



AT HOME CAMP AWESOME

Activities and resources to keep kids busy
and active!

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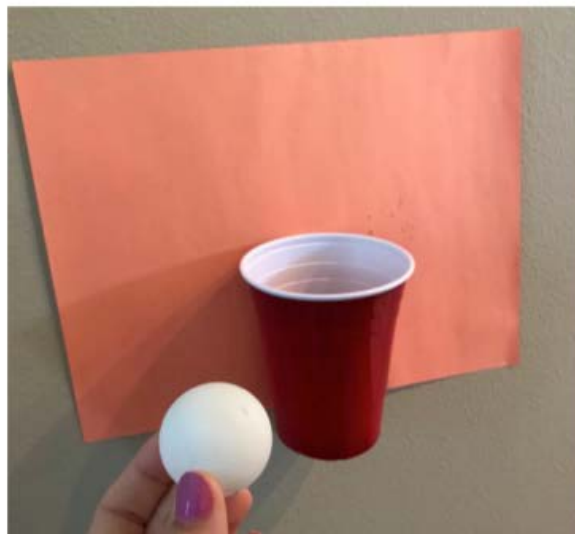
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Mini Basketball Hoop

Materials:

- red plastic cup
- knife or scissors
- small ball (like a ping pong ball)
- paper
- masking tape

Cut the bottom part off of a red cup. (You can use a knife or scissors.) Tape it to a piece of paper. Tape the paper to the wall.. Use a ping pong ball to make baskets. You can place masking tape on the floor to mark 1 point, 2 point, and 3 point lines. If your child makes a basket from those lines, they get that many points. Play a game to see who can reach ten points the fastest!



DIY Pom Pom Ramp

Materials:

- Toilet paper rolls or paper towel rolls cut in half
- Painter's tape
- Pom Pom balls (or you can use marbles)
- Small empty box

Make a ramp on the wall using empty cardboard tubes. Put an empty box at the bottom of the ramp. Children will place the balls down the ramp and try to make them into the empty box. Have kids try to figure out new arrangements for the ramp that work!



Painter's Tape Obstacle Course

Materials:

- Painter's tape
- Hula hoops, balls, jump ropes, tunnels, etc. (whatever you have in the house to add to the obstacle course!)

Use the painter's tape to make an obstacle course! Make lines/shapes for kids to balance, jump, crab walk, and do other movements on. Add any other obstacles to make the course more challenging. This activity can also be done outside using drawing chalk!



Miniature Ice Hockey Rink

Materials:

- tray
- water
- caps (applesauce pouch lids work well!)
- 2 popsicle sticks
- paper bowl
- super glue or hot glue gun

Create a hockey rink on a tray! Place a large tray in the freezer. Pour some water on top, so it has a thin layer of ice. Let it freeze. In the meantime, create hockey sticks by gluing two popsicle sticks together. (I cut one smaller than the other so it was L-shaped.) Create a goal by cutting a paper bowl in half.

After the ice is frozen, take it out of the freezer and play a game of ice hockey!



Toss & Catch Game

Materials:

- 2 sturdy paper plates
- contact paper
- paper
- craft pom poms
- scissors
- glue (hot glue gun works great!)

Cut a piece of contact paper to fit in the inside part of a paper plate. Peel the backside off and place the sticky side facing up in the inside part of the paper plate. Tape the edge of it to the plate. Then cut a strip of paper and glue it on the backside. (Make it big enough to put your hand into it.) Repeat to make a second one.

Give one plate to your child and keep one for yourself. Place your hand on the backside. Throw a pom pom to your child and see if they can catch it on the sticky side of the plate. Practice throwing it back and forth. For a challenge, see how many pom poms you can stick to your plate!

The fuzz from the pom poms leave a residue, so after playing for a while it won't be as sticky. You can always replace the contact paper to keep playing!



Golf Tunnels

Materials:

- 5 or more pool noodles
- pens
- golf ball
- golf club for kids

Stick a pen into the ground so that some of it is under the soil. A couple feet away, place another pen in the ground. Then stick the ends of the pool noodles on the pens. It should be curved. If it isn't, move the pens closer together.



Place five of these pool noodle tunnels around your yard. Have your child use a child's golf club and golf ball to hit the ball underneath all the tunnels. If you are playing with other kids, you can have this be a timed race.



Homemade Binoculars

Materials:

- 2 toilet paper rolls
- glue
- string
- items to decorate them with
- hole punch

Glue two toilet paper rolls together. Make two hole punches, one on each side. Place string through them and tie it. Have your child decorate the binoculars with markers, crayons, stickers, or whatever else! Go outside and use the binoculars to explore.



Rock Painting

Materials:

- rocks
- paintbrush
- paint

Collect rocks from outside. Use paint to decorate them.


Ideas for decorating:

- funny faces
- rainbows
- animals or bugs
- inspiring words

If you want, place the rocks around the neighborhood or at a park.



nature SCAVENGER HUNT

ACORN 	LEAF 	PINECONE 	GRASS 	DIRT 
FLOWER 	ROCK 	ANT 	STICK 	SPIDER WEB 
SQUIRREL 	BUTTERFLY 	BERRY 	WEED 	TREE STUMP 
THORN 	MOSS 	WATER 	VINE 	NEST 
ANT HILL 	TREE 	WORM 	PINE NEEDLE 	BARK 

Bird Feeder

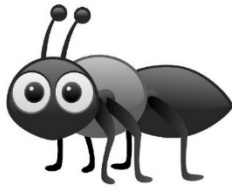
Materials:

- toilet paper roll
- peanut butter
- butter knife
- bird seed
- string
- shallow dish

Spread peanut butter onto the toilet paper roll. Pour bird seed into a shallow dish and then move the peanut butter roll around in the bird seed. Place string in the tube and tie it together. Find a nice spot to hang the bird feeder and watch to see if any birds come to it!



BUG scavenger hunt



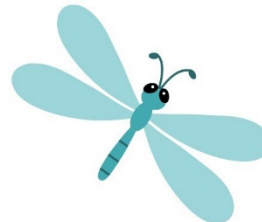
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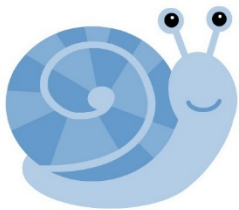
ladybug



bee



dragon fly



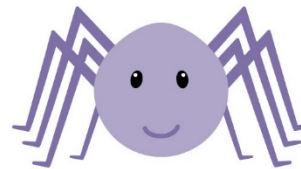
snail



caterpillar



grasshopper



spider



fly



butterfly



Ice Cream in a Bag

Materials:

- ½ cup half and half or heavy whipping cream
- 1 teaspoon vanilla
- 3 teaspoons sugar
- 2 sandwich sized bags
- 1 gallon sized bag
- ice cubes
- 6 tablespoons of coarse kosher salt

Pour all of the ingredients into one sandwich bag. Seal it shut, trying to get all the air out. Then put it into another sandwich bag. Fill a gallon-sized bag halfway with ice. Pour in the salt. Put the sandwich bag inside the middle of the bag and then seal it. Shake the bag for 5-10 minutes. You can toss it back and forth with your child or just shake it. Open it up and enjoy some yummy ice cream!



Puffy Paint Ice Cream Craft

Materials:

- 1 ½ cups shaving cream
- ¼ cup flour
- ½ cup white school glue
- food coloring
- small plastic bags (or squeeze bottles)
- scissors
- paper
- bowl
- spatula
- marker

In a bowl, pour shaving cream, flour, white glue, and a few drops of food coloring. Mix thoroughly before adding the mixture to a small plastic bag. Press all the air bubbles out and then seal the bag. Snip a small section of one corner using scissors. On paper, draw cones and bowls with markers. Spread the puffy paint above the drawings to look like ice cream. Let the paint dry for at least an hour.



Jellyfish Craft

Materials:

- disposable cup
- tape
- various kinds of ribbon
- googly eyes
- markers
- pipe cleaner

Cut various pieces of ribbon into equal lengths (about 5 inches long). Tape or glue them to the inside of the cup. Add googly eyes and draw a face on the cup. If you want your jellyfish to hang, make two holes on the top of the cup and string a pipe cleaner or ribbon through the holes and tie it. After the jellyfish is made, you can play with it or hang it up.



Day at the Beach

Materials:

- colored tape
- beach towels
- sheet
- ocean animal toys

Set up a pretend beach in your house. Use colored tape to mark off where the sand and ocean areas are. Use beach towels and beach toys.

As an extension, play the rescue game. Place a sheet on the ground and set toy ocean animals under the sheet. Ask your child to "dive" under the sheet and find an animal. After they bring it out, have them name the animal.

To make it more fun, add in beach music and have a snack on your towel.



Tinker Tray

Materials:

- tray
- items to create with: rubber bands, caps, golf tees, pipe cleaners, googly eyes, pom poms, magnets, clothespins, and anything else you can find!

Invite your child to simply create using the materials provided. If they have no idea where to begin, you can show them some possibilities with the materials you have. This is a time to be imaginative and think outside the box!



Balance the Water Balloons

Materials:

- plastic hanger with notches
- hole punch
- 2 paper or plastic cups
- string
- scissors
- water balloons (filled with different amounts of water)

Use a hole punch or scissors and make a hole on both sides of a cup. Cut a piece of string, about 12 inches long. Place it in the holes and tie the string in a knot. Repeat the steps to make a second cup.

Place the strings on the notches of the hanger, so the cups hang down like buckets. Put the hanger somewhere where it can swing easily and is at the child's height.

Have your child place water balloons in the cups and see if they can make the hanger balance. You can also fill the cups with other items and observe how the scale changes.



Sandpaper Prints

Materials:

- sandpaper
- crayons
- white paper or white t-shirt
- iron
- parchment paper

Have your child draw a colorful picture on sandpaper. Lay the sandpaper face down onto a piece of paper or t-shirt. Then place a piece of parchment paper on top. Heat an iron to high heat. Rub the iron on it for about 30 seconds. Carefully remove the parchment paper and sandpaper and see how the drawing transferred to the paper!



Penny Challenge

Materials:

- 100 pennies
- items to build with: straw, tape, paper clips, clothespins, and index cards (or playing cards)

Invite your child to take the challenge to build a bridge that can hold pennies. Give them the supplies they need and assist them if they need help. Once they've built the bridge, have them test it out and see how many pennies it can hold. The goal is to reach 100 pennies! (You can place the items in a bag, if that's easier.) If it can hold the pennies, have them test out other items from around the house.



Watermelon Volcano

Materials:

- carved out watermelon half
- baking soda
- vinegar
- tray
- squirt bottle (optional)

Carve out most of the watermelon from one half. (Make sure to eat it or save it for a watermelon slushie!) Then sprinkle about 1 cup of baking soda into the watermelon shell. Squirt in vinegar and watch it erupt! You can add in food coloring to add colors to your eruption.

To keep it fizzy, add in more vinegar and baking soda.



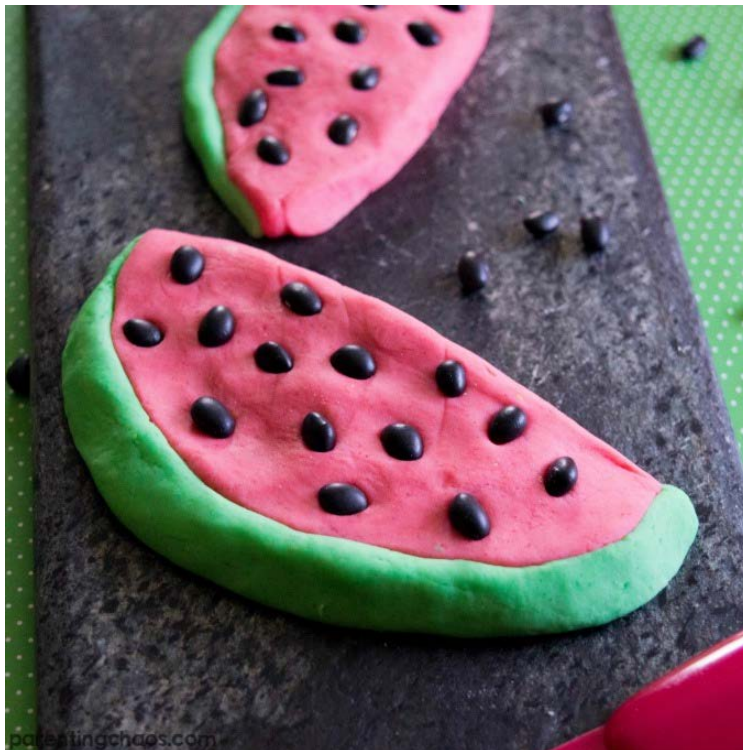
Watermelon Play Dough

Materials:

- 1 small box of watermelon flavored Jell-O (regular or sugar-free)
- 1 cup flour
- 1 cup water
- 2 tablespoons vegetable oil
- 1 tablespoon cream of tartar
- black beans (optional - to pretend to be seeds)

Place all the ingredients (except for black beans) in a pot and cook on medium. Stir frequently. After about 10 minutes, you'll see the dough start to stick to each other. Turn the heat to low and keep stirring until the dough forms a ball and isn't too sticky. Place on a cutting board sprinkled with flour. Let it cool for a minute, then knead until it's a good consistency.

Play with the dough! Pretend it's watermelon and use black beans for the seeds.



Treasure Hunt

Materials:

- treasure clues (see the next page)
- treasure (a snack is a good idea!)

Print the treasure hunt clues on the next page. Hide them in the respected spaces, but keep the first card. (Ex: hide clue card #3 by the window) Read the card to your child and send them on the treasure hunt. Make sure to have some sort of "treasure" at the end. I suggest a yummy snack!

Clues:

1- Ahoy there matey! You have a job to do. To succeed, you'll have to figure out the clues. Go find the first one in your right shoe!

2- I bring in light and the sun warms me. When I'm too bright, you pull the shades on me. (window)

3- I'm loaded and unloaded, but I'm not a truck. I'm really good at getting off the muck. (dishwasher or sink)

4- I am a rectangle and I have a lock. People come to me and give me a knock. (front door)

5- I make it possible to have fresh food. Most people think I'm one cool dude! (refrigerator)

6- Turn me on and I'll give you light. I'm used some in the daytime, but mostly at night. (lamp)

7- It's my job to help you rest. Sitting on me is really the best! (couch)

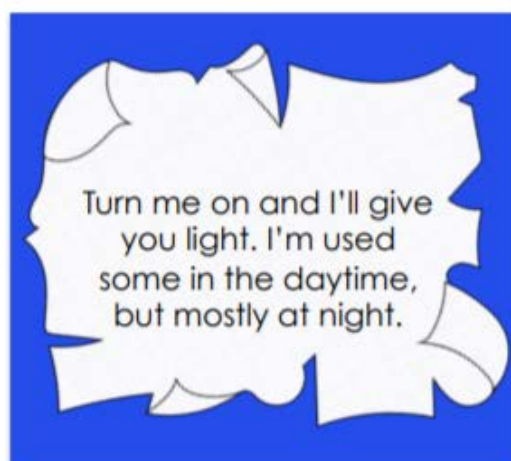
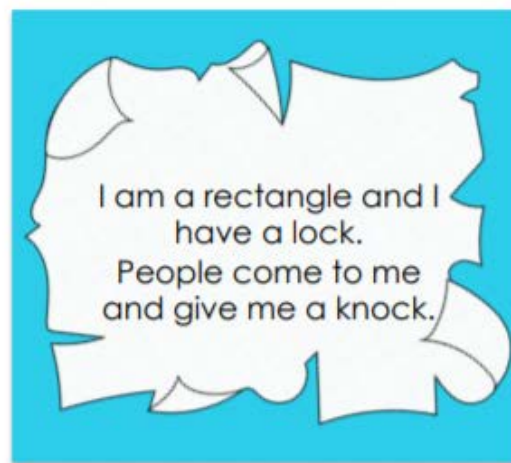
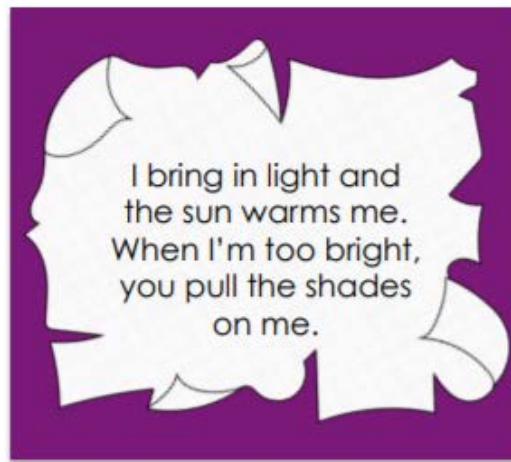
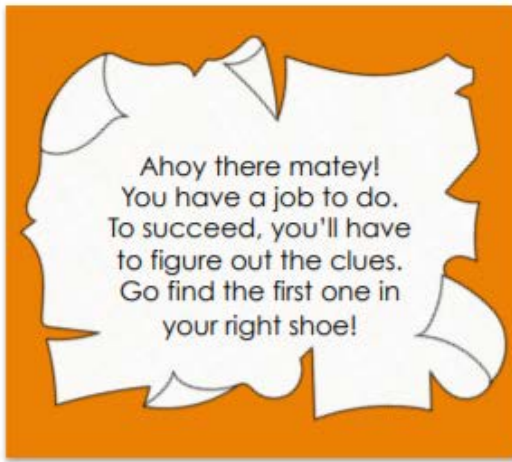
8- I have four legs, but I don't have feet. I come in handy when it's time to eat! (table)


9- I take you places you've never been. You may just read me again and again! (book or bookshelf)

10- I never get angry, but do get hot. I'm the perfect place for a pan or a pot. (stove)


11- Every day I show a reflection of your face. You can find me near the toilet in the bathroom space. (mirror)

12- You did it! You found all the clues. Here's your treasure to enjoy. Wahoo!







It's my job to help
you rest. Sitting on
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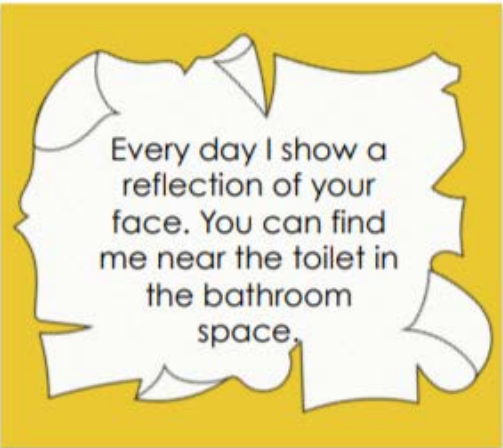
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Every day I show a
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You did it! You found
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Cannon Ball Toss

Materials:

- water balloons (use black ones if you can find them!)
- chalk

Use sidewalk chalk to draw three round circles on the cement, inside of each other. In the middle one, write 3. In the next one, write 2 and the last one write 1. Have your child stand a little distance away from the circles. Toss the water balloons (like a cannon) and see if you can get to the center circle! Play a game to see who can get to ten points the fastest!



Pirate Hook

Materials:

- red cup
- tin foil
- scissors

Poke a hole in the bottom of the red cup. Cut a piece of tin foil and roll it up. Stick the foil through the hole and then bend it like a hook.

For a challenge, place items on the ground and have your child see how many they can pick up with the hook! (Glow bracelets work well for this!)



Glow Bottles

Materials:

- 3 water bottles (filled with water)
- 9 glow sticks (3 red, 3 white, 3 blue)
- glue
- ball for bowling (optional)

Fill the bottles up with water, leaving about 1 inch of empty space from the top. Place three of the same colored glow sticks inside the bottle. Screw the lid on and place glue around the lid. Play with the bottles in a dark room or outside during dusk. Use a ball and bowl to try and knock all three bottles down.



Fireworks in a Bowl

Materials:

- full fat milk or almond milk
- food coloring (red and blue)
- dish soap
- shallow bowl or dish
- cotton swab

Cover the bottom of a bowl with milk. Drop food coloring around the bowl. Add a drop of dish soap to the cotton swab. Dip the cotton swab into the milk, next to a color drop and watch a firework happen!

To make pretty marbled paper, lay a piece of paper on top and press down slightly. Gently lift it out and set it aside to dry.



Dinosaur Swamp

Materials:

- large plastic bin
- corn meal
- water
- plastic dinosaurs
- marbles (for eggs)

Mix 2 cups of corn meal with about 1 cup of water. Stir with a spoon and add more corn meal or water to create until it's a good consistency. Add in plastic dinosaurs and marbles to the bin. Invite your child to play with the bin and use their imagination. You could bury the marbles and have the dinosaurs try to find them. After playing, discard the corn meal mixture.



Resources:

Virtual Community Center -

Your one stop shop for fun, education, recreation, and resources for all ages:

www.lovelafayette.org/VirtualCommunityCenter

YouTube Videos -

Story times and activities to keep your little ones busy:

<https://www.youtube.com/playlist?list=PLwjDKyvFOWmubrAKfCL2rSZkIQSAbeZdu>

Follow us on Instagram @Lafayette_Rec & Facebook - Don't miss our kids Instagram too @LafayetteRec_Kids

QUARANTINE

BUCKET LIST

- Make Oobleck
- Paint + Hide Kindness rocks
- Bake cookies
- Play charades
- Build a Rocketship!
- Have a tea party
- Draw a family portrait
- Build a FORT!
- Learn sign language
- Bob Ross Paint party
- CUDDLE PUDDLES
- "Potion" Bath (shaving cream)
- Hop scotch with sidewalk chalk
- "MAGIC" wax resist painting
- Picnic in the living room
- Have a concert
- Donate old toys
- Play School
- Make crayon texture rubbings on a wall
- Make a treasure map + have a treasure HUNT!
- Make a racetrack out of tape on the floor
- Gather natural materials and make Andy Goldsworthy art.
- Paint rocks with alphabet
- Yoga / work out
- Go Noodle
- Play dough
- Build a DIY "mouse trap" game
- Make "Dream play ground" out of legos
- Build Elsa's Castle out of magnets! @artwithmrs.e

30 At-Home Brain Breaks

5 min break	15 minute break	30 minute break
GoNoodle Videos on YouTube	Sidewalk Chalk	Play outside
Jump rope	Watercolor painting	Bake a special sweet treat (with an adult)
Play-Doh sculptures	Play outside	Play with your favorite toys
Color a picture	Ride a bike	Make a fort out of sheets and pillows
Dance Party to your favorite song	Play hide and seek with your sibling	Play a card game (Go Fish!, Old Maid, etc.)
Sing your favorite song and make up silly dance moves	Build a LEGO sculpture	Play a board game with your sibling(s) or parent(s)
Kid's Yoga YouTube video	Read your favorite book	Create and complete a nature scavenger hunt
Do 5 different exercises for 1 minute each	Fly a kite outside	Make a craft from recycled & upcycled materials
Build a paper airplane and fly it down the hall or outside	Take pictures of nature in your front and back yard	Make an obstacle course with simple toys and complete it
Look at your favorite picture book	Take turns telling silly jokes with your sibling(s) or parent(s)	Play dress up



30 DOABLE AT HOME ACTIVITIES



- 1. Ocean sensory bin**
(water, blue food coloring, ocean animals)
- 2. Toy Car Wash**
(toy cars, water, soap, sponge, wash cloth)
- 3. Baking soda and vinegar experiment**
(baking soda, vinegar, food coloring)
- 4. Make slime**
(glue, baking soda, lens solution, food coloring)
- 5. Color mixing with colored ice cubes**
(ice cube tray, food coloring, water)
- 6. Make rainbow rice**
(rice, food coloring, vinegar)
- 7. Make & paint with puffy paint**
(white glue, food coloring/paint)
- 8. Make color mixing bags**
(plastic bag, water, food coloring, glitter)
- 9. Salt painting**
(paper, permanent marker, salt, food coloring)
- 10. Free the frozen animals**
(water, toy animals)
- 11. Bubble prints**
(water, soap, food coloring, straw, paper)
- 12. Rain cloud experiment**
(water, shaving cream, liquid watercolors)
- 13. Clean the baby dolls**
(baby dolls, water, soap, towel)
- 14. Make sensory bottles**
(water bottle, water, glue, food coloring, glitter)
- 15. Make ice paint**
(water, ice cube tray, popsicle sticks)
- 16. Ice painting**
(ice, paint)
- 17. Target practice with spray bottles**
(Paper, tape, spray bottles, water, paint)
- 18. Citrus sensory bin**
(old orange/lemon, water, food coloring)
- 19. Toy wash**
(plastic toys, water, soap, sponge, towel)
- 20. Dance party with flash lights**
(music, flash lights, dance moves)
- 21. Create an obstacle course**
(Items from around the house)
- 22. Color bath**
(liquid water colors or food coloring, water)
- 23. Paint the bath/shower walls**
(washable paint, paint brushes)
- 24. Decorate a cardboard box**
(cardboard box, anything you want to decorate with)
- 25. Black water scavenger hunt**
(water, black food coloring, things to find)
- 26. Play foam sensory bin**
(soap, water, food coloring, blender)
- 27. Giant coloring page**
(roll of paper, black crayon, water color paint)
- 28. Pom pom soup**
(pom poms, water)
- 29. Dot the rainbow**
(paper, markers, dot markers or stickers)
- 30. Make & play with cloud dough**
(Flour, oil, food coloring)

17 Fun Sensory Activities

Provided by Fun Sensory Play



Soap Foam

Whip dish soap, water + food coloring

Slime

Glue + Shaving Cream + Contact Solution

Draw with cars

Toy with wheels + crayons + tape

Oobleck

Water + Cornstarch + Food Coloring

Texture Play

Cardboard + pieces of textured materials

Color Mixing Bag

Ziploc + various colors of paint

Bath Tub Paint

Cornstarch, Baby Shampoo, Food Coloring

Frozen in Time

Small toys, ice cube trays or bigger tray

Textured Balloons

Fill Balloons - fillers: beads, beans, rice, sand etc

Car Wash

Bin, soapy water and cars (or any toys)

Finger Paint

Cornstarch + sugar + salt + water + food coloring

Fake Snow Bin

Baking Soda + Hair Conditioner

Sensory Paths

Painter's tape - make hopscotch, hop lines etc

Sensory Bottles

Bottle, liquid hand soap, water, glitter

Ice Paint

Ice cube tray + water + food colouring + sticks

Disco Time

Fun music + flashlights




10 FREE LEARNING WEBSITES for kids

Here's a list of some fun, educational, and safe websites for your children to visit and explore!

Switcheroo Zoo

www.switcheroozoo.com

Watch, listen, and play games to learn all about amazing animals!

Nat Geo for Kids

www.kids.nationalgeographic.com

Learn all about geography and fascinating animals!

Into the Book

www.reading.ecb.org

Go "into the book" to play games that practice reading strategies!

Suessville

www.seussville.com

Read, play games, and hang out with Dr. Seuss and his friends!

ABC YA

www.abcya.com

Practice math and reading skills all while playing fun games!

Fun Brain

www.funbrain.com

Play games while practicing math and reading skills!

PBS Kids

www.pbs.org

Hang out with your favorite characters all while learning!

Star Fall

www.starfall.com

Practice your phonics skills with these read-along stories!

Storyline Online

www.storylineonline.net

Have some of your favorite stories read to you by movie stars!

Highlights Kids

www.highlightskids.com

Read, play games, and conduct cool science experiments!

FREE EDUCATIONAL SITES

SCHOLASTIC LEARN AT HOME

Google "Scholastic Learn at Home" for quick access

PBS LEARNING MEDIA

nj.pbslearningmedia.org

NAT GEO 4 KIDS

kids.nationalgeographic.com

ABCYA

abcya.com

FUN BRAIN

funbrain.com

STARFALL

starfall.com

HIGHLIGHTS KIDS

highlightskids.com

STORYLINE ONLINE

storylineonline.net

ABC MOUSE

abcmouse.com

WONDEROPOLIS

wonderopolis.org

LEARNING A-Z

learninga-z.com

BRAINPOP

brainpop.com

VOOKS

vooks.com/teacher-appreciation

PHONICS HERO

phonicshero.com

DREAMSCAPE

squigglepark.com/dreamscape

SWITCHEROO ZOO

switcheroozoo.com

BOOM LEARNING

wow.boomlearning.com

KIDS DISCOVER

online.kidsdiscover.com

TIME FOR KIDS

timeforkids.com

GONODDLE

gonoodle.com

We hope you enjoyed all these activities and we hope you have an Awesome Spring Break! Stay safe and healthy and we hope to see all of you at Camp Awesome this summer!

- Camp Awesome

