

SPRING CAMP AT HOME

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MAKE YOUR OWN INSTRUMENT HAVE A CAMP SONG



Let's make music! Using household items create your own musical instrument and have a show with your fellow campers. Have a musical concert to celebrate the end of each camp day, make it a tradition!

If you like music, then you must enjoy singing. Make a silly song up that you and your campers can sing throughout camp.

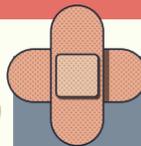
MATERIALS FOR A RAINSTICK:

- CARDBOARD TUBE, BEANS OR RICE, DUCK TAPE
- 1. DECORATE THE CARDBOARD TUBE WITH MARKERS AND/OR STICKERS
- 2. COVER ONE END OF THE TUBE WITH TAPE
- 3. PLACE BEANS OR RICE INSIDE THE TUBE
- 4. COVER THE OTHER SIDE OF THE TUBE OPENING WITH TAPE NOW SHAKE!



BASIC MATERIALS FOR FIRST AID KIT:

- BANDAIDS, BANDAGES, GAUZE PADS, SCISSORS, TWEEZERS, SUNSCREEN, GLOVES
- 1. MAKE A CHECKLIST OF THE ITEMS YOU WANT TO INCLUDE
- 2. SELECT A BAG WHERE YOU CAN PLACE ALL ITEMS
- 3. PACK UP YOUR ITEMS AND STORE IT IN YOUR CAMP BACKPACK



MAKE YOUR OWN FIRST AID KIT

If you're participating in camp, you should always carry either a prepackaged first-aid kit or a DIY kit that you can create from items at home.

Unexpected emergencies might happen when you are having fun at camp. What items do you think you should pack and carry with you?

OBSTACLE COURSE

In need of a physical challenge? It is important to incorporate challenging play time during camp. Use materials from around your home to create an indoor or outdoor obstacle course to use with campers.



STEPS FOR BUILDING AN INDOOR OBSTACLE COURSE:

1. MAP OUT THE SPACE FOR YOUR COURSE, MARK THE STARTING LINE WITH A BANDANA OR STRING
2. SET UP BIG PHYSICAL OBSTACLES, LIKE KITCHEN POTS, PILE ON SOME PILLOWS, CHAIRS, ETC.
3. SET UP SMALLER OBSTACLES, LIKE A SEA OF TOYS, MARBLES, JUMPING FROM COLORED PAPER TO COLORED PAPER YOU SET UP ON THE FLOOR, ETC.
4. PICK A SILLY MOVE OR SOUND TO DO AT THE STARTING LINE TO BEGIN THE OBSTACLE COURSE, LIKE MAKING AN ANIMAL SOUND
5. ADD A LAYER OF DIFFICULTY BY HAVING YOUR CAMPERS GO THROUGH THE COURSE WITH THEIR EYES CLOSED, OR WALK A CERTAIN WAY, LIKE DOING THE CRAB WALK

REMEMBER TO BE SAFE & HAVE FUN!



NATURE ART



- Create nature paintings!
- Paint a white sheet with the color of your choice, this will be the background. Collect leaves, twigs, & other small pieces of nature that are on the ground near your home to use.
- Glue your nature collections on your paper to create a beautiful natural landscape.



CHARADES: WHAT'S THAT ANIMAL?

Fun for all! Everyone gets to bring out their best acting skills and make their team guess what animal you are acting out.

Write the names of various animals on paper, fold them up, and place them in a bowl. Campers will pull an animal name out & try and get the others to guess the name of the animal using only gestures and motions.

LEARNING ABOUT NATURE

Nature is EVERYWHERE. Each time you meet with your camp try to find at least FIVE animals or plants.

See how much of each living thing your campers know. Don't know what it is & want to learn more about its importance?

Check out this free resource to learn more about nature around you. Visit [SEEK](#) on your computer or download on your cell phone. Snap a picture of that living thing and it will tell you what it is.



COCK-A-DOODLE-DOO!



FAVORITE ANIMAL PICKS:

- GRIZZLY BEAR
- CHICKEN
- DINOSAUR
- RAINBOW TROUT
- RATTLensaKE

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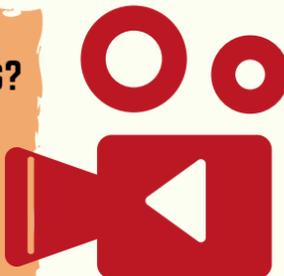
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NATURE BUILDING

Using natural items from around your home base create a rock tower, build a shelter using sticks, or an insect home. Get inspired by shapes and buildings around you to create your own architectural masterpiece. Get creative!



SCAVENGER HUNT

Make a list of items that would most likely be found near your home base. This is a great opportunity to learn about nature. Your scavenger hunt doesn't have to be "found" items. Experiential lists can be very fun!

Split up your camp into groups. Incorporate a small prize or treat if campers complete the scavenger hunt.

- EXAMPLES FOR A SCAVENGER HUNT:
- ITEMS YOU CAN FIND IN A FOREST
 - TASK LISTS TO CONNECT WITH NATURE
 - FIND ONE ITEM FOR EACH OF THE LETTERS IN THE ALPHABET



PACK YOUR OWN SNACKS & LUNCH



You'll need a hearty lunch and snacks for your camp days. Fuel your day with healthy options to keep your energy level up throughout the day.

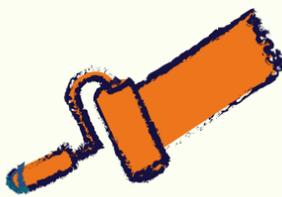
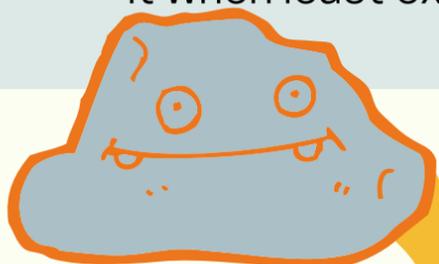
Make sure to hydrate throughout the day, you need approximately 2 liters a day!



CRAFTY CRAFTS

Paint a rock with a positive message. You can write encouraging words or paint a picture.

Give the rock to a special camper or hide it somewhere in your house or backyard for somebody else to find it when least expect it.



YOU ROCK!
KEEP SMILING!



MATERIALS FOR WIND CHIME:

- THREE TIN CANS IN AN ASSORTMENT OF SIZES. IDEALLY, YOU WANT THE TIN CANS TO FIT INSIDE ONE ANOTHER.
- HAMMER
- NAIL
- THREAD/STRING
- DECORATING MATERIALS: PAINT OR COLORFUL TAPE

CRAFTY CRAFTS

Make a wind chime to place on your bedroom door, next to a window, or backyard. Repurpose items around the house! Make them colorful and fun.

1. Starting with one tin can, hammer a nail into the top of the can.
2. Next, decorate the cans.
3. Next, thread the string through the tin cans. Leave enough string at the top for hanging the wind chime. Starting with the largest tin can thread the string through the hole and then secure it in place with a knot. Make sure that the tin cans overlap slightly. Repeat with the medium then smallest tin can.

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