FYA FAMILY CAMP IN A BOX

EXPLORER WEEK

DAY ONE

- Nature paint Brushes
- Nature Stamps
- Target Toss
- One Step Back
- Sponge Toss

DAY TWO

- Wizard Wands
- Dream Catchers
- Body Tracing
- Huckle Buckle Beanstalk
- Squirter Tag

DAY THREE

- Animal Actions
- Pet Rocks
- Pipe Cleaner Snakes
- Balloon Pinata
- Watercolor Painting

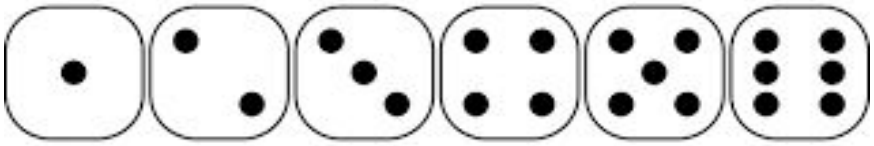
DAY FOUR

- Sticky Spider Webs
- Hopscotch
- Rock, paper, Scissors, Stretch
- Hand Prints
- Chalk Paint

FAMILY DAY

- Family Camp in or out
- Neighborhood Scavenger Hunt
- S'mores
- Family Card Games
- Family Dice Games

Animal Action



Materials Needed:
Dice

DIRECTIONS: Roll the dice to see which action you will do. Complete the action that corresponds with the number you roll for 30 seconds.

1. **BEAR CRAWL**
2. **FLY LIKE A BIRD**
3. **JUMP LIKE A FROG**
4. **RUN LIKE A FOX**
5. **SLITHER LIKE A SNAKE**
6. **SWIM LIKE A FISH**

Balloon Pinata

Materials Needed:

Balloon
String
Stick

Directions:

Hang a water balloon from something using the string provided. Using a stick swing at the balloon until it explodes.

Body Tracing

Materials Needed:

Chalk

Trace your body and color it in to look just like you. You can also draw a family portrait.

Chalk Paint

Materials Needed:

- Chalk
- Water
- Paint Brush

Directions:

Crumble pieces of chalk and add water to them. Use a brush or hands to create your art.

Family Camp in or out

Materials Needed:

Table cloths

Pillows, blankets, etc.

Outside:

Use tablecloths to build the fort, bring in some pillows and stuffed friends for added fun. Have a grown-up make a campfire. Make a yummy smores treat and share stories made up or from a book

Inside:

Use tablecloths to build the fort, bring in some pillows and stuffed friends for added fun. Use paper to make a pretend campfire. Make a yummy smores treat and share stories made up or from a book

Hand Prints

Materials Needed

Paper

Markers or paint

Directions:

Painted hands can be placed on paper to form many different things. You can use markers, or paint for the details to change your hand into a bug, animal, or anything you can imagine.

HopScotch

Materials needed:

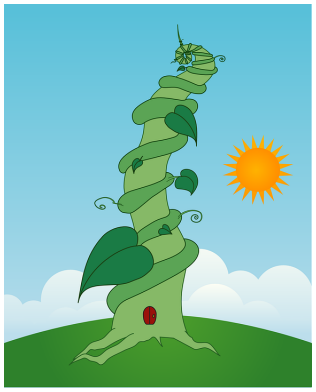
Tape

Stone or small object

Directions:

Tape the hopscotch grid to the floor. Use a stone or small object to throw on the grid. The item will show which square to skip when hopping across the board.

Huckle Buckle Beanstalk



Equipment needed: A small unique object to hide (beanbag, marker, etc.)

Setup/Teaching Time: 5 minutes

Before You Start

- Remind everyone to be fair and honest during the game - especially when the object is being hidden.
- Remind the person hiding the object to remember where they put it!

Set-Up

- Decide on a starting area for each round. This could be a spot in the room such as a couch or your desk if in a classroom. This is where everyone will stand while the object is being hidden.
- Choose one person to hide the object first.

How to Play

- To begin, have everyone in the starting area put their heads down and close their eyes.
- One person will take the object and hide it in plain sight somewhere in the room. The seekers shouldn't need to touch, rearrange, or open anything in the room to find the object.
- Once the object is hidden the hider can return to the starting area and let everyone know they can begin searching.
- The goal of the game is to find the hidden object as fast as you can and keep it a secret from other players.
- When you find the object, don't give away its location - don't point at or pick up the object. Simply make your way back to the starting area. Once you are back at the starting area, say "Huckle Buckle Beanstalk!"
- Keep playing until everyone has found the object. Then, choose someone new to hide the object. Make sure everyone gets a chance to hide it!

At-Home Accommodations

- Play in a specific room or throughout the house.

Challenge ideas

- Can you hide your object in a spot no one can find?
- How quickly can you find the object?

Game Variations

- Allow the object to be hidden out of plain sight - in a box, under a pile of clothes, etc.
- Have multiple people hide an object then race to see who can find someone else's object first.

Nature Dream Catcher

Materials:

String
Wood
Feathers
Beads
Things you can collect outside (pinecones, leaves, sticks, rocks, etc)

Directions:

Form a circle, triangle, or square wrap with string to hold its form. Then take a string and wrap across the opening in all directions to make a design. Add beads to the string as you wrap it or wait to add them to the strings hanging down.

Nature Scavenger Hunt

See if you can find the things listed above in your neighborhood.

Nature Stamps

Materials Needed:

- Small leaves
- Flowers
- Branches
- Paint
- Paper

Go outside and find things such as flowers, small branches, woodchips, or leaves. Paint one side of your objects and press them against the paper to create a print collage

Natures Paint Brushes

Materials Needed:

- Rubber bands
- Sticks
- Leaves
- Flowers
- Grass
- Paint
- Paper

Directions:

Go outside and find sticks to make a brush handle. Find a collection of natural elements such as flowers, small sticks, leaves, or grass. Rubber band these items to the end of your brush and use paint to create a masterpiece.

One Step Back

Equipment needed: A tossable object like a ball

Before You Start

- Have all players stand in a circle, or an equal distance apart.

Set-Up

- You'll need a ball or tossable object, and some space for everyone to spread out.

How to Play

- Start with a small circle--each person standing an arm's length apart. The leader starts the game by passing the ball to the person next to them. When each person gets the ball, their job is to pass it on to their neighbor.
- Once the ball makes it around the circle without anyone dropping it, the leader says "One step back!" and all players take one step back.
- Then, everyone passes the ball around the circle again. If the group successfully passes it all the way around without dropping it, the leader says

“One step back” and everyone takes one step back--making the circle even larger.

● This continues until the ball is dropped, at which point we say “Good job, nice try!” and the group returns to the center to try again.

At-Home Accommodations

● You can use any tossable object to play this game. Balls work well outdoors, but if you’re playing indoors, try using a soft object such as a balled-up sock!

Pet Rocks

Materials Needed:

Rock
Paint
Art supplies

Directions:

Find a rock that you feel will be a good pet. Use your art supplies to create a pet. You could also create a habitat or furniture or clothes, or food. Use your imagination to help your pet feel loved.

Pipe Cleaner Snakes

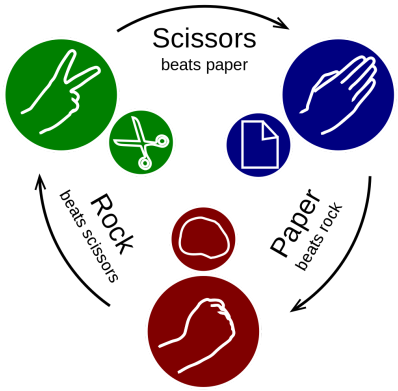
Materials Needed:

- Pipe Cleaner
- Beads
- Google eyes
- Glue

Directions:

Begin with a pipe cleaner and bend the end so beads cannot slip off. String beads to fill pipe cleaner. At one end glue googly eyes.

Rock, Paper, Scissors Stretch



Before You Start

- Make sure everyone knows how to play Rock, Paper, Scissors!
    - Rock - make a fist with your hand. This is more successful than Scissors.
    - Paper - hold your hand out flat. This is more successful than Rock.
    - Scissors - make a scissor shape with your first two fingers. This is more successful than Paper.
    - To play, chant “Rock Paper Scissors Go!” while gently placing a closed fist on your open palm. On “Go!”, reveal your choice of Rock, Paper, or Scissors.

Set-Up

- Identify an open space where both participants will have room to stretch out their legs.

How to Play

- The goal of the game is to stay balanced without falling over. Try to stay balanced longer than your partner!
- Start out by facing your partner. Play a game of Rock Paper Scissors.
- Each time you win a game of Rock Paper Scissors stay where you are--you don’t need to move your feet!
- Each time you lose a game of rock paper scissors stretch out by one foot length.
    - One way to do this is to simply take a step back with your back foot,

keeping your front foot in the same spot. Each time you lose a game, your back foot goes further back and your front foot stays in the same place!

○ To more precisely stretch out the same distance each time try this: swing your front foot behind your back foot and touch your toe to your heel. Leave that foot there and slide your new front foot up to your partner's toes.

● Keep playing Rock Paper Scissors and stretching out after each round! The game goes until someone falls over, holds onto something for balance or can't stretch any further.

At-Home Accommodations

● Consider moving furniture to make sure each partner has enough space to stretch.

Challenge ideas

● How far can you stretch?

● Can you play a perfect game without ever having to stretch out?

Game Variations

● Play with 3 people at once. Stretch out for each person who beats you in Rock Paper Scissors. For example, if two people play paper and one plays Rock, the person who played Rock would take two steps back!

S’mores

Ingredients:

Graham Crackers

Chocolate Bars

Large Marshmallows

S’mores sticks (if using campfire)

CampFire Recipe

Take one large graham cracker and break it in half (one for the top, one for the bottom cracker).

Cover one of chocolate cracker halves with chocolate pieces to fit the graham cracker.

Put a marshmallow (or two) on the stick and hold it over the fire until roasted and lightly golden brown.

Take the toasted marshmallow (still on the stick), and lay it on the side of the graham cracker with the chocolate.

Take the other half of the graham cracker and cover the hot marshmallow, pressing down firmly enough to pull out the stick.

When the S’mores is fully assembled, wrap it in between two large sheets of foil placed on the corner of the campfire to keep warm, while making the remaining ones (it will also help the chocolate to melt a little bit more). Eat it still warm between your fingers, like a sandwich.

Microwave Recipe

You'll Need:

Graham Crackers

Chocolate Bars

Large Marshmallows

Place ½ graham cracker on a paper towel

Top with chocolate and marshmallow.

Microwave on high 15 seconds or until marshmallow puffs.

Remove from the oven and cover with another ½ of graham cracker.

Eat like a sandwich. Careful, It may be HOT!

Oven Directions

You'll need;

8 Graham Crackers, broken in half

2 Chocolate bars

8 large Marshmallows

Preheat the oven to 400 degrees F.

Lay 1/2 of the graham crackers on a cookie sheet. Top with chocolate pieces to cover. Place marshmallows on top. Bake until the marshmallows are puffed and golden brown, about 3 to 5 minutes. Remove from the oven and top with the remaining graham crackers, pressing down slightly to make a sandwich. Serve immediately, while still warm.

Sponge Toss

Materials Needed

Sponges
Zip Ties

Directions

Cut the sponge lengthwise into strips. Stack strips together and ties with zip ties. Now you have a reusable water sponge. Soak in water and toss it to your partner.

Squirter Tag

Materials Needed:
Spray Bottle
Water

Choose someone to be the tagger and give them the spray bottle. Everyone starts running away from the tagger. Tagger chases everyone trying to squirt them, the last person to be squirted is the winner and next tagger.

STICKY SPIDER WEB:

Materials Needed:
Tape
Copy paper

Use tape in a doorway or corner to create a spiderweb. Then try to throw wadded up paper balls at the web and try to get them to stick.

Target Toss

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Materials Needed

Tape

Bean Bag

Use sidewalk chalk to draw a target. Each section of the target should be labeled with a different amount of points. Toss bean bags trying to collect as many points as possible. The player with the most points wins.

Watercolor Painting
(paint what you see in your yard our out your window)

Supplies: Paper, watercolor, paintbrush

Directions: Find something outside your home that you want to paint. Set up your paper, watercolors and paint what you see.

WIZARD WANDS:

Materials Needed:

Stick

Art Supplies (paint/markers/ beads/string etc..)

Directions:

Find sticks outside that you feel will produce the best MAGIC. Take inside and use your art supplies to create a wand worthy of a great sorcerer