an alien/astronaut/planet
- Transition in between your rotations like a spaceship.

## Circle Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Each day, we will start the day by talking about the weather, month, day of the week, and discussion prompt. Use the prompts below to guide daily discussion during snack time!
  - Mon - Introduce yourself as a Martian, and encourage campers to do the same.
  - Tue - If you were in charge of running camp on the moon what would that look like?
  - Wed - How can you be a friend to someone at camp?
  - Thurs - Would you rather live on the moon or on Pluto?
  - Fri - Favorite thing about the week.

## GO TO GAMES!



## STRAW ROCKETS

Exploration

### Materials:

- Rocket template (1 per camper)
- Markers/crayons
- Scissors
- Scotch Tape
- 10 mm Straw
- 8 mm Straw

### Preparation:

- Cut roughly 2-inches off of the larger straw and seal one end of it using tape.
- Cut out the individual rockets for campers.

### Instructions:

- Hand out rockets to campers along with markers and crayons for them to color.
- Help campers cut out their rocket as needed.
- With the sealed side up, tape the larger straw to the back of the rocket.
- Place the smaller straw inside of the larger one and let it slide down to the seal.
- Time to blast off! To launch your rocket, tip your head back and put the straw in your mouth. Blow a big puff of air into the straw and watch your rocket fly!

### Gear it Down (Younger Ages /Less Ability):

- Putting the straws together can be difficult for little hands, help campers attach the straws!
- Don't worry about campers "perfectly" cutting out their rocket! Help guide them and let them try on their own!
- Taping the straw on the back too difficult? Glue it instead!



THE CHARACTER TRAIT OF THE WEEK IS FRIENDSHIP! HOW CAN WE TEACH OUR CAMPERS TO BE A GOOD FRIEND AND WHAT BEING A FRIEND MEANS?

## CREATE YOUR OWN PLANET

Creativity

### Materials:

- White cardstock (1 per camper)
- Black Construction paper (1 per camper)
- Watercolors
- Scissors (1 per camper)
- Glue (1 per camper)
- Markers
- Star stickers

### Preparation:

- For younger/less-ability campers: draw a circle on the cardstock for the campers to paint and create their planet.
- Cover tables as needed for painting.
- Prepare water cups for watercolors.

### Instructions:

- First, hand out cardstock and markers to campers. Have campers draw a big circle in the middle of their paper. This will be their planet. Younger campers may need help with this.
- Once campers have drawn their planet, they will paint it.
- Once dry (could take a while), campers will cut out their planet and glue it on their paper.
- Pass out the star stickers for the campers to create space around their planet.
- Ask what their planet's name is and help them write it on their paper.

### Gear it Down (Younger Ages /Less Ability):

- Draw a circle for campers and help guide their hand while cutting.

### Gear it Up (Older Ages /Advanced Ability):

- Have campers practice their handwriting by writing the name of their planet for them in a light color for them to trace.





# A CAMP ROOTED IN...

# Friendship



## SPACE OBSTACLE COURSE

Physical

**Materials:** Hula hoops, noodles, cones, anything that can be used to make obstacles

**Space:** Large indoor or outdoor space

**Preparation:**

- Set up the obstacle course with various objects around camp
  - Noodles to make hurdles
  - Hula Hoops to make tunnels
  - Use your imagination to make space-themed obstacles!

**Instructions:**

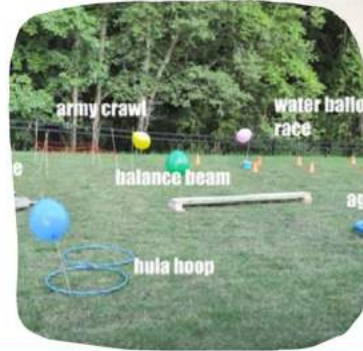
- Line campers up and have them go through the obstacle course one at a time.

**Gear it Down (Younger Ages /Less Ability):**

- Have counselors spread through the course to provide assistance if needed.
- Set the speed limit to walking or skipping.

**Gear it Up (Older Ages /Advanced Ability):**

- Make it a relay race.
- Campers have to complete the course in a certain amount of time.
- Do the course backward.



## DON'T DROP THE ASTEROID

Physical

**Materials:** Different colored balloons, music

**Space:** Large indoor or outdoor space

**Preparation:** Blow up balloons

**Instructions:**

- Give each camper a balloon.
- Have each camper find a spot within the playing area. They should have some distance between them and another camper.
- Once the music starts the campers will, all at the same time, do their best to keep their own balloon (asteroid) up in the air by tapping it upwards.
- When the music stops they catch and hold onto their asteroid and the counselor will call out a color.
- Whoever has that colored asteroid must complete a challenge
- Once the challenge is completed, the music starts and the game continues.
- Challenge examples (make it fun!)
  - Do X amount of jumping jacks, hops, etc.
  - Say your ABC's
  - Count to 10
  - Pat your head and rub your stomach
  - Hop on 1 foot

**Gear it Up (Older Ages /Advanced Ability):**

- If they drop their balloon, they are out for the round
- Campers trade their balloons with another camper who has a different color after each challenge.



## BASE MONSTER

Physical

**Materials:** None

**Space:** Large indoor or outdoor space

**Preparation:** Determine bases.

**Instructions:**

- One camper is chosen to be the base monster (alien)
- Assign 3-4 points in the area to be bases
- These can be trees, a swing, a picnic table, a chair, a patch of dirt, cement, or grass. Really the bases can be anything that defines a point
- The other campers (astronauts) have to run from base to base without being tagged by the base monster
- Once tagged, they are out.

**Gear it Down (Younger Ages/Less Ability):**

- Have bases closer together
- Set a speed limit (skipping, fast walking, slow motion)

**Gear it Up (Older Ages /Advanced Ability):**

- Have bases spread farther apart
- Have more than one base monster
- Once a camper is out, they become a base monster minion. They sit on the ground and using only their arms, try to tag the campers as they pass by.





# A CAMP ROOTED IN... *Friendship*



## WORLD RECORDS Paper Airplane Toss

### Materials:

- Paper

### Preparation:

- Using painter's tape (if indoors) or chalk (if outdoors) create a "track" where campers can fly their airplane to record distance.

### Instructions:

1. Tell campers to create the world's greatest "rocket ship" (aka paper airplane)
2. Campers will be able to use only paper and folding!
3. Campers will fly their rocket ship to see who can fly the farthest.

### Gear it Down (Younger Ages /Less Ability):

- Create the creases in the paper for the campers and have them fold along them.

### Gear it Up (Older Ages /Advanced Ability):

- Give a limited amount of time to create their rocket ship.
- Rocket ships have to stay within the tape or chalk to count.



## CARNIVAL GUIDE



### FACE PAINT!

### 9 SQUARE!



### GAGA BALL!

### RAINBOW!



### CONNECT 4!

### PLAYGROUND



## CENTER OF THE WEEK!

### Lego Rockets!

### Materials:

- Legos
- Lego challenge cards

### Preparation:

- Cut/laminate cards as needed.
- Set up Legos and cards in a designated space in the center room.

### Instructions:

- Campers will use the Legos and the challenge cards to create spaceships and other space-themed builds.
- To challenge campers, have them try to build a rocket without the cards, or to follow the colors on the cards.

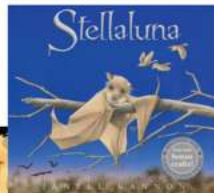


## Team building

THIS WEEK CAMPERS WILL WORK TOGETHER TO ELEVATE A WOODEN ROD "HELIUM STICK" IN ONE FLUID MOTION!

REFER TO TEAM BUILDING GUIDE FOR ADDITIONAL RESOURCES.

## Books of the Week





# Kindness

**WEEK 3: CONSTRUCTION JUNCTION**



# A CAMP ROOTED IN...

# Kindness



## Attention Getters

- **Counselor:** Can we fix it?
  - **Campers:** Yes we can!
- **Counselor:** Ready to rock?
  - **Campers:** Ready to roll!

## Counselor Challenge

- Telephone Affirmations - Director will say a positive affirmation to counselors that has to make it through a game of telephone.
- Give counselors legos and tell them they need to work to build the tallest tower using only their toes!

## Camp Magic

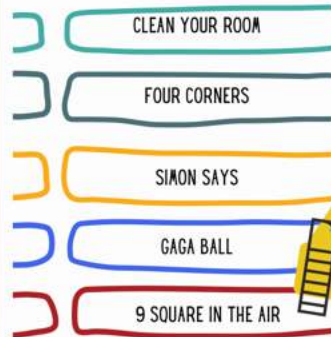
- Dress up like a construction worker or a construction truck!

## Circle Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Each day, we will start the day by talking about the weather, month, day of the week, and discussion prompt. Use the prompts below to guide daily discussion during snack time!
  - Mon - Introduce yourself and say your favorite construction tool (may need to have pictures of tools for campers to choose from)
  - Tue - How can we show kindness at camp?
  - Wed - If you could build anything, what would it be?
  - Thurs - How have you shown kindness this week?
  - Fri - Favorite thing from the week.



## GO TO GAMES!



## TRUCK OF KINDNESS

Reflection

### Materials:

- Poster board or butcher paper (1 per rotation group)
- Construction paper
- Writing utensils
- Scissors
- Tape

### Preparation:

- On the poster board, draw a dump truck or another construction vehicle
- Cut construction paper to look like rocks

### Instructions:

- This is a guided discussion activity.
- Remind campers of the book we read, "I Dig Being Kind," and all the kind things that were done.
- Ask campers, "How can we show kindness at camp, at home, and every day?"
- Help guide the conversation by providing examples and referring to the 3 R's
- When campers answer, write it down on the "rocks" and tape them to the back of the truck.
- Keep going until the truck is full.

### Gear it Down (Younger Ages /Less Ability):

- Let campers draw a picture of them being kind and put it on the truck.
- Use sentence stems to help conversations:
  - "I can be kind to my friends by \_\_\_"
  - "I can be kind at camp by \_\_\_"

### Gear it Up (Older Ages /Advanced Ability):

- Let campers write their answer in the rock (help them as needed).



THE CHARACTER TRAIT OF THE WEEK IS KINDNESS! HOW CAN WE TEACH OUR CAMPERS TO BE KIND AND SHOW KINDNESS EVERYDAY?

## BIRD HOUSE

Creativity

### Materials:

- Pentagon-shaped cut-outs (1 per camper, from cardstock)
- Black construction paper
- Popsicle sticks (3 per camper)
- Glue
- Markers
- Bird template (1 per camper)
- Scissors

### Preparation:

- Cut the pentagons from white cardstock ahead of time.
- Cut circles from black construction paper

### Instructions:

- Give each camper a bird template and a pentagon. Tell them they are building a house for their bird and they first need to color their bird and their house.
- Once campers are done coloring their bird and house, they will cut out their bird.
- Hand out 3 popsicle sticks to each camper. Help campers glue the sticks to their pentagon. One popsicle stick on the bottom, and two on the top at an angle making the roof.
- Campers then glue the black circle (entrance to the house) in the center of the house.
- Glue the bird anywhere they want.
- Make sure the camper's name is somewhere on their project!

### Gear it Up (Older Ages /Advanced Ability):

- Have campers cut out the pentagon and black circle themselves.
- Challenge them to add a perch or a nameplate to their house.





# A CAMP ROOTED IN...

# Kindness



**Materials:** Hula hoops, noodles, cones, anything that can be used to make a snowman

**Space:** Large indoor or outdoor space

**Preparation:**

- Set starting and finishing lines.
- At the starting line, have all your materials to build the snowman.

**Instructions:**

- Split campers into 2 teams and have them line up behind their respective starting lines.
- When a counselor says "GO" the first camper in line will take a piece of the snowman to the other cone and then come back and tag the next camper in line
- The next camper will take another piece of the snowman to the other cone to start building their snowman
- This continues until their snowman is built.
- The first team to build their snowman wins

**Gear it Down (Younger Ages /Less Ability):**

- May need to walk through all the materials and build a snowman together before splitting into teams.
- Set a slower speed limit.

**Gear it Up (Older Ages /Advanced Ability):**

- Time each team and have them beat their time.
- Have campers take down the snowman or "melt" it piece by piece after it is built.

## DO YOU WANT TO BUILD A SNOWMAN?

Physical



## ALLIGATOR ALLEY

Physical

**Materials:** Painter's tape or chalk, poly spots (optional), hula hoops (optional), pool noodles (optional)

**Space:** Large indoor or outdoor space

**Preparation:**

- Create an alley with painter's tape (inside) or chalk (outside)
  - Make it wide enough for campers to move between the lines comfortably but not too wide where campers cannot tag the runner.

**Instructions:**

- Choose one camper to be the runner
- All other campers lay on their bellies along the lines of the alley
- The goal of the game is to run through the alley without being tagged by an alligator (the campers lying on the ground)
- Alligators can tag the foot of the camper running through the alley but they must stay on their bellies in their place. Also, they should NOT be tripping the runner but simply tapping them
- If the runner gets tagged by an alligator, the runner's turn ends and the alligator who tagged the runner becomes the new runner
- Take turns until all campers have gotten a chance to run through the alley

**Gear it Down (Younger Ages/Less Ability):**

- Have campers use pool noodles to tag runners instead of their hands.

**Gear it Up (Older Ages /Advanced Ability):**

- Add poly spots and hula hoops and tell campers they cannot step on the poly spots or in the hula hoops while trying to avoid the alligators. If the runner steps on a poly spot or in a hula hoop, the runner's turn ends.



## RED LIGHT, GREEN LIGHT TAG

Physical

**Materials:** Green, yellow, and red construction paper

**Space:** Large indoor or outdoor space

**Preparation:** None

**Instructions:**

- Begin by explaining the traditional rules of "Red Light, Green Light"
  - When the green paper is held up (green light) you run
  - When the yellow paper is held up (yellow light) you walk
  - When the red paper is held up (red light) you freeze
- Play the traditional rules for a few rounds
- After a few rounds, tell campers you are going to add a twist to the game-police taggers
- Choose a 1-2 police taggers to start with
- Explain to campers that police taggers can only tag campers who do not stop on a red light or who are moving too fast on a yellow light
- Campers who get tagged must sit on the sideline and wait a few turns before they are allowed back in
- Let each camper have an opportunity to be a police tagger throughout the game by switching taggers every few turns





# A CAMP ROOTED IN... *Kindness*



## WORLD RECORDS Cup Stacking



### Materials:

- Red Solo Cups (12 per camper/counselor)

Preparation: Have all the cups stacked together

### Instructions:

1. Place a stack of cups in front of the participants
2. When a counselor says go, the participants need to stack their cups and break it down the fastest
3. The first and fastest to do so wins!

Gear it Down (Younger Ages /Less Ability):

- Give fewer cups to stack

Gear it Up (Older Ages /Advanced Ability):

- Time it, have campers try to beat each other's times.



## CARNIVAL GUIDE



### FACE PAINT!

### 9 SQUARE!



### GAGA BALL!

### RAINBOW!



### CONNECT 4!

### PLAYGROUND



## CENTER OF THE WEEK!

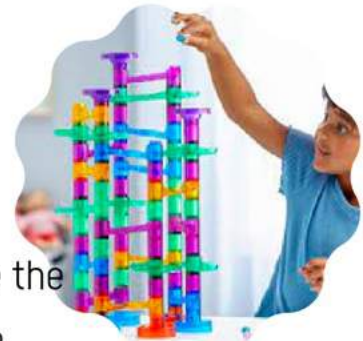
### Marble Run

### Materials:

- Marble Run set

### Preparation:

- Set aside a table/area where the marble run will be.



### Instructions:

- Challenge campers to construct the longest and/or tallest marble run structure.
- Challenge campers to make their structure look like a city (allow them to use other manipulatives to do so).

## Team building Books of the Week

THIS WEEK CAMPERS  
WILL WORK TOGETHER TO  
MAKE THEIR WAY  
ACROSS USING ISLANDS!

REFER TO TEAM BUILDING GUIDE FOR  
ADDITIONAL RESOURCES.





# Honesty

**WEEK 4: KV BARNYARD**



# A CAMP ROOTED IN...

# Honesty



## Attention Getters

- **Counselor:** Who let the dogs out?
  - **Campers:** Who, who, who?
- **Counselor:** Yakety-yak!
  - **Campers:** Don't talk back!

## Counselor Challenge

- Donut on a String

## Camp Magic

- Dress up like a...farmer or favorite farm animal.
- Transition in between your rotations by walking like a...duck, horse, cow, etc.

## Circle Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Each day, we will start the day by talking about the weather, month, day of the week, and discussion prompt. Use the prompts below to guide daily discussion during snack time!
  - Mon - Introduce yourself and your favorite barn/farm animal.
  - Tue - Would you rather be a horse or a cow?
  - Wed - How can we be honest at camp?
  - Thurs - If you were a rooster, what would your morning call sound like?
  - Fri - Favorite thing from the week.

## GO TO GAMES!



## HONESTY BARN

Cornerstone

### Materials:

- Barn template (1 per camper)
- Crayons
- Markers
- Scissors (1 per camper)
- Glue
- Construction paper (1 per camper)

**Preparation:** On the construction paper, write "I can be honest by.." for each camper.

### Instructions:

- Hand out the barn template to each camper first.
- Campers will cut out their barn to the best of their ability (assist as needed).
- Discuss what it means to be honest and talk about how the Big Bad Wolf was not being honest in "The True Story in the Three Little Pigs."
- Campers will write how they can be honest in their barn (assist as needed).
- After writing, campers will color their barns.
- Once they are done coloring, they will glue their barn onto a piece of construction paper that has the sentence stem "I can be honest by.."

### Gear it Down (Younger Ages /Less Ability):

- Write for the campers or write their answer with a light marker and have them trace to practice fine motor skills.

### Gear it Up (Older Ages /Advanced Ability):

- Have campers write "I can be honest by.." on their construction paper.
- Have campers write more than one example.

### Helpful Tip:

- For older campers, write their answer on a separate piece of paper for them to copy instead of telling them each word. This will help create independence and time to help other campers.



THE CHARACTER TRAIT OF THE WEEK IS HONESTY! HOW CAN WE TEACH OUR CAMPERS WHAT HONESTY MEANS AND HOW WE CAN BE HONEST EVERYDAY?

## SEED BOMBS

Cornerstone

### Materials:

- Air dry clay
- Potting soil
- Flower seeds (1 packet per camper)
- Plastic knives

### Preparation:

- Cover tables or working area as needed
- Pour potting soil into bowls and place at each table.
- Have a handwashing station or baby wipes readily available!

### Instructions:

- Pass out a ball/clump of air dry clay to each camper.
- Roll/spread out the clay to be large enough to pour the dirt and seeds on it. Be sure campers aren't making the clay too thin or the dirt and seeds will start to fall through.
- Pour the dirt on the clay.
- Pour the seeds on top of the dirt.
- Fold the clay together and knead until the mixture is thoroughly mixed.
- Once mixed, roll the clay into a ball.
- If campers were given a lot of clay that would make one big ball, have them roll into a log, and cut sections. Roll those sections into balls.
- Place seed bombs to the side to dry!

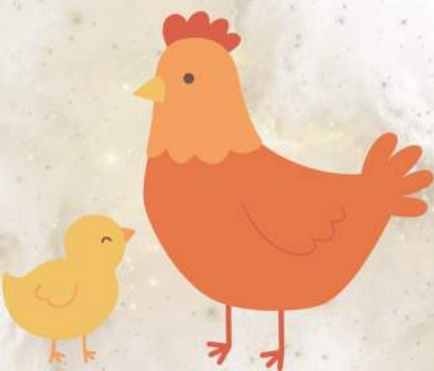
### Gear it Down (Younger Ages /Less Ability):

- Younger campers may have a harder time rolling out and mixing the ingredients. Assist them as needed. Water bottles or playdough rollers can help.

## DO-IT-YOURSELF SEED BOMBS



## DO-IT-YOURSELF SEED BOMBS





# A CAMP ROOTED IN...

# Honesty



## CATERPILLAR RACE

Physical

**Materials:** Hula hoops, cones (optional)

**Space:** Medium to large indoor or outdoor space

**Preparation:**

- Mark playing area with cones (optional)
- Line up at least 2 groups of 3 hula hoops in a straight line, each row will represent one team.

**Instructions:**

- Split campers into 2 teams of 6 and have them line up at the hula hoops/
- The hula hoop represents the "caterpillar."
- When the counselor says "GO" the first camper will jump/hop into the first hula hoop and the next. Once the camper gets in the second hula hoop, the next camper will go, and so on.
- Once they jump/hop out of the 3rd and final hula hoop they will go back in line and keep jumping/hopping through the "caterpillar."

**Gear it Down (Younger Ages / Less Ability):**

- Have campers step into the hoops.
- If campers are slower, only let 1-2 campers in at a time.

**Gear it Up (Older Ages / Advanced Ability):**

- Add poly spots in between the hula hoops to make a longer path.
- Time each group.
- Create different actions for each section of the "caterpillar."



## WHAT TIME IS IT MR. WOLF?

Physical

**Materials:** Cones (optional)

**Space:** Large indoor or outdoor space

**Preparation:**

- Use cones to set up boundaries if desired.

**Instructions:**

- Choose 1 camper to be Mr. Wolf. That camper stands with his back to the rest of the players lined up at opposite ends of the playing area.
- The campers call out, WHAT TIME IS IT, MR. WOLF?
- Mr. Wolf shouts out a time between 1 and 12 o'clock
- The number the wolf shouts out is the number of steps the players take toward him (for 9 o'clock take 9 steps)
- Once the players get close to Mr. Wolf, they shout LUNCH TIME! And chases them back to the start line.
- If a player is caught by Mr. Wolf, that player becomes Mr. Wolf.

**Gear it Up (Older Ages / Advanced Ability):**

- Players caught by Mr. Wolf join their wolf pack and help the wolf tag others.
- Mr. Wolf can shout out activities instead of a time. Example: Time to do 10 bunny hops, time to do 3 somersaults, ending with TIME TO EAT YOU ALL UP!



## DOGGY, DOGGY WHERE'S YOUR BONE?

Physical

**Materials:** A small object to be the doggy bone (block, marker, etc) and a chair

**Space:** Small to medium indoor or outdoor space

**Preparation:** Pick the object and have the chair ready to go.

**Instructions:**

- Campers form a semi-circle around the chair...All campers should be behind and to the side of the chair, do not have campers sitting in front of the chair.
- Have campers sit criss-cross applesauce with their hands in their laps.
- Select one camper (the doggy) to leave the circle and sit in the designated chair with their back to the circle and eyes closed.
- Place the "bone" under the chair
- Select a camper from the circle to go get the "bone" and bring it back to the circle and hide it in their hands.
- Make sure all campers are sitting the same way to make it tricky-criss cross applesauce, hands in lap.
- When the group is ready, invite the Doggy to open their eyes and have the campers chant "Doggy, Doggy, where's your bone? Somebody took it from your home. Guess who it might be!"
- The doggy gets 3 guesses as to who took the "bone." If the Doggy guesses correctly, he or she may have another turn. If they do not guess, the camper with the bone gets to go next.





# A CAMP ROOTED IN...

# Honesty



## WORLD RECORDS Fastest KV Song



### Materials:

- KV Song

### Preparation: None

### Instructions:

- Decide whether this will be an individual or a group singing.
- If singing in a group, all participants must be singing along.
- Words must be understandable by the judge(s).
- Time the individual or group to see who can sing the KV song the fastest!

### Gear it Down (Younger Ages /Less Ability):

- Campers can use the LV Song banner to help.

### Gear it Up (Older Ages /Advanced Ability):

- Don't let participants use the KV Song banner for help.



## CARNIVAL GUIDE



## FACE PAINT!

## 9 SQUARE!



## GAGA BALL!

## RAINBOW!



## CONNECT 4!

## PLAYGROUND



## CENTER OF THE WEEK!

### Materials: Farm Sensory Bin

- Corn kernels
- Large sensory bin
- Small pom poms
- Small animal toys
- Tiny blocks
- Scoops (can be cups or spoons)



### Preparation:

- Fill bins with corn and other toys.

### Instructions:

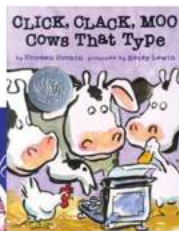
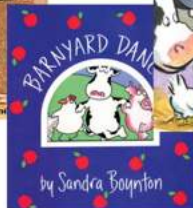
- Allow campers to explore and play in the bins. Campers can build their farm, pretend to be farmers or animals, and more.

Team building

Books of the Week

THIS WEEK CAMPERS WILL WORK TOGETHER TO DO THE POSTMAN SHUFFLE AND SWITCH SIDES WITHOUT FALLING!

REFER TO TEAM BUILDING GUIDE FOR ADDITIONAL RESOURCES.





# Gratitudo

**WEEK 5: NINJAS VS WILD**



# A CAMP ROOTED IN...

# Gratitude



## Attention Getters

- **Counselor:** Ninjas!
  - **Campers:** ASSEMBLE! (campers get in a straight line and bow to the counselor)
- **Counselor:** Float like a butterfly...
  - **Campers:** STING LIKE A BEE!

## Counselor Challenge

- Fruit Ninja (use pool noodles to deflect gator skin balls)

## Camp Magic

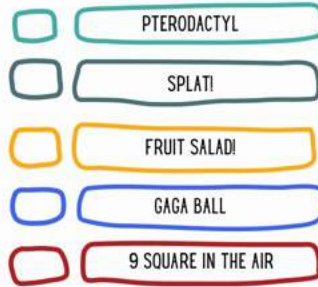
- Dress up like a...ninja or a wild animal.
- Transition in between your rotations by playing Ninja.

## Circle Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Each day, we will start the day by talking about the weather, month, day of the week, and discussion prompt. Use the prompts below to guide daily discussion during snack time!
  - Mon - Introduce yourself, the campers, and create a temple "group" name.
  - Tue - How can we be warriors of gratitude this week?
  - Wed - What wild animal do you think resembles a ninja the best?
  - Thurs - How has a friend shown gratitude this week?
  - Fri - What was your favorite part about this week?



## GO TO GAMES!



THE CHARACTER TRAIT OF THE WEEK IS GRATITUDE! HOW CAN WE TEACH OUR CAMPERS TO BE GRATEFUL FOR WHAT THEY HAVE?

## GRATEFUL BRACELETS

Creativity

### Materials:

- Pipe cleaners (3 per camper)
- Pony beads (5 per camper)

### Preparation:

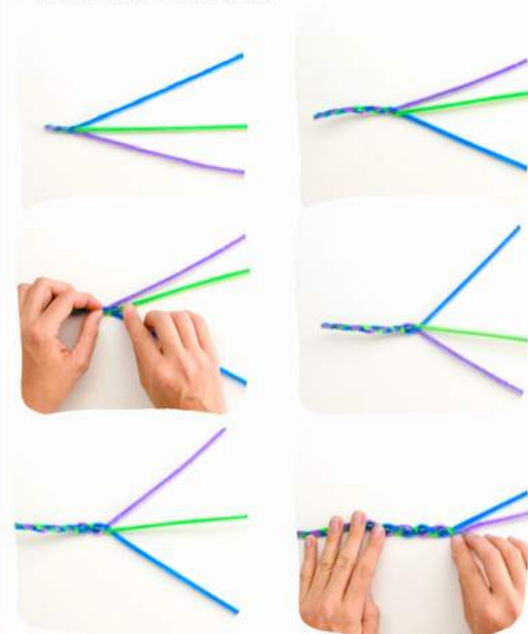
- Place a bowl of beads in the middle of the table for campers to choose from.
- Place different colored pipe cleaners on the table for campers to choose from.

### Instructions:

- Have campers choose 3 pipe cleaners and 5 beads that they want to use to make their bracelet. It helps if the pipe cleaners are all different colors.
- Walk through step by step with all campers to avoid confusion. It is a good idea to wait until all or almost all campers are done with the first step before moving on to the next.
- Line up the ends of the pipe cleaners and twist them together several times. Until about 1 inch of the pipe cleaners are twisted.
- Braid the pipe cleaners until there are about 4-5 knots. Will have to show how to braid to campers and the pattern.
- Add a bead to the pipe cleaner in the middle to the braid. As campers add their bead, have them say one thing they are grateful for.
- Braid around the bead until the pipe cleaner with the bead on it is in the middle again.
- Add the next bead to the bracelet and have campers say another thing they are thankful for.
- Repeat until all beads are on the bracelet.
- After adding the last bead, braid a few more rows to keep it in place.
- Twist the ends of the pipe cleaners together like when we started
- Cross the ends of the bracelet over each other and twist them together, closing off the bracelet.

### Gear it Down (Younger Ages /Less Ability):

- Braiding may be too hard since it takes a lot of fine motor skills. Instead, have these campers thread their beads onto a single pipe cleaner. To make it similar, after they put on the beads let them take the 2 other pipe cleaners and twist around it.
- Remember: it doesn't have to be perfect!



## GRATEFUL CACTUS

Reflection

### Materials:

- Butcher paper (1 per rotation group)
- Construction paper cut into circles (1-2 per camper)
- Markers/pens/pencils
- Tape

### Preparation:

- Draw a large cactus on butcher paper for each group, and hang it on the wall in the activity room.
- Cut large circles (large enough to write on) from construction paper.
- Read "Growing Grateful"

### Instructions:

- This will be a discussion group activity, depending on the group and ability it may go quickly or take a while. Have a plan to keep campers engaged.
- Remind campers what it means to be grateful and how the characters in the book "Growing Grateful" were grateful.
- Hand out circles and writing utensils and explain to campers they are going to help grow their grateful cactus by writing what they are grateful for.
- Go around the room and ask campers what they are grateful for to help others brainstorm. Counselors may have to give a few examples to get started.
- Have campers write what they are grateful for on their circle and then tape it to the top of the cactus to be a cactus bloom.
- Keep going until all campers have at least 1 circle on the cactus or until the conversation dies.

### Gear it Down (Younger Ages /Less Ability):

- Write what campers say on the butcher paper and have them copy.
- Counselors write for the campers.

### Gear it Up (Older Ages /Advanced Ability):

- Have campers write more than 1.





# A CAMP ROOTED IN...

# Gratitude



## TAPE SHAPE GAME

Physical

**Materials:** Painter's tape or chalk, bags (optional)

**Space:** Large indoor or outdoor space

**Preparation:**

- Use painter's tape (inside) or chalk (outside) to create various shapes, letters, or numbers.
- Create multiple shapes, letters, or numbers.

**Instructions:**

- Let's practice our ninja moves and try to get from one shape to the next like ninjas!
- Have each camper start at a shape.
- Give campers instructions to lead them from one shape to the next (e.g., bear crawl to the triangle, hop to the circle, slide a bean bag to the heart, etc.).
- Optional: Challenge campers to race one another through the different shape courses.



## FRUIT NINJA

Physical

**Materials:** Pool noodles, gator skin balls, playpen balls, cones/poly spots

**Space:** Large indoor or outdoor space

**Preparation:**

- Use cones or poly spots to create line starting points
- Place one pool noodle at each cone/poly spot

**Instructions:**

- Have campers line up behind each cone and pool noodle. They will take turns being the fruit ninja.
- Counselors will toss balls toward campers and campers will use their pool noodle to "slice" the fruit.
- Help campers try to keep track of how many balls they hit.
- Change it up by using a variety of-sized balls.

**Gear it Down (Younger Ages/Lower Ability):**

- Use only the larger gator skin balls.

**Gear it Up (Older Ages /Advanced Ability):**

- Have campers toss the balls to each other.
- Use only the smaller playpen balls.
- Make it a relay or contest to see who can "slice" the most fruit.



## GOING ON A BEAR HUNT

Physical

**Materials:** Speaker and audio for song (optional)

**Space:** Small to medium indoor or outdoor space

**Preparation:** None

**Instructions:**

- This is a "repeat after me" song.
- Movements are in parenthesis, and lyrics are italicized.

*We're going on a bear hunt  
Take pictures with my camera  
Open up the door \*squeak\*  
Walk down the road*

*Coming to a wheat field  
Can't go under it  
Can't go over it  
Have to walk through it (rub hands together to make "swish" noise)*

*Got through the wheat field  
Coming to a bridge  
Can't go under it  
Have to walk over it (pretend to walk and make "step" noises)*

*Got over the bridge  
Coming to a tree  
Can't go under it  
Guess we'll have to climb it  
Climb to the top (pretend to climb)  
Do you see a bear?  
Noooo  
Let's climb down (pretend to climb)*

*Coming to a river  
Can't go under it  
Can't fly over it  
Let's get in the boat (pretend to row)*

*Got across the river  
Coming to a cave  
Can't go under it  
Can't go over it  
Tiptoe inside  
It's dark in here  
Is anyone around?  
I see two eyes  
And a big furry body  
Let's take a p-p-picture (campers stop repeating)  
Run! It's a bear! (pretend to run)*

*Back to the river  
Row the boat across (pretend to row)  
Run to the tree  
Climb up (pretend to climb)  
Climb down (pretend to climb)  
Run to the bridge  
Cross it  
Run through the wheat field  
Run down the road  
Open up the door \*squeak\*  
And close it  
\*phew\* We made it*

**Website:** <https://youtu.be/Wzlcu6tbEko>



# A CAMP ROOTED IN...

# Gratitude



## WORLD RECORDS Bean Bag Stack

### Materials:

- Bean Bags

### Instructions:

- Select a boy camper and a female camper to compete in the Ninja Bean Bag on your Head Competition!
  - No hands are allowed.
  - Must maintain pose the entire time
- One at a time stack bean bags on their head.
- Most bean bags while remaining in the pose wins!

### Gear it Down (Younger Ages /Less Ability):

- Campers can come out of pose if balance is an issue

### Gear it Up (Older Ages /Advanced Ability):

- Time it, to where campers that hold their pose with the bean bags on their head the longest wins!



## CARNIVAL GUIDE



## FACE PAINT!

## 9 SQUARE!



## GAGA BALL!

## RAINBOW!



## CONNECT 4!

## PLAYGROUND



## CENTER OF THE WEEK!

### Ninja Masks

### Materials:

- Ninja mask printable
- Markers/crayons/dotters
- Stamps
- Scissors
- String
- Hole punch (counselor use only)



### Preparation:

- Place materials on a table
- Make sure you include a variety of coloring utensils.

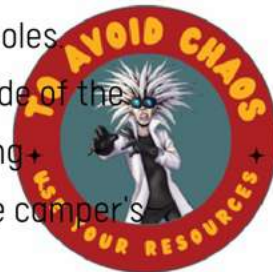
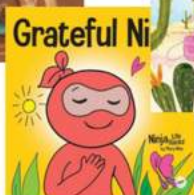
### Instructions:

- Have campers color and decorate their ninja mask.
- Once they are done coloring, help campers cut out their mask.
- Help cut out the eye holes
- Hole punch on each side of the mask, thread the string through, and fit to the camper's head.

## Team building Books of the Week

**THIS WEEK CAMPERS WILL WORK TOGETHER TO GET OVER THE BARRIER!**

REFER TO TEAM BUILDING GUIDE FOR ADDITIONAL RESOURCES.





# Grit

## WEEK 6: KV DRAFT



# A CAMP ROOTED IN...

# Grit



## Attention Getters

- **Counselor:** Dribble, Dribble!
  - **Campers:** Swish! (shoot an air ball)
- **Counselor:** Down...set...
  - **Campers:** Hike!

## Counselor Challenge

- Mario Kart

## Camp Magic

- Dress up like an....athlete! Jersey, costume, cheerleader, you name it!

## Circle Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Each day, we will start the day by talking about the weather, month, day of the week, and discussion prompt. Use the prompts below to guide daily discussion during snack time!
  - Mon - Introduce yourself, campers, and draft a "team name"
  - Tue - How can we work hard and show grit this week?
  - Wed - What is your favorite sport?
  - Thurs - How have you or a friend shown grit this week?
  - Fri - Favorite thing from the week.

## GO TO GAMES!

- PTERODACTYL
- SPLATI
- FRUIT SALADI
- GAGA BALL
- 9 SQUARE IN THE AIR



## "YET" SELF PORTRAIT

Reflection/Creativity

### Materials:

- The Magical Yet book
- Picture of camper
- Markers/crayons
- Scissors
- Cardstock
- Glue

### Preparation:

- Read The Magical Yet
- Take a picture of each camper in a thinking pose and print it out ahead of time.

### Instructions:

- Hand out pictures of themselves to each camper along with a piece of cardstock.
- Have campers cut out their picture and glue it to the cardstock.
- Draw a thought bubble above the campers' heads. Make sure it is big enough to put drawings and/or writing in.
- Talk to campers about the little girl in the book The Magical Yet and how she had a hard time riding her bike, but she knew that if she kept trying she could do it.
- Have campers think about things they may not be able to do YET, but want to learn to do [ex. tie my shoes, ride a bike, climb the rock wall, etc].
- Campers will either draw, write, or both what they want to learn in their thought bubble.
- Let campers draw or color their paper as they wish.

### Gear it Down (Younger Ages /Less Ability):

- Draw the thought bubble ahead of time for campers.
- Draw pictures of YET examples for campers to copy.
- Help with cutting and gluing as needed.



THE CHARACTER TRAIT OF THE WEEK IS GRIT! HOW CAN WE TEACH OUR CAMPERS OUR 3 R'S TO LEARN AND SUCCEED IN THEIR EVERYDAY!

## BOUNCY BALL

Exploration

### Materials:

- Paper
- Rainbow loom bands

### Instructions:

- Tear off a small piece of paper and roll it between your hands to create a ball.
- Wrap the paper with the bands. Have campers switch it up, wrapping some bands once and others twice. At least 3-4 bands should be wrapped around twice.
- Keep adding bands until the paper can no longer be seen, and add a few more layers.

### Gear it Down (Younger Ages /Less Ability):

- This is a HEAVY fine motor skills project so campers may need help with wrapping the bands. The smaller the piece of paper the easier wrapping will be.

### Gear it Up (Older Ages /Advanced Ability):

- Rip a larger piece of paper (but not too big where the bands cannot wrap around).





# A CAMP ROOTED IN...

Grit



## THROW, CATCH, CLAP RELAY

Physical

**Materials:** Balls, cones, hula hoops

**Space:** Large indoor or outdoor space

**Preparation:** Set up the materials so it is ready to go when campers come to the rotation.

**Instructions:**

- Each team will get 3 balls, one hula hoop, and 2 cones
- For each team-Place 2 cones ahead of each other with a ball on top, and put a hula hoop at the end of the line, also with a ball on it
- Split the campers into two teams.
- Have them line up behind the first cone (this one should not have a ball on top of it)
- Have campers move to the 1st cone, pick up the ball, throw it in the air and clap 3 times, then catch the ball and put it back on the cone
- Move to the second cone and Do the same at the second cone
- Move to the hoop and throw the ball as high as you can and catch it
- Go back to your team and high 5 the next camper
- The first team to go throw all their players wins

**Gear it Down (Younger Ages/Less Ability):**

- Do not have them clap when they throw the ball in the air
- Only clap 1 time.



## BALLOON BADMINTON

Physical

**Materials:** Paper plates, crayons, balloons, popsicle sticks, tape, cones

**Space:** Large indoor or outdoor space

**Preparation:**

- Blow up balloons - 1-4 for the group

**Instructions:**

- Before this rotation, you can have campers decorate their "racket" (the paper plate)--this can be done during post camp, another rotation, or at the beginning of this rotation
- Tape the popsicle sticks to the paper plates to create a "racket"
- Explain the rules of Badminton to the campers
- Create 2 teams
- Divide the space in half with cones marking the division
- Campers work together to hit the balloon to the other team
- Keep having them work to hit the balloon back and forth

**Gear it Down (Younger Ages/Lower Ability):**

- Just have campers work to keep the balloon in the air.

**Gear it Up (Older Ages /Advanced Ability):**

- Add more balloons
- Have campers work together to not let the balloon touch the ground



## PARACHUTE BASKETBALL

Physical

**Materials:** Parachute, playpen balls

**Space:** Small to medium indoor or outdoor space

**Preparation:** None

**Instructions:**

- Give 5 campers a playpen ball (the ball needs to be small enough to fit through the hole in the middle of the parachute).
- The remaining campers make a mushroom with the parachute (practice before adding the balls).
- The campers with the balls now have to attempt to throw through the hole of the parachute
- Change the players after a few attempts.
- To mushroom:
  - Tell the campers to spread out while holding the edge of the parachute
  - Now tell them to pull the parachute tight and then lower it to the ground and then knee-level
  - As you say go, all campers have to raise the parachute upwards. The parachute will fill with air and rise like a giant mushroom.





# A CAMP ROOTED IN...

# Grit



## WORLD RECORDS Noodle Toss

### Materials:

- Pool Noodle
- Trash can or bucket

### Instructions:

- Identify a spot a given distance away from the trashcan!
- One at a time, throw the pool noodles into the trash can!
- Most noodles in the can - WINS!

### Gear it Down (Younger Ages /Less Ability):

- Campers can get multiple chances.

### Gear it Up (Older Ages /Advanced Ability):

- Time it, campers who get the most in the shortest time, win!



## CARNIVAL GUIDE



## FACE PAINT!

## 9 SQUARE!



## GAGA BALL!

## RAINBOW!



## CONNECT 4!

## PLAYGROUND



## CENTER OF THE WEEK!

### Finger Foosball

### Materials:

- Bouncy ball made by campers
- Blocks

### Preparation:

- Using the blocks, create a mini football or soccer field on a table for campers to use their bouncy balls.



### Instructions:

- Campers will get to test out their bouncy balls!
- Play foosball with their bouncy balls on at table and see what they can do!

*Team building*

*Books of the Week*

**THIS WEEK CAMPERS WILL WORK TOGETHER TO HAVE EVERYONE ALL ABOARD THE BUOY AT THE SAME TIME!**

REFER TO TEAM BUILDING GUIDE FOR ADDITIONAL RESOURCES.





# Courage

**WEEK 7: TRIO OF HEROES**



# A CAMP ROOTED IN...

# Courage



## Attention Getters

- **Counselor:** Da,na,na,na,na
  - **Campers:** Batman!
- **Counselor:** When I say Captain, you say KVI Captain!
  - **Campers:** KVI!

## Counselor Challenge

- Hula Hoop Ring Toss

## Camp Magic

- Dress up like a...superhero!
- Transition in between your rotations like Superman flying.
- Have the heroes visit camp!

## Circle Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Each day, we will start the day by talking about the weather, month, day of the week, and discussion prompt. Use the prompts below to guide daily discussion during snack time!
  - Mon - Introduce yourself, campers, and create a superhero team name.
  - Tue - How can you show courage this week?
  - Wed - If you could have a superpower, what would it be?
  - Thurs - Reflection - how did you show courage at camp this week?
  - Fri - Favorite thing from the week.

## GO TO GAMES!

- PTERODACTYL
- SPLATI
- FRUIT SALADI
- GAGA BALL
- 9 SQUARE IN THE AIR



## FORK PAINTED KOALA

Creativity

### Materials:

- Cardstock (1 per camper)
- Gray paint
- Plastic fork (1 per camper)
- [Koala template \(1 per camper\)](#)
- Scissors (1 per camper)
- Glue (1 per camper)
- Large googly eyes (1 pair per camper)
- Gray crayons (1 per camper)

**Preparation:** Cover tables with butcher paper, and prepare materials as needed.

### Instructions:

- Hand out cardstock and forks to each camper.
- For the paint, counselors can either pour the paint into a bowl for campers to dip their forks in or squirt several drops of paint onto their cardstock.
- Campers will use their fork as their paintbrush and spread the paint all around to make the fur of their koala.
- As campers paint, talk about the book *The Koala That Could* and how they can be courageous and try new things.
- As the paint dries, hand out the koala ears and nose template. Have campers color in their ears.
- Cut out the ears and nose, and glue them to their painting.
- Add the googly eyes.

### Gear it Down (Younger Ages /Less Ability):

- Help campers with cutting out the ears and nose.



THE CHARACTER TRAIT OF THE WEEK IS COURAGE HOW CAN WE TEACH OUR CAMPERS TO BE BRAVE AND TO LEARN AND SUCCEED IN THEIR EVERYDAY!

## SUPERHERO MASK

Creativity

### Materials:

- Hero mask template (1 per camper)
- Markers
- Crayons
- String
- Hole punch
- Scissors
- Stamps
- Stickers
- Glitter
- Glue

### Preparation:

- Print hero mask template on cardstock
- Get creative with items that campers can use to decorate their mask! Stamps, stickers, and glitter are some examples.
- Place materials in bowls for campers to see and grab.
- Cut the template in half, having a half sheet with one mask.
- Cut out decor pieces from the template.

### Instructions:

- Have a pile of each type of mask laid out for campers to choose from.
- Let campers decorate and color their mask however they want. Encourage them to explore the different ways they can decorate.
- Once they are finished decorating, have campers cut out their mask.
- Counselor only - punch a hole on either side of the mask, using the string tie it around the mask and fit to the camper's head as needed.

### Gear it Down (Younger Ages /Less Ability):

- Help campers cut out their masks.
- To avoid camper's being overwhelmed with the materials, limit the amount of choices for them.





# A CAMP ROOTED IN...

Grit



## SUPERHERO YOGA

Physical/Reflection



**Materials:** Relaxing music, towels (optional, as yoga mats)

**Space:** Large or medium indoor space

**Preparation:** N/A

**Instructions:**

- Start with some superhero breaths.
  - **Superman:** Inhale with your arms down at your side, with your hands in fists. Exhale and bring them out in front of you as if you were flying.
  - **Hulk:** Inhale, bringing your arms up to the sky. Exhale and bend your elbows, bringing your arms down as if you're flexing your arm muscles while bending your knees.
- Poses:
  - **Plank pose to build superhero strength:** Come down to balance on your palms and your bent toes in a plank position. Keep your arms straight and your back long and flat. Hold steady for a few breaths, ensuring a straight line from your head to your toes.
  - **Downward-facing dog**
  - **Half moon to practice how to fly:** From a standing position, step your left foot back while opening your hip out to the side. Tilt forward and place your right hand flat on the ground (or on a block) in front of your right foot while simultaneously lifting your left foot. Open your hips and extend your left arm up to the sky. Align your shoulders over each other and open your chest. If possible, try gazing out to the left. Pretend to be flying. Switch sides and repeat the steps.
  - **Warrior 3:** Stand on one leg. Extend the other leg behind you, flexing your foot. Bend your torso forward and take your arms back alongside your body. Pretend to be a flying superhero. Switch sides and repeat the steps.
  - **Flying:** Lie on your tummy, lift your chest and shoulders, and look up. Pretend to be flying.

## TRIO OF HEROES FREEZE DANCE

Physical

**Materials:** KV Characters (1 per site)

**Space:** Large indoor or outdoor space

**Preparation:**

- Cut out the characters and place them in the playing area.

**Instructions:**

- Tell campers they will play freeze dance: KV style!
- Let them know that once the music starts, they will dance and move their bodies in all sorts of ways. Once the music stops, they have to freeze their bodies.
- Allow campers to play a few rounds before adding a new rule to the game.
- After a few rounds, let campers know that they will freeze dance the way a Kidventure hero dances.
- Draw one of the KV character cards. Model to campers how that character dances so they know how to do it.
  - **Captain KV** dances by using his shield to cover his body. Bend on one knee and place one arm out in front of you as if you are holding a shield and protecting your body. Then reverse the knee and the arms.
  - **Man of Thunder** dances as if he is flying and stomps his feet on the ground (like a loud thunder sound).
  - **Lady Lightning** dances by running around the area and placing her arms above her as if she is creating lightning in the sky.
  - **Dr. Chaos** dances on tiptoes while raising his knees above his hips and says "ha-ha-ha-ha!"
  - **Ollie** dances with their arms wide open to the sides. Start by raising your hands to the ceiling, then spreading them down on each side of the body as if the arms are forming rainbows.
- Play the music for the campers to do their dance.
- Continue playing until all characters have been used.
- Repeat if time allows.

## FOUR CORNERS

Physical

**Materials:** Paper to number corners, painter tape to hang papers

**Space:** Small to medium indoor space

**Preparation:**

- Write 1-4 on separate papers
- Hang numbered papers in 4 corners of the room

**Instructions:**

- Select one camper to be the caller (or it can be a counselor), they stand at the front, face the wall, and close their eyes.
- All other campers stand on the side until the caller's eyes are closed, once the caller's eyes are closed and they begin counting campers quietly walk to a corner and stay there.
- The caller will count to 5 and once they get to 5 keeping their eyes closed they will call out a number between 1 and 4.
- The caller can open their eyes once they have picked a number and everyone that is in the corner that was called must go sit quietly at the front of the room
- The game continues until there is 1 player left and they then become the caller.

**Gear it Up (Older Ages/Advanced Ability)**

- If nobody is in a corner, everyone shouts "Nobody is home!" and is a strike against the caller. If they call 3 corners where nobody is home, they are out and the game restarts.





# A CAMP ROOTED IN...

# Courage



## WORLD RECORDS Pies to the Face!

### Materials:

- Pie in the face!

### Instructions:

- Identify a spot a given distance away from the trash can!
- One at a time, throw the pool noodles into the trash can!
- Most noodles in the can - WINS!

### Gear it Down (Younger Ages /Less Ability):

- Campers can get multiple chances.

### Gear it Up (Older Ages /Advanced Ability):

- Time it, campers who get the most in the shortest time, win!



## CARNIVAL GUIDE



## FACE PAINT!

## 9 SQUARE!



## GAGA BALL!

## RAINBOW!



## CONNECT 4!

## PLAYGROUND



## CENTER OF THE WEEK!

### Superhero Puzzle Mix-Up

### Materials:

- Superhero puzzle printable

### Preparation:

- Print, cut, and laminate puzzle pieces

### Instructions:

- Spread out the puzzle pieces on the table.
- Show campers how they can make a superhero and mix and match each piece!



## Team building

THIS WEEK CAMPERS WILL WORK TOGETHER TO TRANSFER TOXIC WASTE FROM ONE BUCKET TO ANOTHER WITHOUT GETTING TOO CLOSE!

REFER TO TEAM BUILDING GUIDE FOR ADDITIONAL RESOURCES.

## Books of the Week





# Confidence

**WEEK 8: SAFARI DISCO**



# A CAMP ROOTED IN... Confidence



## Attention Getters

- Counselor: Ah, ah, ah, ah
  - Campers: Stayin' alive!
- Counselor: Hakuna!
- Campers: Matata!

## Counselor Challenge

- Ring Toss with Hula hoop and cone - hula hoop from one cone to the next and drop it over the cone.

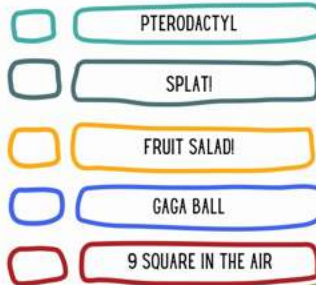
## Camp Magic

- Dress up like an animal going to the disco, or a park ranger!
- Transition in between your rotations like an animal.

## Small Group

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Each day, we will start the day by talking about the weather, month, day of the week, and discussion prompt. Use the prompts below to guide daily discussion during snack time!
  - Mon - Introduce yourself, campers, and their best lion roar.
  - Tue - How can we be confident at camp?
  - Wed - Would you rather see lions or polar bears?
  - Thurs - How were you confident this week?
  - Fri - Favorite thing from the week.

## GO TO GAMES!



THE CHARACTER TRAIT OF THE WEEK IS CONFIDENCE! HOW CAN WE TEACH OUR CAMPERS TO BE CONFIDENT IN THEIR EVERYDAY?

## "I LIKE MYSELF" SELF PORTRAIT

Creativity/Reflection

### Materials:

- Oval-shaped cardboard cutout (1 per camper)
- Pipe cleaners
- Yarn
- Feathers
- Stickers
- Construction paper scraps
- Googly eyes
- Glue
- And other craft items on hand!

### Preparation:

- Cut out ovals from cardboard, big enough for campers to make their portrait.
- Gather various crafting materials you think campers will enjoy using to make their portrait.

### Instructions:

- Each camper is going to make their self-portrait using the materials given.
- Hand out oval cardboard cutouts.
- Tell campers that they are going to use the materials provided to make their face on the cardboard.
- They can use whatever they want to make their portrait
- Allow campers to look into a nearby mirror to help them.
- As campers are working, ask them these questions:
  - What is something you like about yourself?
  - What do others like about you?
  - Would you like yourself if you had a silly snout that snorts? Or purple polka-dotted lips? (like in the book)

### Gear it Down (Younger Ages /Less Ability):

- Provide less materials to avoid campers being overwhelmed.

### Materials:

- Paper plates (2 per camper)
- White Paper (2 per camper)
- Tin foil
- Glue sticks (1 per camper)
- Stapler
- Silver paper or glitter paper

### Preparation:

- Cut tin foil and silver paper into small squares.
- Trace the paper plate onto the paper and cut out the circle.

### Instructions:

- Hand out the papers to the campers that are already cut into a circle.
- Have campers glue the tin foil and/or silver paper onto their circles.
- Once their paper is covered with the squares, campers will attach their circles to the back of each plate. They can either glue or get help stapling.
- With both plates covered, help campers staple both plates together.

### Gear it Down (Younger Ages /Less Ability):

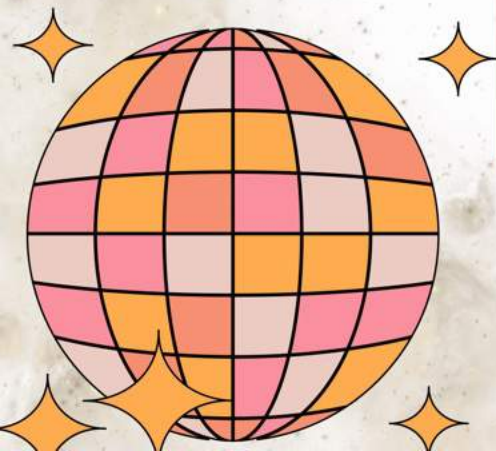
- To promote fine motor skills, use hand-over-hand to help campers staple their plates.

### Gear it Up (Older Ages /Advanced Ability):

- Have campers cut the circles from the paper themselves.

## DISCO BALL

Creativity





# A CAMP ROOTED IN...

# Confidence



## LION'S CUB

Physical



**Materials:** Bowling pins (or another object to act as the "cub"), hula hoop (optional)

**Space:** Large or medium indoor space

**Preparation:**

- Identify playing boundaries
- Set up a bowling pin inside the hula hoop in the center of the playing area--If you do not have a hula hoop simply set the object you are using as a cub in the center of the playing area.

**Instructions:**

- Designate a home base with the campers, this will be where campers take the lion's cub if they can
- Choose 1 camper to be the lion.
- The lion tries to protect the lion's cub, the bowling pin inside the hula hoop. All other players try to take the lion's cub and run to home base without getting tagged by the lion
- If a player is tagged they are out
- When a player takes the lion's cub and reaches home base, they become the lion

**Gear It Down (Younger Ages/Lower Ability):**

- Take out home base and if the campers take the lion's cub they become the lion
- Make the playing area bigger

**Gear It Up (Older Ages/Higher Ability):**

- Have more than 1 Lion
- Make the playing area smaller

## GOING ON A SAFARI

Physical

**Materials:** None

**Space:** Small to medium indoor or outdoor space

**Preparation:** None

**Instructions:**

- Counselors are going to lead their campers through these movements and help them develop flexibility, strength, coordination, and endurance-this activity will be what YOU make of it.
  - **Fly to a faraway destination:** arms up, bank to the left and right
  - **Land the plane and unload your supplies:** stretch way up, then down, repeat many times
  - **Drive your jeep into the deep, dark jungle:** hold onto the steering wheel, change gears
  - **Walk into the jungle:** lift knees high when taking steps around the room
  - **Hurry, get away from the lion:** climb with arms
  - **Row your boat down a river:** hold oar and paddle
  - **Oops! You fall in the river.** Swim quickly before the crocs eat you: swim with arms
  - **Run away from a herd of elephants:** run in place
  - **Cross a rope bridge:** move feet heel to toe, arms outstretched
  - **Arrive back at the airport and fly home:** arms up
  - Repeat if time allows.



## PENGUIN SHUFFLE

Physical

**Materials:** Bean bags (1 per camper), cones (optional)

**Space:** Large indoor or outdoor space

**Preparation:**

- If you are using cones and doing a relay, set up your cones appropriately

**Instructions:**

- Give each camper a bean bag and let them know that male penguins protect the eggs by balancing them on their feet.
- They are going to act like the bean bag is their egg they are protecting so they will place the bean bag on the top of their shoes and shuffle from one place to another without losing the bean bag "egg"
- Once they get the hang of shuffling around and not losing their bean bag you can make it a relay race.
- Split campers into 2 groups and have them line up behind the starting cone.
- When the counselor says go the campers will shuffle to the other cone and back to the starting line to tag the next person to go.
- If the bean bag falls off they can
  - Start over
  - Or simply pick it up and keep going





# A CAMP ROOTED IN... Confidence



## WORLD RECORDS Longest Disco Hula Hoop

### Materials:

- Hula Hoop
- Speaker

### Instructions:

- Longest Disco Hula Hoop to the song "I Like to Move it Move it" from Madagascar!
- Counselors must also disco while hula hooping!
- If a counselor drops their hula hoop, or stops discoing at any point they are OUT!
- TIME YOU HULA HOOPER - LONGEST DISCO HULA HOOP WINS!



## CARNIVAL GUIDE



### FACE PAINT!

### 9 SQUARE!



### GAGA BALL!

### RAINBOW!



### CONNECT 4!

### PLAYGROUND



## CENTER OF THE WEEK! Build a Zoo

### Materials:

- Blocks
- Toy animals
- Other building toys/materials



### Preparation:

- Put out any toys/materials campers can use to build their zoo.

### Instructions:

- Let's build a zoo! Talk to campers about some animals they may see in a zoo and what their enclosures look like.
- Work with them to use the blocks and other toys to build a zoo.



## Team building Books of the Week

THIS WEEK CAMPERS  
WILL WORK TOGETHER TO  
GET ACROSS THE  
CHOCOLATE RIVER!

REFER TO TEAM BUILDING GUIDE FOR  
ADDITIONAL RESOURCES.





# Leadership

**WEEK 9: KID PRESIDENT**



# A CAMP ROOTED IN...

# Leadership



## Attention Getters

- **Counselor:** Where are my leaders at?
  - **Campers:** HERE HERE HERE!!
- **Counselor:** Leadership is COOL..
  - **Campers:** AND CAMPERS ARE TOO!

## Counselor Challenge

- Frozen T-Shirt

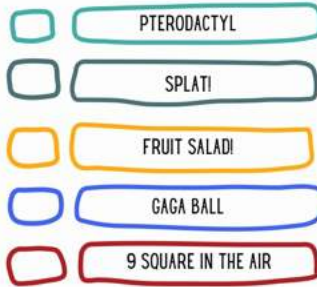
## Camp Magic

- Dress up like a...PRESIDENT or leader or boss!

## Circle Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Each day, we will start the day by talking about the weather, month, day of the week, and discussion prompt. Use the prompts below to guide daily discussion during snack time!
  - Mon - Introduce yourself, the campers, and create a team name.
  - Tue - How can you be a leader at camp?
  - Wed - Kid President works to make the world a better place. How would you make the world a better place?
  - Thurs - How have you shown leadership this week?
  - Fri - Favorite thing from the week

## GO TO GAMES!



THE CHARACTER TRAIT OF THE WEEK IS LEADERSHIP! HOW CAN WE TEACH OUR CAMPERS OUR 3 R'S AND BE LEADERS EVERYDAY!

## PRESIDENT DUCK

Creativity

### Materials:

- Duck template (1 per camper)
- Glue (1 per camper)
- Scissors (1 per camper)
- Googly eyes (1 pair per camper)

**Preparation:** Print template (print bills, legs, and feet on orange paper, stripes on red and blue, and the rest on white), cut out each piece for campers.

### Instructions:

- This project includes a lot of direction - it may be helpful to do each step with the campers and move to the next when most or all are ready!
- Glue the head to the body on the X.
- Fold the orange beak in half on the black line. Help campers cut off the top two corners to make a rounded beak. Glue down on one side.
- Show campers how to fold the leg piece like an accordion, and help as needed. Cut in half and glue each leg onto the back of the body.
- Feet - cut the rectangle on the diagonal to make two triangles. Glue to the bottom of the legs.
- Hat - cut the red rectangle in half on the black line, and glue each to the hat.
- Hat - glue the blue band to the hat and then glue the hat to the duck's head.
- Add googly eyes!

### Gear it Down (Younger Ages /Less Ability):

- Break down each step one at a time.
- Help with cutting and gluing

### Gear it Up (Older Ages /Advanced Ability):

- Have campers cut out their templates.

## STAINED GLASS RESIST ART

Creativity/Exploration

### Materials:

- Card stock (1 per camper)
- Black oil pastels (1 per camper)
- Watercolor paints
- Paintbrush
- Bowl or cup for water

**Preparation:** Fill cups or bowls with water for watercolors.

### Instructions:

- With the black pastel, have campers make a loopy doodle on their cardstock. Lines should overlap and help campers do this in one stroke, having them finish where they began.
- With their watercolors, paint in the sections of the doodle and encourage them to use a different color in each section.
- There is no right or wrong way for them to color, let them experiment!
- Leave to the side to dry.





# A CAMP ROOTED IN...

# Leadership



## SIMON SAYS

Physical



**Materials:** None

**Space:** Small or medium indoor space

**Preparation:** None

**Instructions:**

- Pick a "Simon" (this can be a counselor) and have the other campers stand up in front of them
- The campers must do what Simon tells them to do...but only if "Simon Says"
- Example: Simon says...pat your tummy. Simon says...jump up and down. The campers cannot stop until Simon Says...Simon says stop patting your tummy.
- If a command is given without saying "Simon Says" and the campers do it then that/those campers are out.
- Keep going until one camper is left.

**Gear It Up (Older Ages/Higher Ability):**

- Say actions faster.

## FOLLOW THE LEADER OBSTACLE COURSE

Physical

**Materials:** Hula hoops, gator skin balls, rope, and any other sports items or objects that campers can safely use.

**Space:** Medium to large indoor or outdoor space

**Preparation:**

- Place hula hoops around the playing area.
- Place gator skin balls around the playing area.
- Place rope somewhere on the floor or ground in the playing area.

**Instructions:**

- Tell campers they will follow the leader for this activity. Anything the leader does, the campers will follow. For the first round, the leader will be the counselor.
- Have all campers form a line, one camper behind the other.
- Once the line is formed, the counselor can start performing an action, such as running with arms wide open. Campers will follow and do what the counselor is doing.
- When a ball is present, have the counselor grab the ball and pass it to the camper behind them. Let campers know they have to pass the ball to the camper behind them as they continue following the counselor. The last camper with the ball will just throw it out of their way.
- When the counselors come across a hula hoop, the counselors will jump in the middle of the hula hoop and jump out of the hula hoop to continue the activity.
- When counselors come across the rope, they will jump over the rope, as well.
- Counselors can also go to the playground and do additional actions the campers can follow, such as climbing up the stairs and sliding down the slide.
- Also, allow campers to be the leaders for other campers to follow in subsequent rounds.



## POISON BALL

Physical

**Materials:** Large bouncy ball, gator skin ball, cones (if playing outside), chalk (if playing outside)

**Space:** Large indoor or outdoor space

**Preparation:**

- If playing outside, use the cones and chalk to create a GIANT box for the playing area.

**Instructions:**

- Explain the game to the campers.
  - During this game, two campers (the taggers) will have the balls. They will try to "poison" the other campers by rolling the balls toward them. If a ball touches a camper, that camper gets "poisoned" and is out of the game. The last camper standing is the winner!
- Pick two campers to be the taggers.
  - One camper will use the large bouncy ball, and the other camper will use the smaller gator skin ball.
- The campers who do not have either of the balls will spread out in the playing area.
- Campers may start playing when you say GO.
- Play as many times as you wish.
  - Ideally, please give every camper the chance to be a tagger.





# A CAMP ROOTED IN... *Leadership*



## Materials:

- Bubbles
- Hula hoops

## Preparation:

## Instructions:

- Divide into teams and give them a hula hoop and bubble soap.
- Have teams stand at least a foot apart.
- On GO! Teams will try to get as many bubbles through the hula hoop as possible in 1 minute.
- The team with the most wins!

## Gear it Down (Younger Ages /Less Ability):

- Campers can stand closer

## Gear it Up (Older Ages /Advanced Ability):

- Make it a requirement that the camper holding the hula hoop cannot move it.

## WORLD RECORDS Bubbles Through a Hula Hoop

## CARNIVAL GUIDE



## FACE PAINT!

## 9 SQUARE!



## GAGA BALL!

## RAINBOW!



## CONNECT 4!

## PLAYGROUND

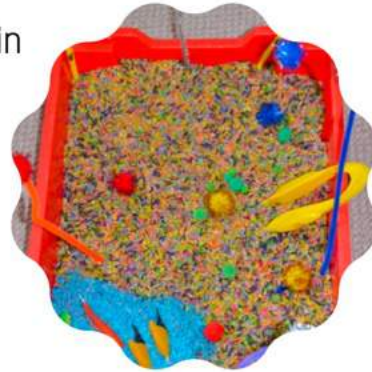


## CENTER OF THE WEEK!

### The Lorax Sensory Tray

## Materials:

- Large sensory bin
- Colored rice
- Pipe cleaners
- Pompoms
- Tweezers
- Small toys



## Preparation:

- Fill the sensory bin with the materials.
- Create your own truffula trees by gluing pompoms to the pipe cleaners!

## Instructions:

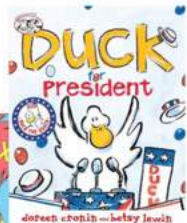
- Let campers explore and play in the sensory bin that looks right out of the book!

*Team building*

*Books of the Week*

THIS WEEK CAMPERS  
WILL WORK TOGETHER TO  
MOVE AS ONE UNIT ON  
THEIR TEAM SKIS!

REFER TO TEAM BUILDING GUIDE FOR  
ADDITIONAL RESOURCES.





# Imagination

**WEEK 10: KV IN COLOR**



# A CAMP ROOTED IN... *Imagination*



## Attention Getters

- **Counselor:** Whose your friend that likes to play?
  - **Campers:** Bing Bong! Bing Bong!
- **Counselor:** We're using our...
  - **Campers:** Imagination! (make a rainbow with their hands like in Spongebob)

## Counselor Challenge

- Item Improv/ABC Improv

## Camp Magic

- Dress up like a....crayon, artist, or your favorite color!

## Small Group

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Each day, we will start the day by talking about the weather, month, day of the week, and discussion prompt. Use the prompts below to guide daily discussion during snack time!
  - Mon - Introduce yourself, campers, and what your favorite color is.
  - Tue - What is your favorite way to use your imagination? Playing? Drawing?
  - Wed - If you could see the world in any color, what would it be?
  - Thurs - How did you use your imagination this week?
  - Fri -Last day! What was your favorite part of the week?

## GO TO GAMES!

- PTERODACTYL
- SPLATI
- FRUIT SALADI
- GAGA BALL
- 9 SQUARE IN THE AIR



## COLOR EXPLORATION

Exploration/Creativity

### Materials:

- Watercolors
- Tempora paint
- Crayons
- Markers
- Paintbrushes
- Cardstock
- Water cups (for watercolors)

### Preparation:

- Create 3 stations where campers can explore different colors and how to use them.
- Station 1: Watercolors
  - Set up water cups and watercolors for campers
- Station 2: Tempora paint
  - Using the easels, set up paint and paper for campers
- Station 3: Crayons and markers
  - Set up paper, crayons, and markers on a table.

### Instructions:

- Tell campers that today they will get to choose what they want to use to create different colors like Mary in Pocket Full of Colors.
- Explain to campers that they can only choose one station and explain each station.
- Have 2-3 campers at a time stand up and go to the station of their choosing. Avoid letting all campers go at once to control the chaos!
- Encourage campers to explore the colors in front of them and use their imagination to create their picture.

### Gear it Down (Younger Ages /Less Ability):

- Help campers brainstorm what to draw or how to mix colors to create new ones.

### Gear it Up (Older Ages /Advanced Ability):

- Allow campers to go to all stations by giving time limits on each one.



THE CHARACTER TRAIT OF THE WEEK IS IMAGINATION!  
HOW CAN WE ENCOURAGE IMAGINATION IN OUR CAMPERS EVERYDAY?

## INVENTOR'S WORKSHOP

Exploration

### Materials:

- Playdough
- Magnatiles
- Blocks
- Pipe cleaners
- Legos
- Various toys
- Paper
- Markers/crayons

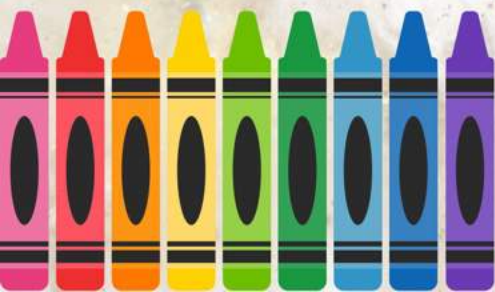
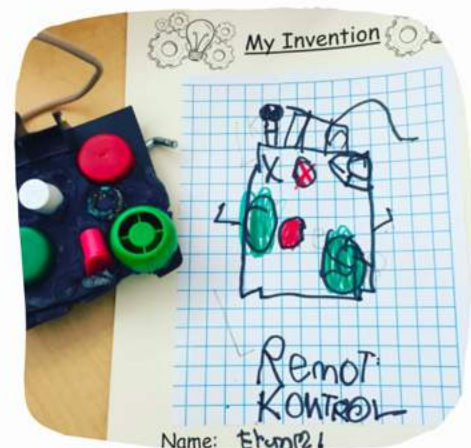
**Preparation:** Read The Most Magnificent Thing, gather different materials that campers can use to create an invention, cover tables as needed, and put materials in bins or trays for campers.

### Instructions:

- Campers are going to use their imagination and invent something just like the girl in The Most Magnificent Thing.
- Explain to campers the different materials and that they can use them to create an invention.
- Make it clear that they will not be bringing it home (since toys are being used), but will have a chance to draw their invention.
- Give campers 15 minutes to explore the materials and create their invention.
- At the end of the 15 minutes, hand out paper and markers/crayons so campers can draw their invention.
- Help campers write the name of their invention on their paper.
- If there is time, go around and have campers present their invention to the group.

### Gear it Down (Younger Ages /Less Ability):

- Provide less materials for campers to use.
- Have a brainstorming session before campers begin.
- Have campers draw their invention first then build it





# A CAMP ROOTED IN... *Imagination*



## DRAGON'S TAIL

Physical



**Materials:** Scarves or bandanas (1 per camper)

**Space:** Large indoor or outdoor

**Preparation:** None

**Instructions:**

- Give each camper a scarf or bandana
- They will tuck it on their back so it hangs like a tail
- Once campers have their tail, have them spread out among the playing area
- When the Counselor says "GO" the campers will start running around the playing area trying to steal other camper's tails and also not having their tail stolen
- When a camper loses their tail they must go stand next to the counselor on the sidelines
- The game continues until there is only 1 camper left and then the game can start over

**Gear It Up (Older Ages/Higher Ability):**

- Change how campers move around the playing area (skip, hop, walk, etc)

## RAINBOW ROUNDUP

Physical

**Materials:** Multi-colored balls (plastic playpen balls or crumpled up construction paper works as well), 1 piece of construction paper for each color of ball, marker, tape

**Space:** Small or medium indoor space

**Preparation:**

- Write the corresponding color on each piece of construction paper (i.e. on the red paper, write red) and tape them to different corners of the room. You will need a different color for each team that you have.
  - For example, if you have 2 groups of 6 campers you will need 2 different colors. If you have 4 groups of 3 campers you will need 4 colors.
- These papers will act as the goals for each team
- If you are using construction paper as your balls, you will need to have this prepped before the activity.

**Instructions:**

- Split campers into as many teams as there are colors (for small groups you may need to take away some colors) and assign one color to each team.
- One camper per team will be the goalie, who will sit near another team's color goal and try not to let members of that team get their colors into their goal.
- The rest of the campers should find a spot to sit and spread out before the counselor spreads out the balls around the playing area
- All campers should remain either on their bottoms or on their knees throughout the game, including the goalies
- The campers that are not goalies should start rolling (or if it is construction paper balls they can throw them) into their team's goal, trying to get their color ball past the goalie.
- Once a ball is in the goal, the goalie cannot touch it.
- The first team to get all their colored balls into the goal is the winner.

**Gear it Down (Younger Campers/Lower Ability):**

- Take out the goalie.
- Have campers sit around the playing area on their bottoms or knees and then spread out the balls.
- Simply have campers throw their ball to the corresponding color corner.
- Once they get the hang of it you can add in the goalie.



## PARACHUTE GAMES

Physical

**Materials:** Parachute, playpen balls, beach ball

**Space:** Large indoor or outdoor space

**Preparation:** N/A

**Instructions:**

- **Parachute Game 1: Mushroom**
  - Tell the campers to spread out while holding the edge of the parachute
  - Now tell them to pull the parachute tight and then lower it to the ground and then knee-level
  - As you say go, all campers have to raise the parachute upwards. The parachute will fill with air and rise like a giant mushroom
- **Parachute Game 2: Circus Tent**
  - Tell the campers to raise their arms with the parachute as high as possible
  - Once the parachute is high, and as you signal, the campers have to take 3-4 steps to the center
  - While holding the parachute tightly, tell the campers to sit at the edge of the parachute, what now appears to be the circus tent
- **Parachute Game 3: Ball Surfing**
  - Tell the campers to hold the parachute tightly
  - Place a beach ball on the parachute
  - Now each camper has to lift the parachute just after the ball rolls by, make sure they get the timing right. If they are too late the ball will run off the parachute or into the player and if they are too soon the ball will stop rolling
- **Parachute Game 4: Circular Sit-up**
  - Have the campers sit along the edge of the parachute with their legs underneath
  - Now tell one side to lean backward and the other side to lean forward. Repeat until you see a see-saw effect
- **Parachute Game 5: The Cave**
  - Tell the campers to hold the edge of the parachute and then inflate
  - Now tell them to take a few steps toward the center while the chute is inflated
  - Now tell the campers to release one hand from the chute and pull the parachute behind the head with the other hand
  - Have them kneel down, holding the edge toward the ground
  - The players have to stay inside the parachute until it begins to deflate
- **Parachute Game 6: Number Chase**
  - Assign a number to the campers
  - Tell the campers to hold the parachute with their right hand and walk in a clockwise direction
  - The campers whose number is called has to let go of the parachute and run around until he gets back to their original spot
  - After all the numbers have been called, tell the campers to hold the parachute with their left hand and walk in a counter-clockwise direction





# A CAMP ROOTED IN... *Imagination*



## WORLD RECORDS Kidventure Toe Art



### Materials:

- Paint
- Butcher paper
- Paper towels/baby wipes for clean-up

**Preparation:** Pour paint into bowls or plates, lay out butcher paper

### Instructions:

- Have participants take off their shoes and socks on one foot.
- Participants can stand or sit down, whichever is more comfortable!
- Participants have to write out KIDVENTURE in the paint only using their toes and will be timed.
- The most legible and quickest wins!

### Gear it Down (Younger Ages /Less Ability):

- For the youngest campers, have them trace KIDVENTURE so they know how to spell it!

### Gear it Up (Older Ages /Advanced Ability):

- Each letter has to be a different color



## CARNIVAL GUIDE



## FACE PAINT!

## 9 SQUARE!



## GAGA BALL!

## RAINBOW!



## CONNECT 4!

## PLAYGROUND



## CENTER OF THE WEEK!

### Color Sort

### Materials:

- Bins (3-4)
- Colored construction paper
- Various colored toys/manipulatives

### Preparation:

- With the construction paper, label each bin as that color.
- Put different colored toys/manipulatives into a tray or bin.

### Instructions:

- Campers will show off their color knowledge!
- Have campers go through the toys/manipulatives and identify its color.
- Then they will place that item into the correct color-coded bin.
- Challenge campers by having them go on a scavenger hunt in the room to find more colors!



*Team building*

*Books of the Week*

**THIS WEEK CAMPERS  
WILL WORK TOGETHER TO  
ELEVATE A WOODEN ROD  
"HELIUM STICK" IN ONE  
FLUID MOTION!**

REFER TO TEAM BUILDING GUIDE FOR  
ADDITIONAL RESOURCES.





