

Tuesday, July 16th, 2019: Little Red Riding Hood

730-900: SRT

900-930: Icebreaker & Fitness Activity

Tap, Double Tap

Materials: none

Instructions:

Everyone lays down in a circle on their stomachs with their hands flat on in front overlapping the person next to them. You must tap if you're neighbour does in a clockwise rotation. If someone double taps the direction reverses. You are out if you tap incorrectly or take too long.

Hot Dog Tag

Materials: none

Instructions: Three campers are "it". The others have 10 seconds to spread out. Once tagged you must lay down with you arms at your side. To get back into the game 2 other campers must lay down on either side of you.

930-1000: Rules, Songs

1000-10:30: Snack

1030-1115: Rotation 1 (Craft)

Wolf Paper Plates (Younger Campers)

Materials: brown; black; and white construction paper, paper plates, glue, brown tissue paper

1. Have kids cut out eyes, ears, snout, and nose of wolf out of construction paper.
2. Have kids glue brown tissue to the front of their paper plate.
3. Once the glue sets and dries, have kids glue the features to their wolves.



Wolf As Grandma Drawing Contest (Older Campers)

Materials: sheets of white paper, markers

1) Using this video link (<https://www.youtube.com/watch?v=GYUPTSmdzFQ>) or by searching “Lets draw the big bad wolf (as grandma) by Pattyfernandezartist on Youtube, have kids follow along and compete to draw the best big bad wolf.

1115-1200: Rotation 2 (Game/Activity) (Straw Tower Competition & Human Shape)

Straw Tower Competition

Materials: straws, masking tape, sheets of paper

Instructions: Divide kids into equal groups of 5-6 or small enough that they can all be engaged. Give each group 50 straws, a yard of masking tape & a piece of paper. Tell them they must work as a group to build the tallest tower possible while being able to stand up.

Human Shape

Materials: none

Instructions: Divide campers up into multiple groups. The leader will call out a shape (or letter, number etc.), and the students as a group have to form that exact shape (or letter, number etc.) with only their bodies. *everyone MUST be part of this final product* First team to accomplish will be reward a point.

1200-1230: Lunch (Play music low for the campers)

1230-100: Skating Prep

100-230: Skating

100-300: Non-Skaters (LRRH's Chocolate Chip Muffins/Gilligan's Island)

Little Red Riding Hood's Chocolate Chip Muffins

Materials: boxed chocolate chip muffin mix

Instructions: Follow directions on box for chocolate chip muffins.

Gilligan's Island

Materials: none

Instructions: Split into groups with 6-8.

Each team gets two mats that are placed one in front of the other on the ground.

The team must stand on one mat together while moving the other so they can transfer mats and move across the room. If a team members touches the ground with a body part they can no longer use that body part in the game. First team to the other side wins.

300-330: Snack

330-430: Group Activities (Heads Up 7 Up, Zip Zap Zop)

Heads Up 7 Up

Materials: none

Instructions: 7 campers are called to the front. All the other campers must put their head down and close their eyes. The 7 campers will then each tap one person on the shoulder. When they're ready they all stand back at the front. Those who were tapped raise their hand and have to guess who tapped them. If they guess correctly they trade spots with their tapper.

Zip Zap Zop

Materials: none

Instructions: To start the game, someone will send the bolt out of energy out of their body with a strong forward motion straight to someone else in the circle (use hands, body, eyes, and voice to make contact across the circle) and say, "Zip." Explain that the next person takes the energy and passes it immediately to someone else saying "Zap." That person passes it on to another participant with a "Zop." The game continues and the "Zip, Zap, Zop" sequence is repeated as the energy moves around the circle.

430-530: SRT