

SUMMER CAMP BINGO!

ROUND 3

YOUR MISSION IF YOU ACCEPT IT:

- Complete as many bingo squares as possible in a 2 week span!

1 CATCH A FALLING STAR*	2 WATERBEAD STRESS BALL*	3 JACKS*	4 STRAW ROCKETS*	5 A TO Z INDOOR SCAVENGER HUNT
6 SCRATCH ART*	7 HAVING A BALL*	8 JEWEL SUN DIAMOND*	9 BREATHE BOARD*	10 POP UP CARD*
11 A TO Z OUTDOOR SCAVENGER HUNT	12 OOBLECK*	13 FREE SPACE	14 SILLY PUTTY*	15 LET'S WARM UP
16 PAINT PROJECT*	17 YOGA BREAK	18 SUN CATCHER*	19 WATER BALLOON YO-YOS*	20 ORAGAMI*
21 DIFFERENCE MAKER BINGO	22 MOVING FISH*	23 CLAY NECKLACE*	24 PINCH POT*	25 FLIP A COIN FITNESS*

Each square has a # that matches up with your Summer Camp Duotang for more instructions on each activity

ACTIVITY 1: CATCH A FALLING STAR

Channel your inner superhero and complete the sample lesson below from the BFFL resource Learning to Fly. Find the resource here: <http://befitforlife.ca/resources/learningtofly>



If you don't have scarves, try it with a bunch of tissues or balloons...

superheroes

catch the Falling stars!
Adapted from "Balloon Body Toss", Move and Play through Physical Literacy Cards

Equipment Required
Scarves (as many as possible)

Modification
For older children, encourage them to keep the scarves up with different body parts for an added challenge and/or increase the number of scarves that each child needs to keep in the air. Younger children can practice with just one or two scarves, picking it up and throwing or releasing.

Activity

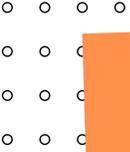
1. Have the children spread out around the activity space and put as many scarves out as you have available.
2. Explain that scarves are shooting stars that are falling and the children have to try and keep them up in the sky.
3. Have the children throw the scarves up and encourage them to keep the scarves in the air trying to not let them touch the ground (or fall out of the sky!).

Object Manipulative skills

10

What type of superhero would you be and what special powers would you have? _____

Increased Movement = Increased Self Esteem
...which leads to better moods and feeling content.



ACTIVITY 1: JUGGLING SCARVES



Materials:

1. 2 to 3 scarves

How to juggle:

1. Hold the scarf by the corner. Toss across your body and catch with the opposite hand.
2. Now take a 2nd scarf. Scarves are tossed across the body, making an 'x'. Follow this pattern: toss, toss, catch, catch. I have them repeat with me "toss, toss, catch, catch". (Most people tend to want to toss, catch, toss, catch).
3. Now take a 3rd scarf. Hold 2 scarves in one hand (with fingers facing down). Then the remaining scarf will be in the other hand. Toss the first scarf from the hand that has 2 scarves followed by a toss from the scarf in the other hand. The last toss comes from the 3rd scarf, release from your first tossing hand.

This activity may be easier if you see it in action. A good instructional video can be found on Youtube by typing in "Scarf Juggling Workshop: Juggling 3 scarves" by dankirkjuggler

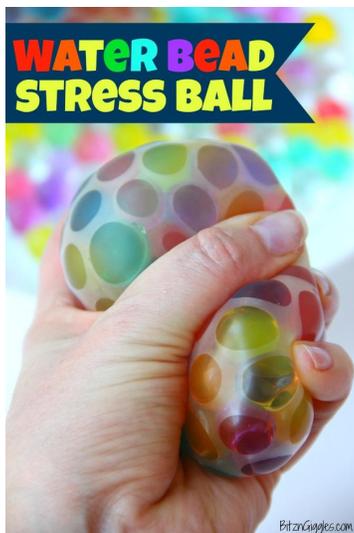
ACTIVITY 2: WATERBEADS BALLOON

Materials:

1. Waterbeads
2. Clear balloon
3. Empty Waterbottle
4. Water

How to make

1. Fill up a cereal bowl with water & put your beads in. Let them sit for at least 4 hours (can let them sit overnight if you'd like!). Drain.
2. Fill the water bottle with beads.
3. Blow up one of the balloons and place it over the top of the bead-filled bottle.
4. Turn the water bottle upside down, shake and squeeze the bottle
5. until all of the water beads have been transferred from the bottle to the balloon.
6. Tie the end of the balloon



ACTIVITY 3: JACKS

Materials:

- 10 pipecleaners (jacks)
- One boucy ball

How to play Jacks:

1. Shape your pipecleaners so they look like jacks (or are easier to grab!)
2. You then throw the ball into the air ... pick up one jack ... then catch the ball after it bounces one time.
3. Continue picking up the jacks one at a time.
4. When you have collected all the jacks, throw them again and start picking the jacks up two at a time (twosies).
5. When you get to threesies you have to pick up the three sets of three first, then pick up the left over jack.
6. Continue on until you are at tensies. You can then declare the winner as the first one to tens, or go back down again to onesies.

Your turn continues until you either: miss the ball, fail to pick up the jacks, move a jack, or drop a jack that you have picked up. Your turn is then over and the next person goes.

No bouncies (MORE CHALLENGING)

Go from one to tens without letting the ball bounce before you pick up the jacks.

Double bouncies (LESS CHALLENGING)

Pick up the jacks and then catch the ball after it bounces twice.



Thank you to www.fungameskidsplay.com for the instructions!

ACTIVITY 4: STRAW ROCKETS

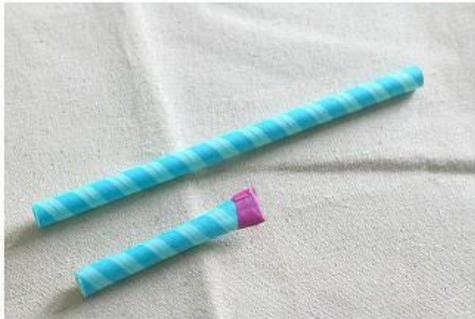
Materials:

- Normal Straw
- Bigger Straw
- Tape
- Markers
- Scissors

How to Make a Straw Rocket:

1. Colour the rocket & cut out

2. Cut the larger straw to fit the length of the rocket and tape one end shut so it's completely sealed. Attach it to your rocket with tape.



3. Slip a straw into the larger straw and you are ready to launch!



4. Give your straw a big puff and watch the rocket take off!

Thank you to www.buggyandbuddy.com for the instructions!



ACTIVITY 5: A TO Z INDOOR SCAVENGER HUNT

ALPHABET SCAVENGER HUNT

A _____
B _____
C _____
D _____
E _____
F _____
G _____
H _____
I _____
J _____
K _____
L _____
M _____

N _____
O _____
P _____
Q _____
R _____
S _____
T _____
U _____
V _____
W _____
X _____
Y _____
Z _____

ACTIVITY 6: SCRATCH ART

Materials:

- Scratch art mask/bookmark/piece of paper
- Scratch art stick

How to Make Scratch Art

1. Start with your small square back piece of paper to see what it feels like to scratch off the black. Try writing your name, making patterns or drawing your favourite thing!
2. Once you get the hang of it move to the scratch art mask. Here you can again create your own design! Make squiggles & stars, do polka dots! Whatever you'd like!
3. Now put that mask on and show it off! Or give it to someone you think would enjoy it!



HAVING A BALL!

*With activities from Ever Active Schools' Recipe Cards Lesson Plans Resource & University of Saskatchewan College of Kinesiology

Video Link to Activity



https://youtu.be/5EK_Pmgp6S

Equipment

- Small ball

Featured Skills

- Catch
- Underhand toss

How to Play

1. Find an open area in your home or outside.
2. Use an underhand throw to toss a ball straight into the air above your head.
3. Try to catch the ball with 2 hands. When you have mastered that, try to catch it with one hand!
4. **Challenge:** When you toss the ball in the air try to do a trick before you catch it. A trick could be counting the number of claps, spins or ground touches you can do before catching the object! Or create your own trick!
5. **Partner Play:** Ask your parent or sibling to pass the ball with you! Start with 2 handed catching and then move to a 1 handed catch for extra challenge! Can you and your partner find a trick to do together?

Cues

- Remember to watch the ball from the time it leave your hands to when it arrives back in them!
- If the ball is above the waist, catch overhand with thumbs together!
- If the ball is below the waist, catch underhand with pinkies together!

Building Confidence, Competence and Motivation

1. How do you change your hands when you're catching the ball high and when you're catching the ball low?
2. What other activities do you play where it would be important to catch well?

Physical literacy leads to success!

Physical literacy is the development of basic movement skills that permit a child to move with confidence and control, in a wide range of physical activity situations.

Children should learn basic movement skills in a variety of environments;

- 1 ON THE GROUND
- 2 IN THE WATER
- 3 ON SNOW AND ICE
- 4 IN THE AIR



Physical literacy gives children the tools they need to take part in physical activity, sport and daily living, for fun, for health and for achievement.

Physically literate children and youth are successful in;

- 1 SPORT participation, excellence
- 2 RECREATION fun, adventure
- 3 PERFORMING ARTS dance, circus
- 4 VOCATIONAL firefighter, roofer, armed forces
- 5 DAILY LIVING garden, paint, climb
- 6 INJURY PREVENTION lift, carry, fall recovery



Developing physical literacy in our children will take the combined efforts of;

- COACHES
- COMMUNITY LEADERS
- DAY CARE PROVIDERS
- EDUCATORS
- PARENTS/GUARDIANS

ONE MAJOR REASON CHILDREN DROP OUT OF ORGANIZED SPORT IS THEY DON'T HAVE THE SKILLS TO PLAY.

IF YOU CAN'T

- | | | |
|-----------------|---------------|-------------|
| run | swim | throw |
| basketball | canoe | baseball |
| hide and seek | diving | bowling |
| soccer | kayaking | football |
| squash | play in water | frisbee |
| street hockey | scuba | play catch |
| tag | surfing | shoot hoops |
| tennis | water polo | softball |
| track and field | water ski | volleyball |

YOU WON'T TAKE PART IN



GAIN SKILLS

Build physical literacy with these steps;

- QUESTION DAY CARE PROVIDERS, RECREATION PROGRAMMERS, SPORT ORGANIZATIONS AND SCHOOLS TO MAKE SURE THAT YOUR CHILDREN'S PHYSICAL LITERACY NEEDS ARE MET.
- INTRODUCE YOUR FAMILY TO A WIDE RANGE OF ACTIVITIES THAT ALLOW KIDS TO PRACTICE SKILLS IN DIFFERENT SURROUNDINGS.
- ENCOURAGE KIDS TO PARTICIPATE IN UNSTRUCTURED PHYSICAL PLAY

ACTIVITY 7: HAVING A BALL

ACTIVITY 8: JEWEL SUN DIAMOND

Materials:

- Pony beads
- String
- Prism

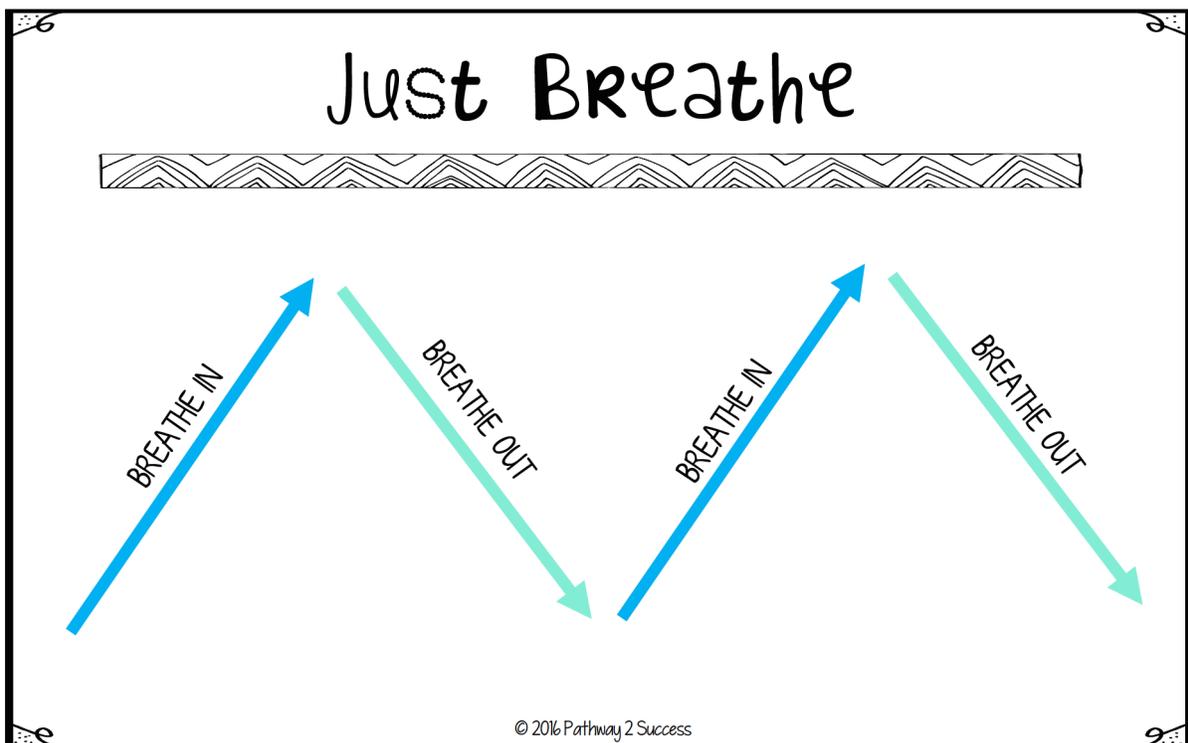
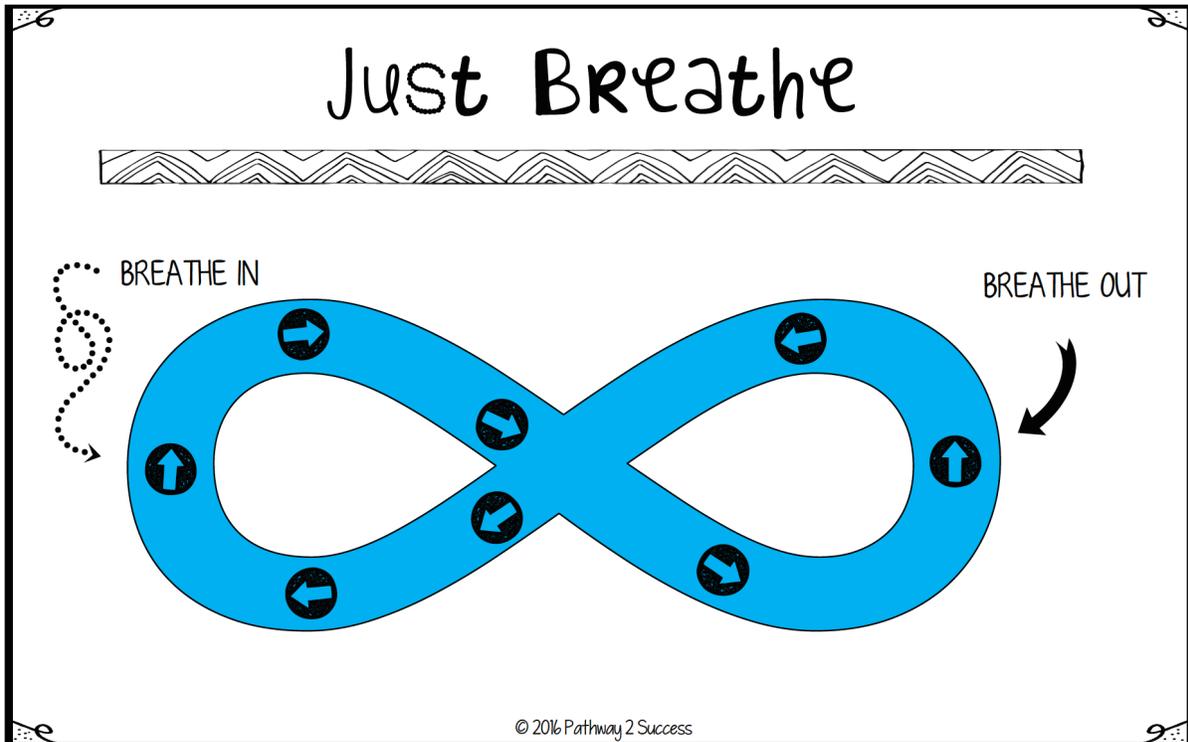
How to make a jewel sun diamond:

1. Tie the string onto the jewel first to act as a stopper
2. Thread on the rest of the beads
3. Tie a loop at the end so that you can hang it near a window or on a tree branch!



ACTIVITY 9: BREATHE BOARD

A breathe board is a tool to help practice & understand mindful breathing. Just follow with your finger around the figure as you slowly breath in and out. Mindful breathing helps with positive emotions, decreasing stress, a stronger immune system, increased focus & attention along with emotional control! Wow!



ACTIVITY 10: POP UP CARD

Here's what you'll need...

- 1 piece of white cardstock paper
- 1 piece of black cardstock paper (or whatever color you want to make the back of your card)
- Glue or scrapbooking mounting squares (double sided)
- Paint, markers or crayons, what ever you want to draw your cow with



Here's how you make it...

1. Fold your white paper in half and cut a straight slit. Make the cut half as big as you would like your cow's mouth. Cut the slit about 2/3 down the page.



2. Fold the edges down to make 2 triangles, then open your paper all the way.



3. Hold the paper with the folded edge towards you, as shown in the picture.



4. Poke each triangle through, turn your card to the inside, and fold the mouth out along the 'fold lines' that are already on your card (this is the tricky part, but once you've done it, it's easy!)



5. The inside of your card should have a pop out mouth now (see picture).



6. Now your ready to paint or draw on your cow. Once you've finished your drawing you will need to glue or stick on your card back (which is also the color inside your cow's mouth).



Now make your cow talk! Keep it, or give it to a friend!

ACTIVITY 11: A TO Z OUTDOOR SCAVENGER HUNT

OUTDOOR ALPHABET

SCAVENGER HUNT

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____

Find things outside that begin with each letter.

ACTIVITY 12: OOBLECK!

Materials:

- 1 cup cornstarch
- 1/2 cup water
- Bowl

How to Make Oobleck (Quicksand):

1. Start with water in the dish and then slowly add the cornstarch.
2. What you are looking for is a material that feels solid when you push down on it suddenly, but you can drag your fingers through it like a liquid.
3. You can take plastic toys and make them walk across the surface, then place them on top and watch them slowly sink like they are in quicksand.

Things can get messy so lay down a table cloth or head outside!



ACTIVITY 14: SILLY PUTTY

Materials:

- 1.5 tablespoons of dishsoap
- 2 tablespoons of cornstarch
- Bowl

How to Make Silly Putty:

1. Start with the dishsoap in the bowl and slowly mix in the cornstarch
2. The silly putty will hold its shape if you are constantly moving it, but if you let it rest it will drip and fall like molasses

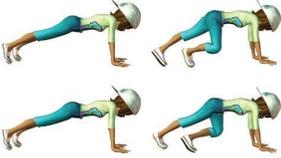
Did you notice any difference between the silly putty and the oobleck? If yes, why do you think that was?

Things can get messy so lay down a table cloth or head outside!



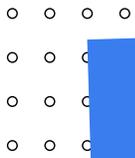
ACTIVITY 15: LET'S WARM UP!

Complete 2 moves from each column and perform each move for 30 seconds each.

HEALTHY HEART	DYNAMIC	STABILITY
		
JUMP - DISTANCE	JUMPING JACK	ONE FOOT BALANCE
		
BUM KICKS	HAND TO FOOT KICKS	AIRPLANE BALANCE
HOP		
	SPIDERMAN CRAWL	SIDE PLANK
		
MOUNTAIN CLIMBERS	PLANK-FOREARMS TO HANDS	TREE BALANCE
		
HIGH KNEES	SKIER JUMP	SQUAT
		
LEAP	WALKING LUNGE WITH A TWIST	THREE POINT BALANCE
		BALANCE PARTNER CHALLENGE
SIDE SHUFFLE		

Download the full poster here:
<http://benefitforlife.ca/resources/lets-warm-up>





ACTIVITY 16: PAINT PROJECT



Head to your summer camp bag to find your ready to go paint kit! Here are some ideas for those that received paints and a small canvas.



ACTIVITY 17: YOGA BREAK

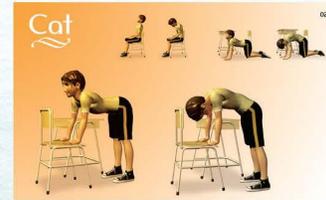
Try this yoga sequence from the BFFL's Yoga Techniques for the Classroom resource.



With every breath, imagine a flame of energy inside you growing brighter and brighter.



Imagine hot lava shooting out the top of the mountain with each exhale.



Lift your head like a purring kitty, then round your back like an angry cat.



Imagine your body is stretchy pretzel dough. Stretch and twist up the dough as you look around behind you.



Make deep footprints and reach your arms up to the tip of the mountain top.



Create the shape of a half moon shining bright in the night sky.



Imagine the heat of the sun radiating in all directions from your belly.



Stand up like a monkey with your arms so long that your hands touch the ground.



Imitate a stork or flamingo as they balance effortlessly.



Imagine a mountain climber sitting on a mountain top, gazing out at their accomplishment.



Pretend you are a rag doll completely limp on the ground.

Hold each pose for 5-10 breaths. Try adding movement to the pose by slowly moving in and out of the pose a few times. Breathe deeply but gently.

Link to the full resource here:
<http://befitforlife.ca/resources/yoga-techniques>



ACTIVITY 18: SUN CATCHER

Materials:

- **White Glue**
- **Food Coloring**
- **Toothpicks**
- **Plastic lids (Lids from tubs of yogurt, sour cream etc.)**
- **Hole Punch**
- **String**

How to Make Glue Suncatcher:

1. Pour a generous amount of glue into one of your plastic lids and swish it around to cover the entire inner surface.
2. Put one or two drops of food coloring around the glue.
3. With a toothpick swirl the colors around in the glue. Stop swirling before the colors get too combined or the final result will be muddy and brown.
4. Let dry. As the colors settle they will continue to expand and create a dyed psychedelic effect. Depending on how much glue you used, the suncatcher will take one to three days to fully dry. You will know it's ready when the edges start to peel off the lid.
5. When fully dry, peel the suncatcher off the lid, punch a hole through the top, add a string, and hang in a sunny spot.



Thank you to
babbledabbledo.com for the
instructions!

ACTIVITY 19: WATER BALLOON YO-YOS

Materials:

- **Balloon**
- **Rubber Band**
- **Water**

How to Make Water balloon Yo-Yo:

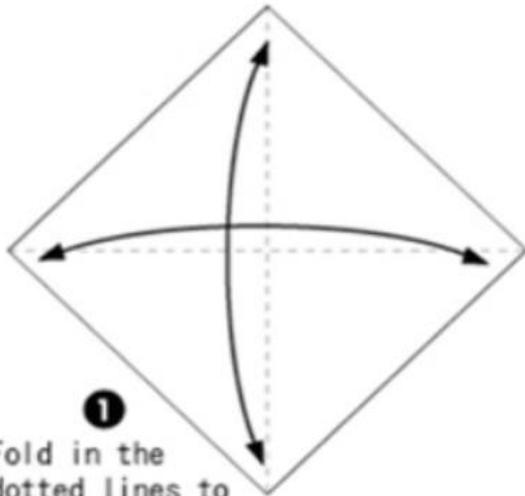
1. Fill up water balloon (the bigger you fill it the larger chance it has of popping!)
2. Take your rubber band and cut it so it makes one long strand
3. Tie one end of your rubber band to the waterballoon and then hang on to the opposite end
4. Head outside (and maybe change into your swimsuit if you don't want to get your clothes wet) and go nuts!



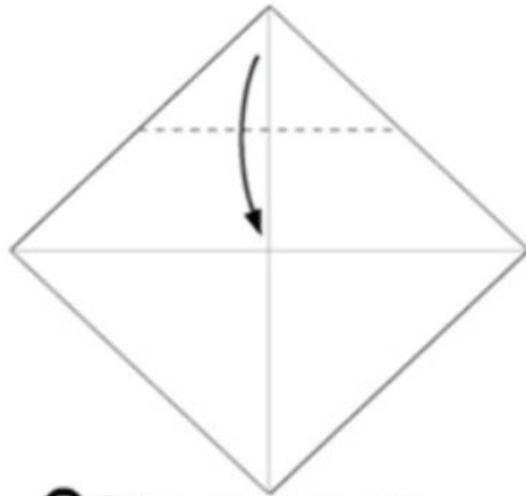
Thank you to innerchildfun.com for the instructions!

ACTIVITY 20: ORAGAMI

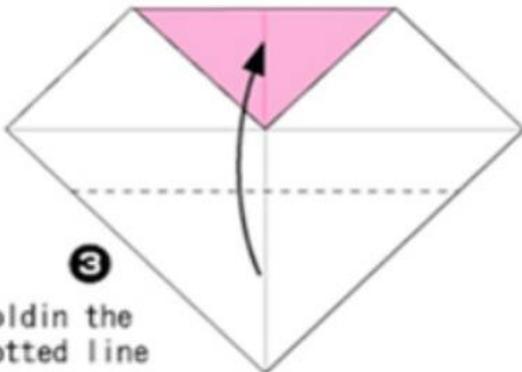
An Easy Heart



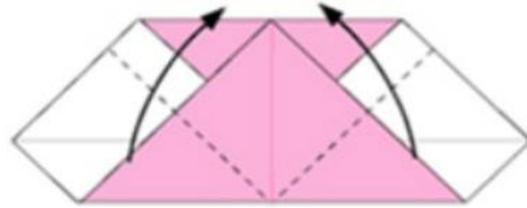
1
Fold in the dotted lines to make creases and fold back



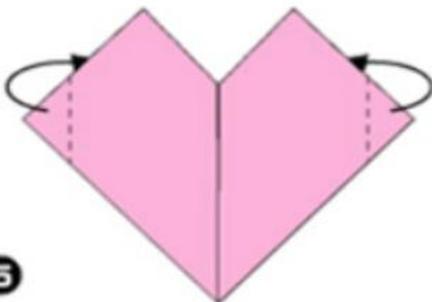
2 Fold in the dotted line



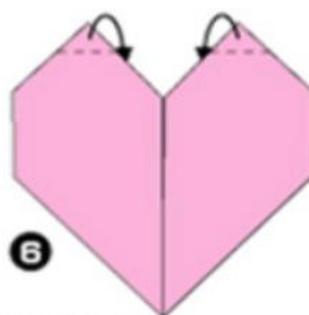
3
Fold in the dotted line



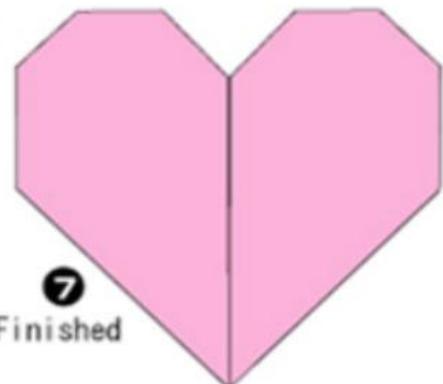
4 Fold in the dotted lines



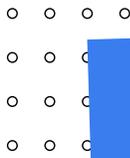
5
Fold backward in the dotted lines



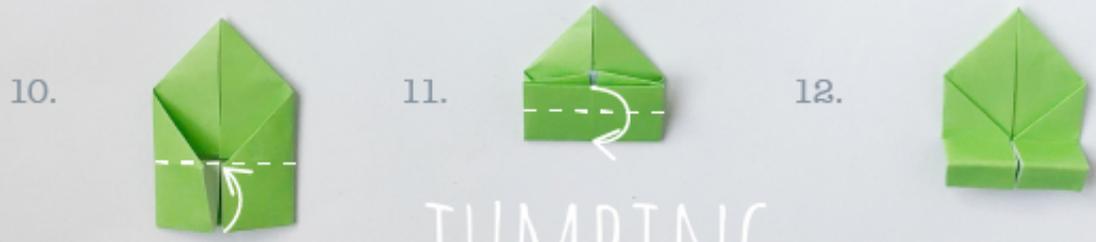
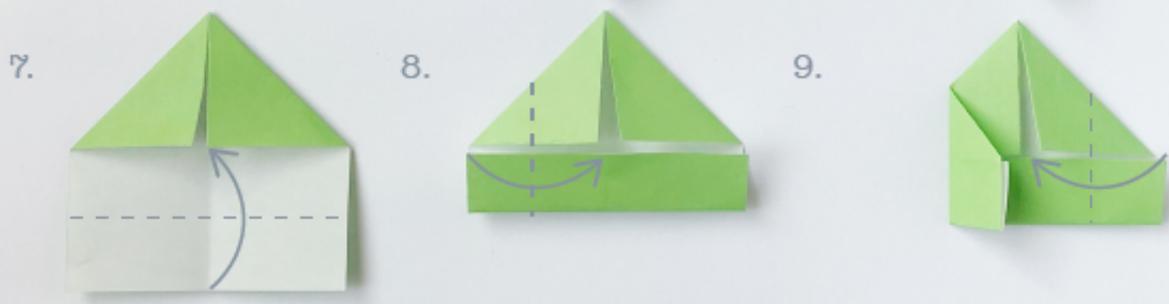
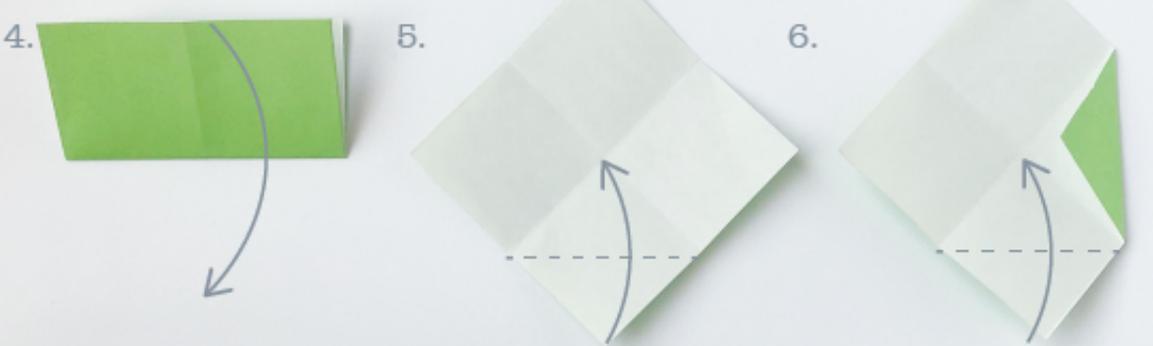
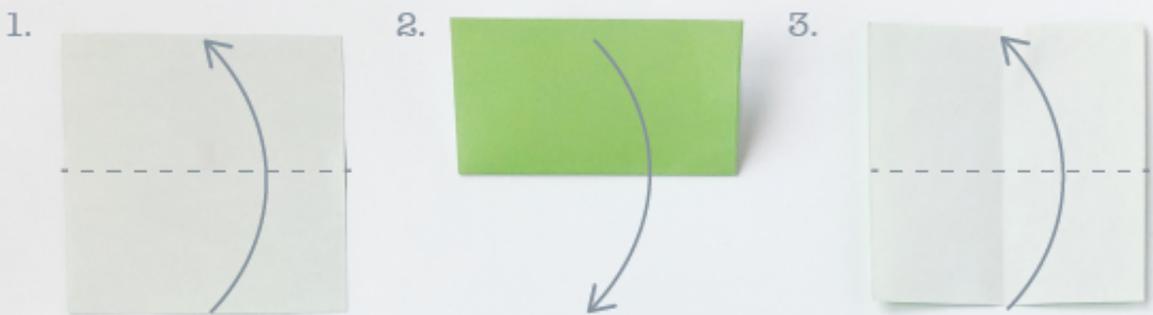
6
Fold backward in the dotted lines



7
Finished



ACTIVITY 20: ORAGAMI



JUMPING
FROG


my first origami

ACTIVITY 21: DIFFERENCE MAKER BINGO

LITTLE BIG LESSONS

There are lots of ways to be a Difference Maker at home.

Try to be a Difference Maker in as many ways as you can this week from the BINGO cards below.

Check off, colour, or put a sticker on the square when you are done.

Played with my brother, sister, or family member	Helped fold or put away laundry	Called a family member or family friend to check in
Said thank you	DIFFERENCE MAKER	Took out the trash
Helped load the dishwasher or wash the dishes	Made my bed	Helped prepare a meal

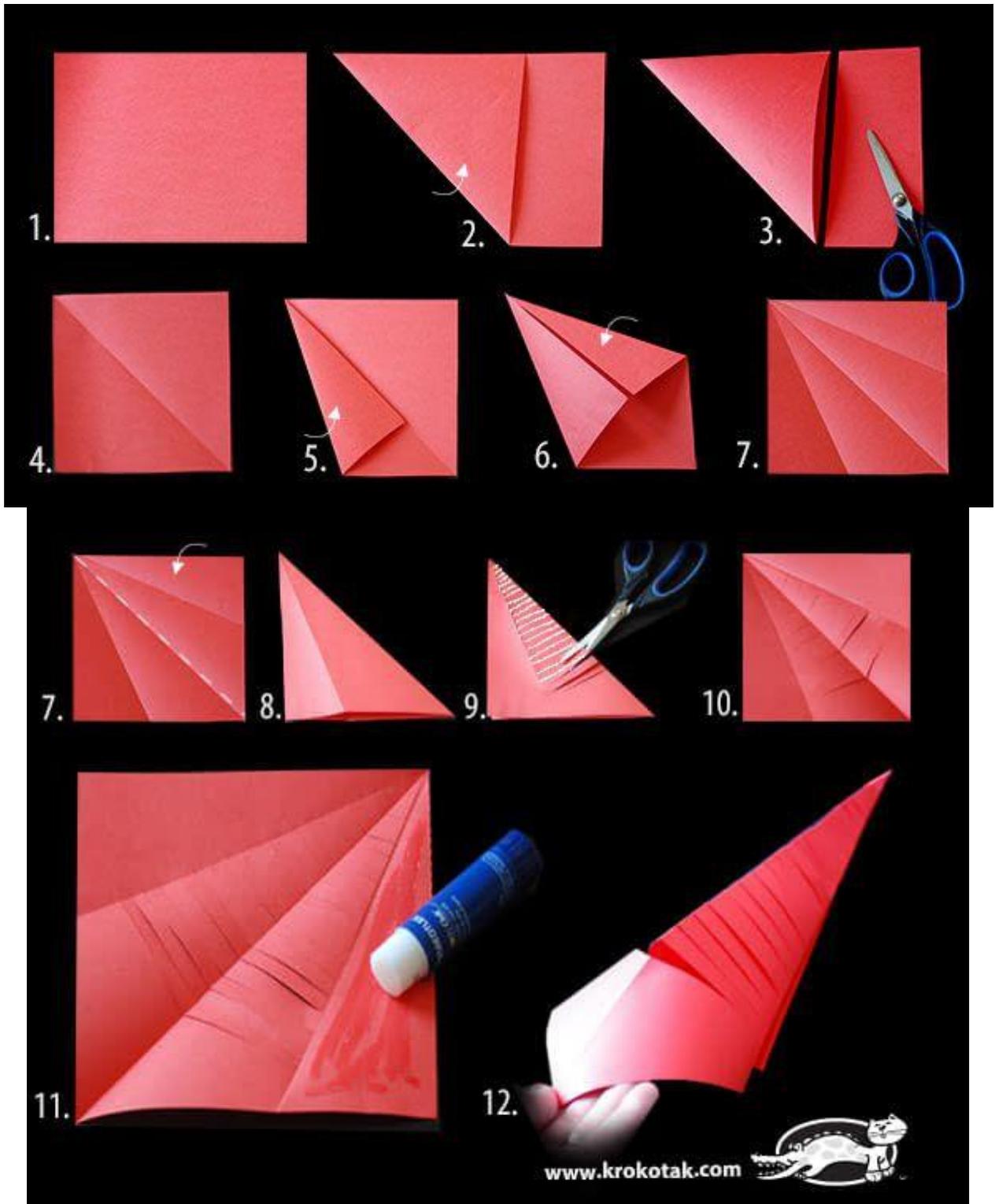
Put away my toys	Helped set the table	Asked a parent or caregiver how I could help them
Cleared the dinner table	DIFFERENCE MAKER	Tidied up my bedroom
Swept or vacuumed the floors	Waved or smiled at someone on a walk	Made a card for a friend

For students using a screen reader, please work with a friend or family member to complete the activity.

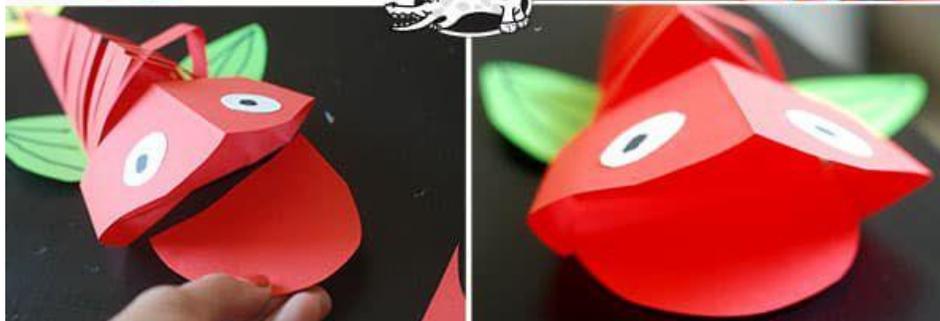
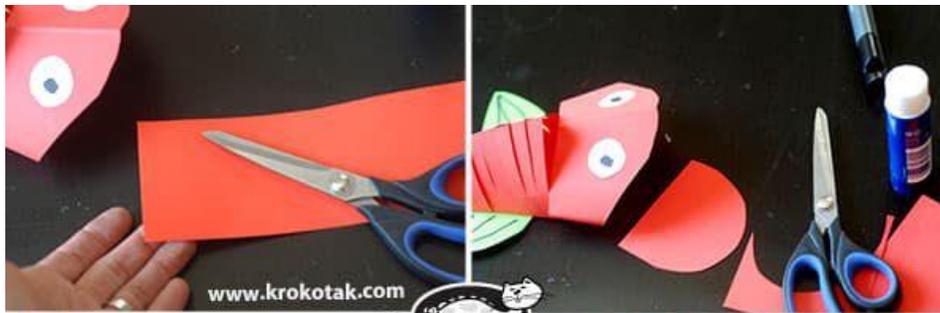
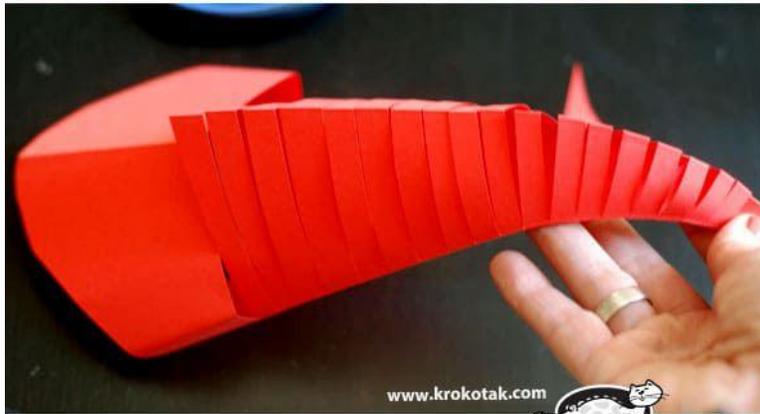
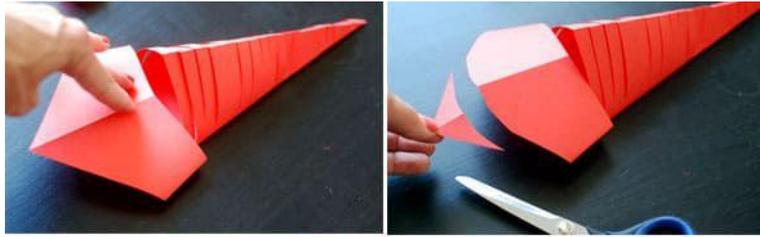
ACTIVITY 22: MOVING FISH

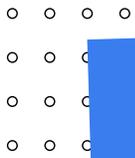
Materials:

- Construction paper
- Glue Stick
- Scissors



ACTIVITY 22: MOVING FISH





ACTIVITY 23: CLAY NECKLACES



Materials:

- 1/2 package of clay
- Skewer/stick
- necklace string
- Paint (optional)

How to Make Clay Bead Necklace:

1. Pinch of 1/2" pieces of clay and shape them into squares, circles, ovals, hearts or whatever shape you like. You can use then end of the skewer to create polka dots, lines, swirls, etc on your bead. If you make a mistake use a little bit of water to smooth the clay.
2. Use the skewer to make a hole through each bead, make sure you twirl the skewer around on the inside so that the hole is big enough for the end of the necklace.
3. When the beads are dry, (speed the drying process with a fan or hair dryer if necessary) you can paint with acrylic paint if you'd like.
4. Thread the beads onto your necklace string and there you go!



ACTIVITY 24: CLAY PINCH POT

Materials:

- 1/2 package of clay
- Objects to make designs (optional)
- Paint (optional)

How to make a pinch pot:

1. Form a ball with the clay
2. Hold the ball of clay with one hand and use your other thumb to press into the center of the ball of clay. Press until your thumb is about $\frac{1}{4}$ to $\frac{1}{2}$ inch from the bottom.
3. Slowly widen the hole by pinching up the walls. Turn the piece slowly as you pinch to keep the walls even in thickness.
4. Flatten the bottom of the bowl by gently pressing on it from the inside. This will let your bowl or pot stand stable when placed on a table or flat surface.
5. Once you're happy with the shape of your bowl or pot, you can carve some details like lines, dots or grooves. Use clay sculpting tools, play dough tools or common household items like craft sticks, small spoons, toothpicks or spent ballpoint pens.
6. If you want to smoothen the surface of your pot, pat the clay with slightly damp fingers or use a moist paint brush to smoothen the surface of the clay.
7. Place the bowl or pot in a warm dry spot. It normally takes about 2-3 days for a small piece to dry completely.



o o o o
o o o
o o o
o o o

ACTIVITY 25: FLIP A COIN FITNESS

. .
. .
. .
. .

FLIP YOUR COIN AND DO EACH MOVEMENT FOR 10 REPITITIONS OR 10 SECONDS

HEADS

TAILS

Above the head claps

Touch your Toes

Leg Kicks

Air Punches

Forward Arm Circles

Body Twist

Boxing Speed bag

Backward Arm Circles

High Knees

Shoulder Shrugs