



# summer day camps **Activities Handbook**



## Overview

**This activities handbook was designed with the purpose of being used in summer day camps in Nunavut. It contains activities ranging from large sports to small, quick arts and crafts. All the activities in the handbook are designed to have a focus on green space and environmentalism, with many of the games and sports being aimed at outdoor spaces, and the crafts focusing on recyclable and reusable materials.**

**As a leader at the day camp, it is your responsibility to encourage these ideals as well. Encouraging physical activity and outdoor play is a key aspect of running a healthy and lively camp. Promoting environmental awareness to kids at a young age is important to a more sustainable world as well**

**All activities in this guide have instructions and details relating to equipment and time required to complete them. These are all suggestions based on passed experiences and can be modified further to fit the needs of any camp. Creativity is always encouraged, amongst both kids and leaders!**

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## **Sports, Games and Physical Activities**

## Soccer

### Participants

Age: any

Number of players: 10 - 30

### Time

30 minutes to 1½ hours

### Equipment/Space

Find flat open space (field outside or a gym)

2 Nets (or rocks/pylons as goal posts)

Soccer ball

Jerseys (if available)

### Rules

- Divide participants into two equal teams
- o Assign a goalie to each team (if no kids want this role have a leader take it)
- Set up two nets on opposite sides of the field
- Teams can range from 5 – 10 players each depending on size of field
- One person from each team do rock, paper, scissors to start with the ball
- Players kick and pass the ball (only using their feet) to try and score on the opposing team's net
- Set a time limit or a score limit, game ends when either is reached

### Modifications

King of the court

- If there are a lot of kids present, divide them into smaller teams
- 2 teams will play at a time
- The first team to score wins the set and stays on the field
- The team that did not score leaves the field and another team comes on
- All teams continue to rotate through
- One team can remain on the court if they continue to score
- This version works best with a smaller field space



## Four-Corner Soccer

### Participants

Age: any

Number of players: 10 - 30

### Time

30 minutes to 1½ hours

### Equipment/Space

Find flat open space (field outside or a gym)



Best in outdoor space  
4 Nets (or rocks/pylons as goal posts)  
Soccer ball  
Jerseys (if available)

### Rules

- Divide participants into four equal teams (around 5 players per team)
- o Assign a goalie to each team (if no kids want this role have a leader take it)
- Set up four nets on opposite sides of the field in a square shape (picture above)
- All other rules are the same as normal soccer (previous page), expect they can score on any of the other 3 teams' goals
- Whatever team has the most goals at the end of the allotted time wins

## Baseball

### Participants

Age: any

Number of players: 10+

### Time

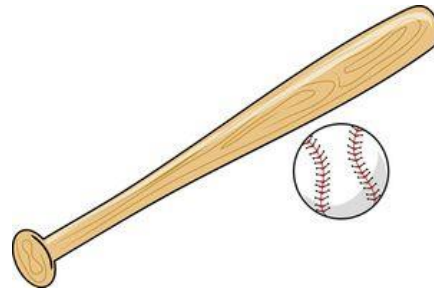
30 minutes to 1½ hours

### Equipment

Large open space (outdoors)  
Baseball bats  
Baseball (softer ball for younger players)  
Baseball gloves (if available)  
Batting tee (for younger players)

### Rules

- Divide participants into two equal teams
- One team starts batting, the other is in the outfield
- o Arrange each team in an order, this is their batting order
- o Every time they are batting they must stay in this order and start where they left off on their team's last turn
- Assign a pitcher from the outfield team to pitch the ball to a batter, batter swings and hits the ball then runs to first, second then third base
- Batter is "out" if someone catches the ball, or touches the ball to the base before they reach it



## Obstacle Baseball

### Participants

Age: any

Number of players: 10+

### Time

30 to 60 minutes

### Equipment

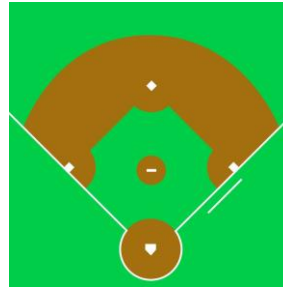
Same as normal baseball

Obstacle course equipment

Hula hoops

Jump ropes

Potato sacs



### Rules

- Same rules as normal baseball
- Players have to do a task to get to next base (not limited to tasks below)
  - To get to first they must bunny hop all the way
  - To get to second they must run backwards
  - To get to third they must jump rope while running
  - To get home they must spin 10 times before running
- Other creative ideas can be made up and added
- To get someone out in this version, someone on the outfield team must run and touch all 3 bases (not including home base) before the batter reaches their base

## Soccer Baseball

### Participants

Age: any

Number of players: 10+

### Time

30 to 60 minutes

### Equipment

Large, flat open space (outdoors)

Soccer ball



### Rules

- Same rules as normal baseball (page 9)
- Pitcher rolls the ball to the kicker, they kick and run to the bases
- To get someone out, the outfield players must either catch the ball or touch the ball to the base before the kicker reaches it

## Volleyball

### Participants

Age: 8+

Number of players: 10 per game

### Time

30 to 60 minutes

### Equipment

Large open space (gym)

Volley ball

Volleyball net (or tie some rope across the room at the same height as a net \92.4 m)



### Rules

- Divide participants into teams of 5
- Teams work together to hit the ball onto the other side of the net (must go *over* the net)
- Each team can only touch the ball four times in a row before having hit it to the other side (no 1 person can hit the ball twice in a row)
- Team wins a point when the ball touches the floor on the other team's side of the net
- Set a score limit for each game
  - o Either 5, 12 or 20 points is recommended



### Modifications

#### King of the court

- If there are a lot of kids present, this version is ideal to keep everyone involved
- 2 teams will play at a time
- The first team to score 5 points wins the set and stays on the court
- The team that did not score leaves the court and another team comes on
- All teams continue to rotate through
- One team can remain on the court if they continue to score

### Basketball

#### Participants

Age: 8+

Number of players: 10 per game

#### Time

20 – 60 minutes

#### Equipment

Gym space

Basketball nets

Basketball

Jerseys (if available)



#### Rules

- Divide participants into teams of 5
- Teams work together to score a point in the other team's basket
- Must dribble the ball while walking
  - Cannot walk and hold ball
- Cannot push or hit other players
- Set a score or time limit for each game
  - Shorter games when you have more teams (10 points or 5 minutes)
  - Rotate between teams
  - Longer games when less teams (20+ points to win or 10+ minutes)

### Modifications

#### King of the court

- If there are a lot of kids present, this version is ideal to keep everyone involved
- 2 teams will play at a time
- The first team to score 5 points wins the set and stays on the court
- The team that did not score leaves the court and another team comes on
- All teams continue to rotate through
- One team can remain on the court if they continue to score

### Ultimate Frisbee

#### Participants

Age: 8+

Number of players: 10 – 30

#### Time

20 to 60 minutes

#### Equipment

Large, flat outdoor space

Frisbee

Pylons or rocks to mark end zones

Jerseys (if available)



#### Rules

- Divide participants into two equal teams
- Set up zones on opposite sides of field (like a football field)
- Teams work together to get frisbee to other teams end zone
- Passing the frisbee to teammates and going towards the opposing teams end zone
- Cannot walk while holding frisbee
- Cannot grab out of someone's hand, but you can grab the frisbee while its flying
- If frisbee touches ground, other team gets to take the frisbee
- Points are scored if someone catches the frisbee in the opposing teams end zone

## Floor Hockey

### Participants

Age: 8+

Number of players: 12 per game

### Time

30 minutes to 1½ hours

### Equipment

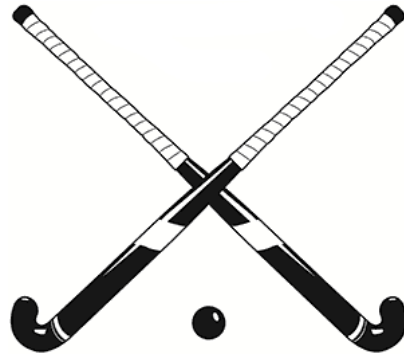
Gym space

Hockey nets

Floor hockey sticks

Ball (softer if playing without padding and with younger kids)

Goalie pads and mask



### Rules

- Divide participants into teams of 6
- o One player assigned as goalie
- Teams work together to score on other team's net
- o Pass and shoot the ball towards the opposing team's goal
- No violent slashing or hitting other players
- Cannot touch the ball with your hands
- Encourage team work and passing to all members of team

## Treasure / Capture the Flag

### Participants

Age: any

Number of players: 20 - 50

### Time

30 minutes to 1½ hours

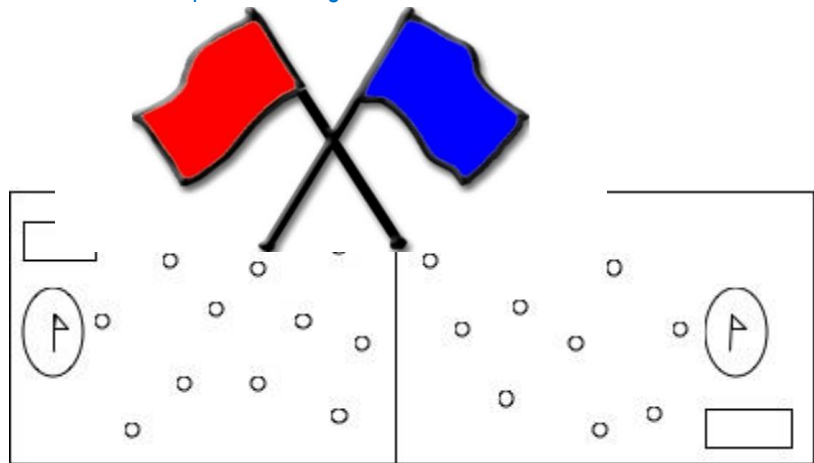
### Equipment

Gym space

6 hula hoops

Bean bags or jerseys (10 per side)

Jerseys for players



### Rules

- Divide players into two equal teams
- o When playing with younger kids, give one team coloured jerseys
- o With older kids, play without jerseys, it encourages more strategy and teamwork
- Set up hula hoops in all four corners of gym and one more per side in the middle between the corner hoops
- o Middle hoop contains treasure
- o Left corner is jail
- o Right corner is Safe zone
- Teams work together to try and steal all the treasure from the other team
  
- If you get tagged while on the other team's side you go to jail
- o A teammate can come rescue you by grabbing your hand and running you back to your side
- While on other team's side, you can run into the safe zone
- o No one can tag you, but you can only stay on for 30 seconds
- Team wins when they have all the treasure
- For capture the flag, simply remove all the treasure and add one flag or jersey per side, team wins if they steal the flag

## British Bulldog

### Participants

Age: any

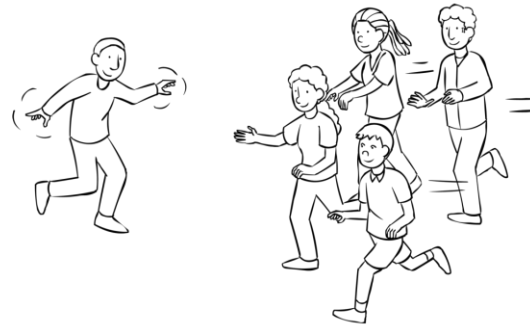
Number of players: 15+

### Time

10 – 30 minutes

### Equipment

Medium to large size open space



### Rules

- One player is chosen to be in the middle (the bulldog) and tag others
- When they yell “British Bulldog!” everyone must run to the other side of the field or gym without getting tagged by the bulldog
- If they are tagged, they join the bulldog and tag others each round
- Play until everyone is tagged
- o Last person tagged is the first bulldog for the next game

### Modifications

Octopus tag

- Same rules, but when individuals get tagged, they must stand still in that spot and try to tag others when they run near them

Different themes can be added to suite the camp style or specific theme days (snowmen for a winter theme)

## Dodgeball

### Participants

Age: any

Number of players: 20+

### Time

20 minutes to 1½ hours

### Equipment

Gym space

Dodgeballs (preferably softer ones not rubber balls)



### Rules

- Divide players into two teams
- Line balls up in the middle of the gym
- On “go” everyone runs to grab the balls from the middle
  - Players cannot cross the middle line
- Throw the balls at the other team
  - If the ball hits someone (BELOW the shoulders) they are out
  - If someone is hit in the head, the thrower is out
  - If someone catches a ball, the thrower is out
  - If out, sit down on your spot and wait for someone to catch a ball on your team
  - If someone catches a ball, their entire team is back in the game

### Modifications

#### Dr. Dodgeball

- Each team can choose a secret doctor,
- This person can revive other teammates by tapping them if they are down
- No one is revived if someone catches a ball in this game style
- If the doctor gets downed, there are no more revives

#### Star Wars Dodgeball

- In this version, a star is made of hula-hoops at the back of each team's zones
- To win you must knock down the other team's star
- Catch to revive rule applies in this version
- If you do not have hoops available, you can place an object on top of a stool or chair to knock over (a water bottle or someone that wont break)

#### Fireball

- There are no teams or sides in this version
- Everyone starts with a hand on a wall, all the balls are in the middle
- Everyone tries to get the balls and hit everyone else
- You are down if you get hit like in the other versions
- You sit down in the spot you were hit
- To get back up you must get a ball and hit someone while in your spot sitting
- The last person left in the game wins

## Scavenger Hunts

### Participants

Age: any

Number of players: 5+

### Time

30 to 60 minutes

### Equipment

Large space

Paper

Bags

### Rules

- Choose a list of objects that can be found around the area you are in
  - Certain flowers
  - Bird feather
  - Sea glass
- Send participants out in groups of 2 to 5
- First team to find all objects and bring them back wins
- 

### Modifications

Instead of finding objects and bringing them back, groups have to go find a location or landmark and take a picture with it

- At least one person per group must have a phone/camera for this version



## Grounders

### Participants

Age: any

Number of players: 5 - 15

### Time

15 to 45 minutes

### Equipment

Playground space



### Rules

- One person is chosen to be "it" first
- They have to try and tag someone else that is playing to make them "it"
- While they are on the ground they may have their eyes open, but when they are on the playground structure they must close their eyes
  - For games with younger players, do not close eyes on structures
- The "it" person can yell "grounders" once every 30 seconds
  - If anyone is on the ground when this is said, they become it

## Musical Chairs

### Participants

Age: any

Number of players: 10 - 30

### Time

15 to 30 minutes

### Equipment

Small/Medium sized room

Chairs or stools (1 for every person playing)

Speaker for music



### Rules

- Place chairs in a circle
  - Enough chairs for everyone, minus 1
- When music plays, kids walk around the chairs and wait for it to stop
  - Don't touch chairs while walking
- When music stops everyone tries to sit in a chair
- Person without a chair each round is out
- At the end of each round remove a chair from the circle so there is always one less chair than people playing



## Ninja

### Participants

Age: 8+

Number of players: 5 – 15

### Time

5 to 20 minutes

### Equipment

Small open space

### Rules

- Participants start in a circle in a ninja pose
- The objective is to hit everyone else's hands to eliminate them
- One person goes at a time, you are allowed to make one movement per turn
  - You can make an arm swing or a step/lunge
  - You cannot make any more than one movement
- Turns move clockwise around the circle
- If you hit someone else hand, that hand is eliminated and the person must put it behind their back for the remainder of the game
- To eliminate someone, you must hit both of their hands
- If someone is swinging at your hands you can make a movement to dodge it
  - It again must be 1 simple movement
- The last person remaining wins



## Dragons and Knights

### Participants

Age: any

Number of players: 5+

### Time

5 to 15 minutes

### Equipment

Medium size open room



VectorStock

VectorStock.com/5011900

### Rules

- In groups of five, choose one person to be the knight, they stand on their own
- The remaining four stand in a line holding the shoulders of the person in front of them, they are the dragon
- The knight has to try and tag the last person in the dragon
- The dragon can move around and spin to avoid having the last person tagged, but they must keep holding each others shoulders
- If the back is tagged, the knight joins the back and becomes part of the dragon, the person in front breaks off and becomes the knight
- Repeat for desired time duration

## Wink Murder

### Participants

Age: 8+

Number of players: 15 - 30

### Time

10 to 30 minutes

### Equipment

Small space



VectorStock

VectorStock.com/22744376

### Rules

- Participants sit in a circle
- 1 person is chosen to be the detective, they leave the room temporarily
- Another person is silently chosen to be the murderer
- When they are picked, the detective comes back in and stands in the middle of the circle
- The murderer can now begin to act

- They must make eye contact with someone else in the circle and wink at them without the detective seeing
  - If someone is winked at, they act out a dramatic death and lie down in their spot
- The detective has 3 guesses at who the murderer is before everyone is out
  - Once there are about 5 people left, the murderer is declared the winner
  - If you waited until the very end the detective could just use their three guesses on the three remaining people
- Contests can be made for the most dramatic death during each game

### Modifications

#### Handshake Murder

- A detective and murderer are chosen the same way as the last game
- In this version everyone walks around the room and shake each others hands
- The murder, instead of winking at people, will squeeze people's hands as he shakes them to kill them
- Instead of dying immediately, the players will die after shaking 2 more hands
- o Shake murderer's hand, shake Bob's hand, shake Jim's hand, die

## Telephone

### Participants

Age: any

Number of players: 10-30

### Time

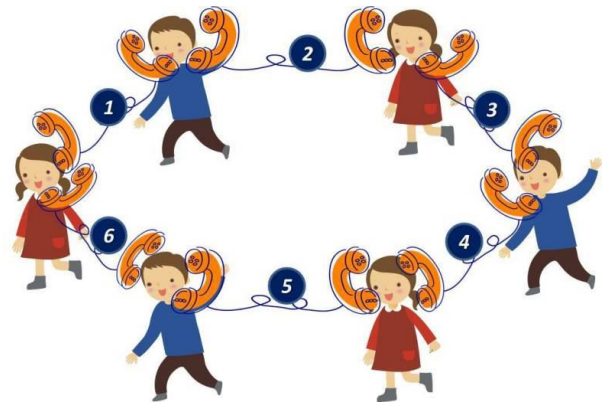
5 to 20 minutes

### Equipment

Small space

### Rules

- Everyone sits in a circle and someone is chosen to go first
- They will pick a word or phrase and whisper it to the person to their left
- This person will then whisper what they heard to the next person
- o Continue until it is back at the start
- The final person (person beside the starting person) will then say what they heard out loud and see if it is the same as the starting word/phrase
- Choose someone else to make a word/phrase and repeat



## Minute-to-Win-it Games

### Participants

Age: any

Number of players: 10+

### Time

15 to 45 minutes

### Equipment

Dependant on game

### Rules

- Create a few quick challenges/tasks for the participants to complete in groups
  - o Stacking cups: 1 at a time each person on the team makes a tower of plastic cups and takes it back down
  - o Cookie face: place a cookie on everyone's forehead, must get cookie in their mouth without touching it
  - o Water jumping: fill plastic cups with water and place them in a line with about a cups distance between each. The kids have to blow a ping-pong ball from the first to the last cup without touching it.
- Create as many games as you wish to use for time fillers between activities/events
- Possible games are listed on the next page along with the 3 above
- o More can be found online

### Balloon power

- Everyone is given a balloon, one person per team must blow up the balloon and then use the air to knock over empty plastic cups off a table
- After they knock them all, next person on team goes

### Pass the ball

- All teams line up beside each other
- First person in line is given a ball and tucks it under their chin
- The ball must be passed to each person to the back of the line, without using hands
- o Must grab it with chin and neck each time

### Marble grab

- Place marbles on a table and a bowl on the other end
- Kids must use a plastic cup to pick up the marbles and drop them in the bowl
- o NO HANDS

- Best way is to put the cup upside-down over the marble on the table and start to spin it, it will start to spin in the cup and you can then drop it in the bowl

#### Plate balance

- Attach string or a plastic head band to a paper plate
- Put the plate on the kids head and tie the string under their chin (not necessary if using head bands)
- Place a ping-pong ball on the plate
- Kids must walk across the room and drop the ball in a bucket without it falling or using their hands

## **Arts and Crafts**

## Painting

### Participants

Age: any

### Time

30 to 60 minutes

### Supplies

Canvas (paper, paper plates, banner, rocks, etc.)

Paint

Paint Brushes

Water Cups



### Instructions

Choose what type of painting to do

- Creative painting
  - Kids can choose whatever they want to paint
- Descriptive painting
  - Kids paint a selected object (a boat in the water, an inukshuk on the tundra, a city scene, etc.)
- Group painting
  - Everyone works together to make one big painting on a large roll of paper
  - This could be a banner for the camp or another selected object that everyone can contribute to



## Paper Planes

### Participants

Age: any

### Time

15 to 45 minutes

### Supplies

Paper

Scissors

Crayons/markers

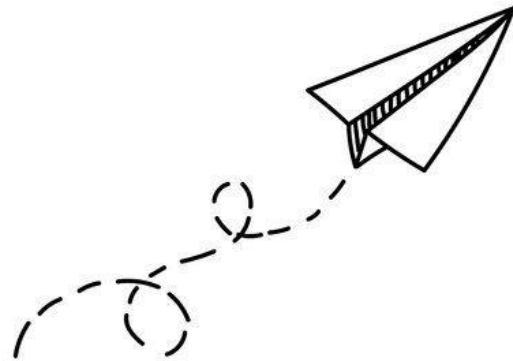
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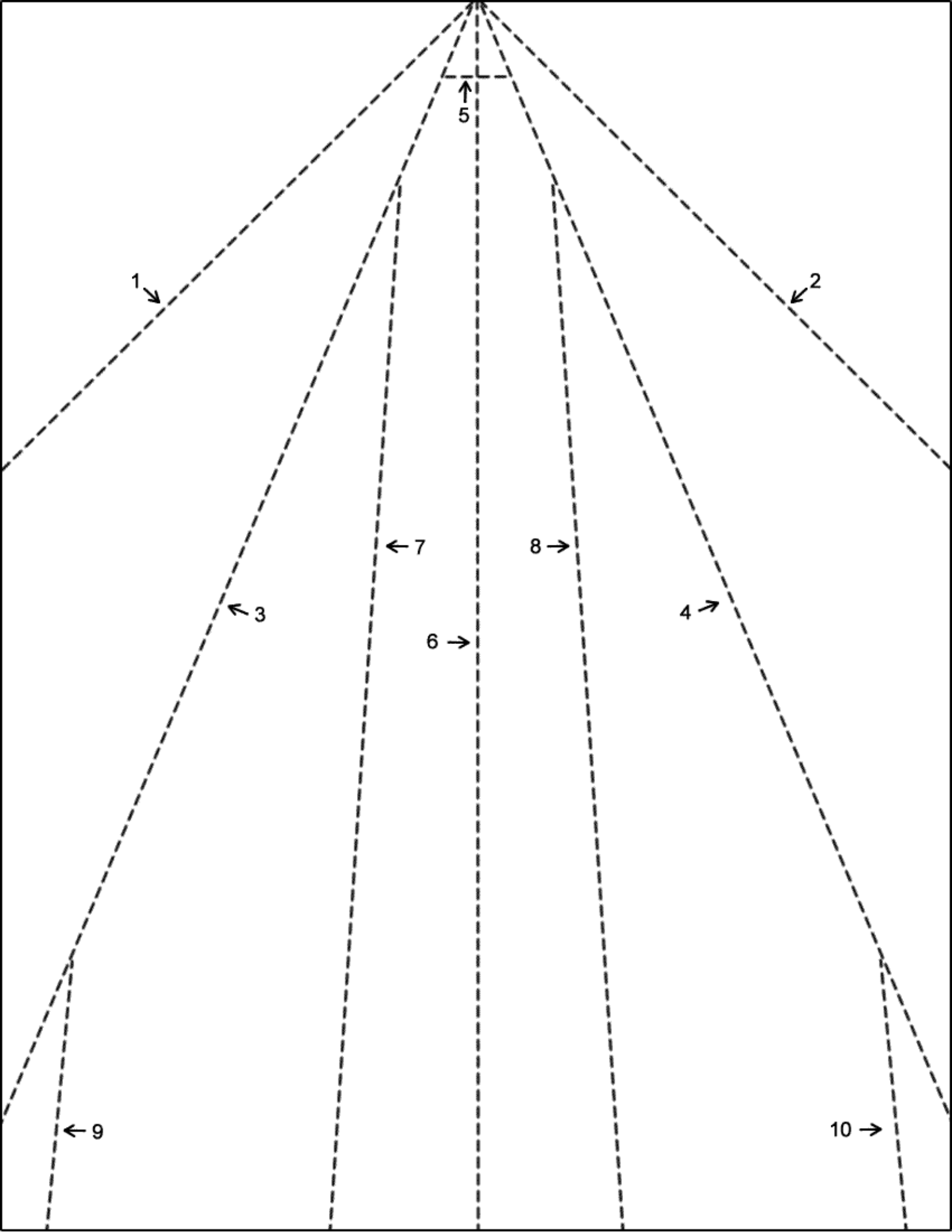
Have kids design their own paper airplanes

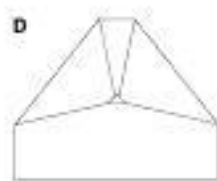
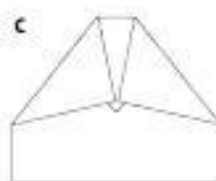
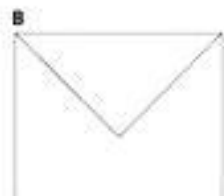
- They can make their plane then colour and design it to their liking
- Kids may choose to make their own or use a diagram
- Plane instructions are given on the next few pages
- o Print and photocopy them as required for kids to use

Plane contests

- Contests can be made for the plane
- o Best looking
- o Longest distance flown
- o Best tricks in flight







Pull the top left and right corners down toward you until fold line 1 is invisible.

Fold the top point down toward you.

Fold the top left and right corners down along fold lines 3.

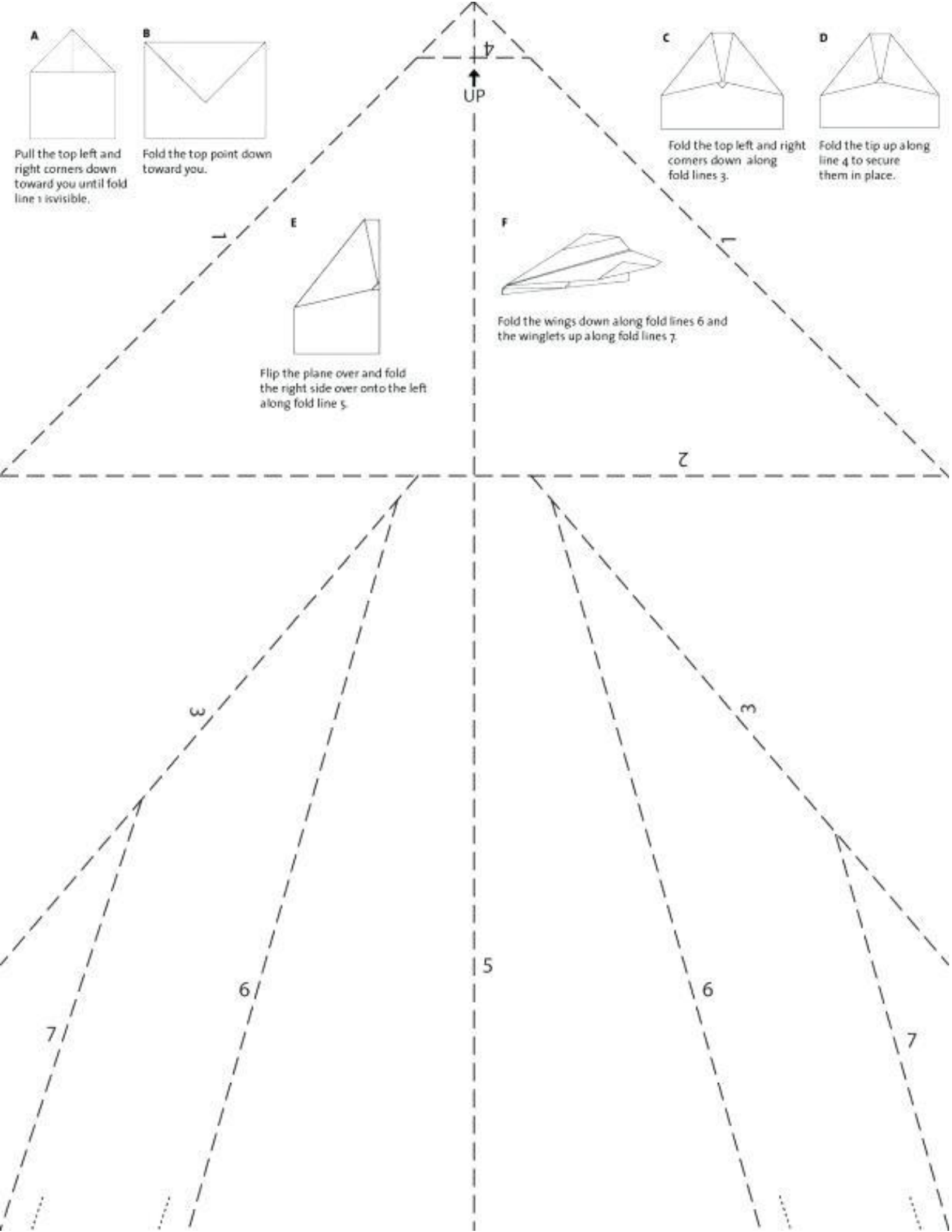
Fold the tip up along line 4 to secure them in place.

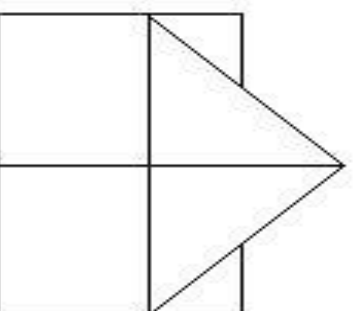
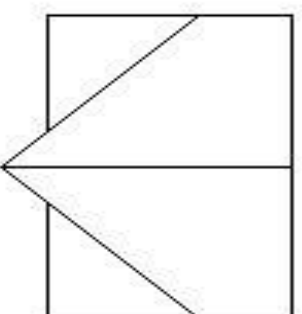
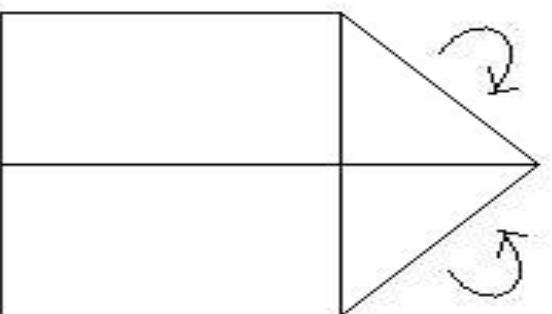
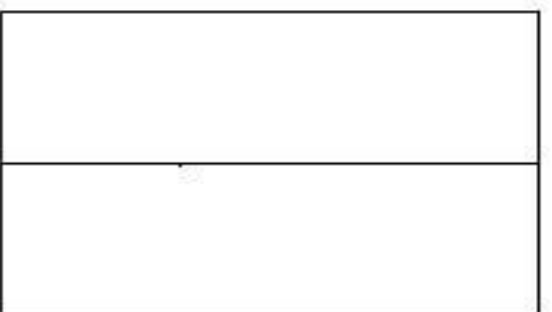


Flip the plane over and fold the right side over onto the left along fold line 5.

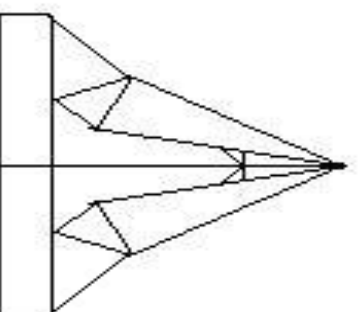
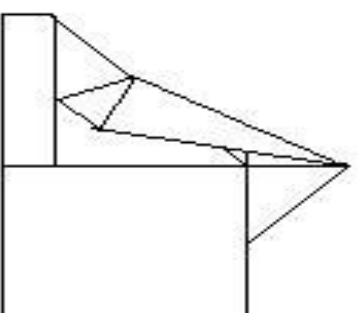
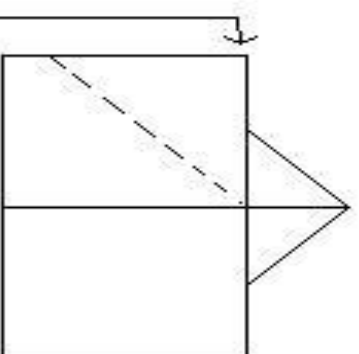
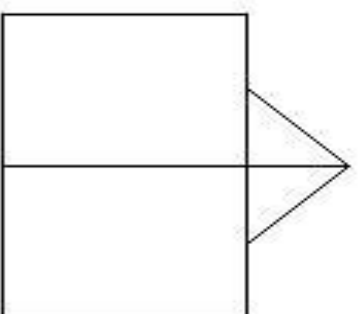


Fold the wings down along fold lines 6 and the winglets up along fold lines 7.

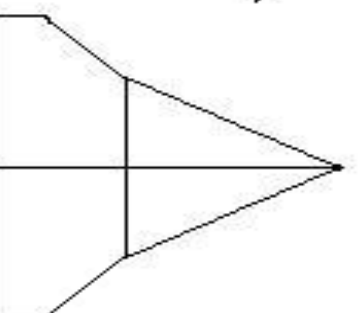




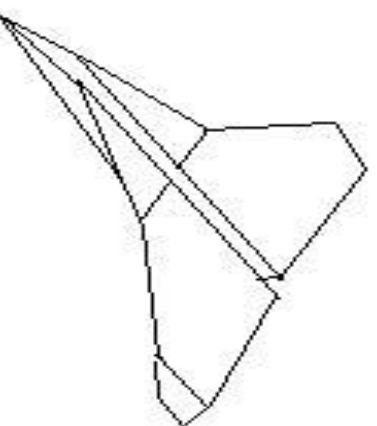
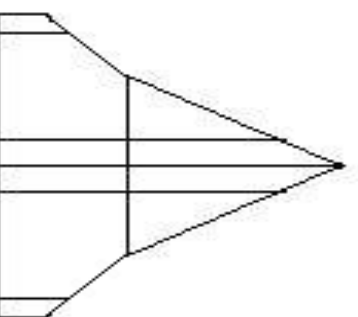
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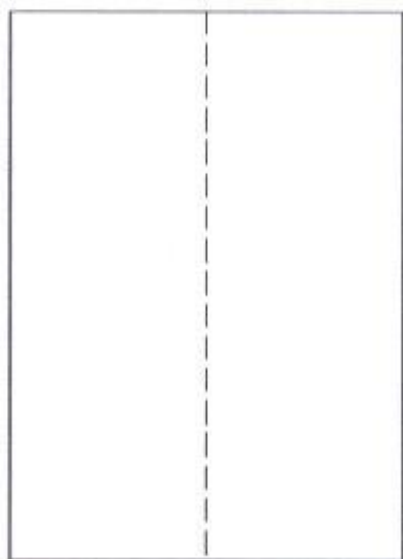
9



Hold this corner  
Fold along dotted line

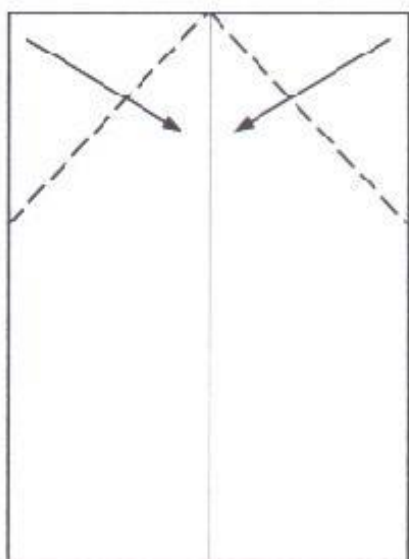


1



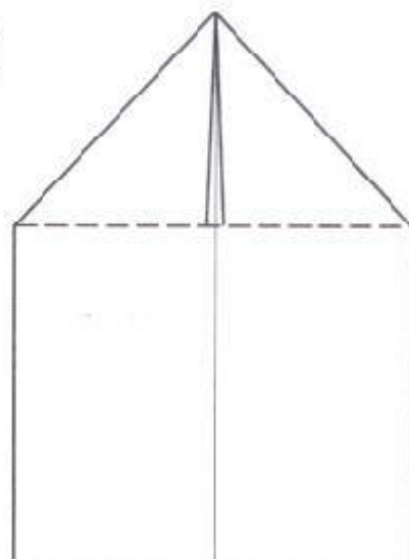
Start with an 8.5" by 11" sheet of paper. Crease as shown.

2



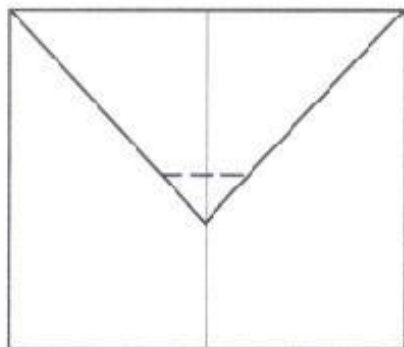
Valley fold the top left and right corners to the middle.

3



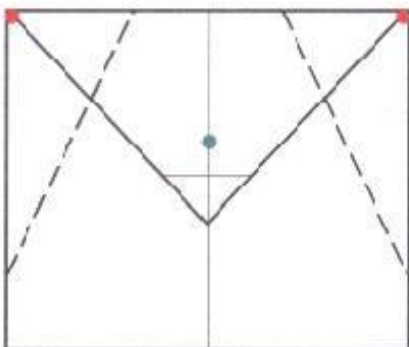
Valley fold the whole top triangle straight down.

4



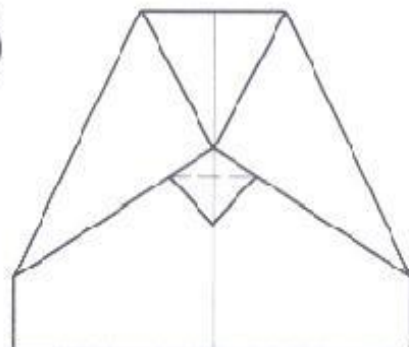
Valley fold the tip of the triangle up. (This doesn't have to be exact, just get it close to what I have)

5



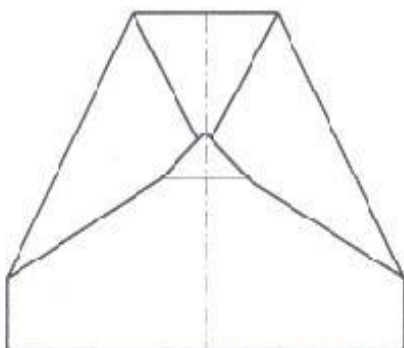
Valley fold the red corners so that they touch the green point. The edges will just touch the crease you made in step 4. (see step 6)

6



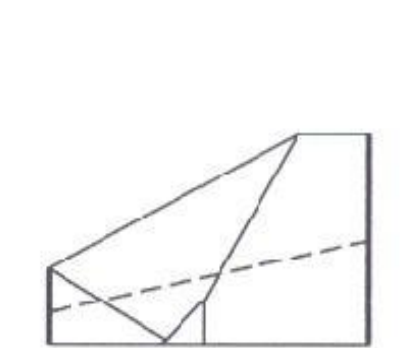
Valley fold the tip back up.

7



Mountain fold the whole plane in half.

8



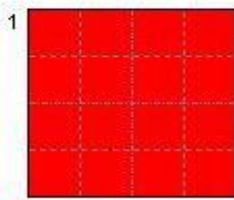
Fold the wings down, but make sure the crease goes from the **midpoint** of one bold line to the **midpoint** of the other bold line.

9

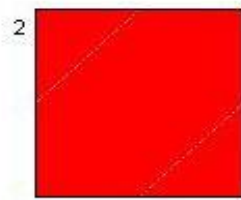


Pull the wings outward to make the rear view look like a "Y." See below.

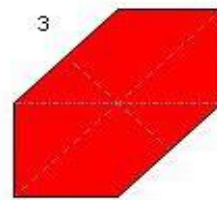




1 Fold and unfold



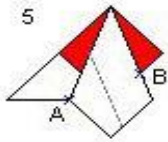
2 Mountain fold behind



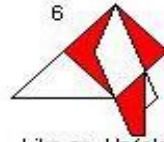
3 Fold waterbomb base



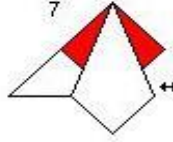
4 Squash Fold



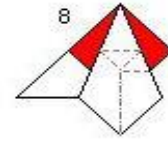
5 Fold A to B



6 Like so. Unfold



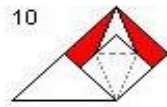
7 Repeat 5-6 on right



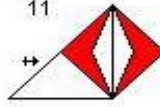
8 Squash fold flap to right



9 Squash fold



10 Petal fold



11 Repeat 4-10 behind



12 Fold 2 layers to left



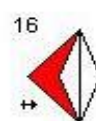
13 Squash Fold



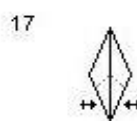
14 Reverse Folds



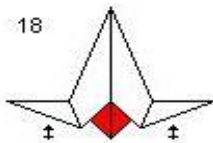
15 Fold 3 layers to right



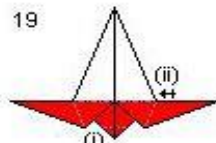
16 Repeat 13-15 on left



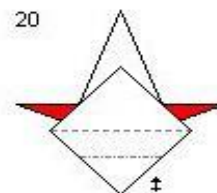
17 Reverse folds between 2nd and 3rd layers. Repeat behind



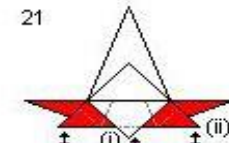
18 Wrap one layer to the outside from the middle of each wing



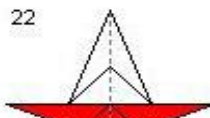
19 (i) Reverse folds (ii) Open layers while folding flap down. Repeat behind



20 Pleat flap. Repeat behind



21 (i) Mountain fold inside. Repeat behind (ii) Squash fold corners. Repeat behind



22 Fold one wing to the left in front and one to the right behind



23 Swivel fold just past the centre line



24 Valley fold left



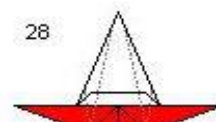
25 Repeat 22-23 on right and behind



26 Fold wing back to the right, tucking flap A into pocket B. Repeat in reverse behind



27 Sink small flap in and out in thirds



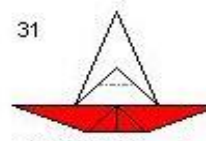
28 Pleat the edges in towards the centre



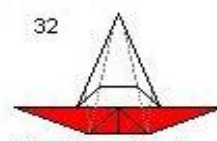
29 Mountain fold edges into centre.



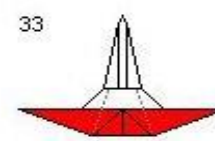
30 Turn over



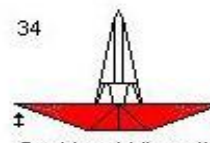
31 Sink slightly less than half the small flap



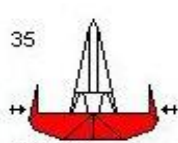
32 Pleat the edges in towards the centre



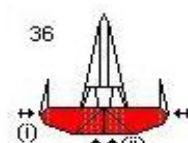
33 Reverse folds



34 Double rabbit ear the tip of each wing



35 Wrap the coloured paper to the middle of each cannon



36 (i) Fold cannons to 90 degrees (ii) Roll into cylinders to form engines

## Popsicle Stick Containers

### Participants

Age: any

### Time

30 to 60 minutes

### Supplies

Popsicle sticks  
Glue  
Hot Glue  
String/Yarn  
Paper  
Scissors  
Crayons/Markers

### Instructions

Using supplies available, challenge kids to make the best container they can

- Make a chest/box (add a lid), small crate, pencil holder, etc.
- Attach popsicle sticks together with glue, or weave them together with yarn
- Attach sticks to paper for easy walls and lids
- Decorate and colour their containers to personalize them
- Kids can take them home to use



## Popsicle Stick Houses

### Participants

Age: 8+

### Time

30 to 60 minutes

### Supplies

Popsicle sticks  
Glue  
Hot Glue  
String/Yarn  
Paper  
Scissors  
Crayons/Markers  
Paint





### Instructions

In groups of 2-3, have kids work together to make a popsicle stick house

- House styles include: bird house, gingerbread style house, mini dog house, etc.
- Use paper for wall and roof molds, but remove paper by the end
- Decorate their houses with markers, paint other craft supplies available
- Some examples are included on the next page



### Styrofoam Boats

#### Participants

Age: any

#### Time

15 to 30 minutes

#### Supplies

Styrofoam

Popsicle sticks or tooth picks

Scissors



### Instructions

Collect Styrofoam waste from outdoors and keep any from packages

Depending on sizes and amount, kids can work alone or in groups to make their own boat

- Use scissors to cut out their desired shape
- Use popsicle sticks/tooth picks to attach any pieces together
  - Popsicle sticks can also be used to make a mast (picks up wind)
- Find a pond or stream and let kids test their boats
- String can be added to the front of the boats so they can be recovered or dragged around in the water



## Paper Towel Tube Crafts

### Participants

Age: any

### Time

15 to 45 minutes

### Supplies

Empty paper towel tubes

Paper

Markers

Glue

### Instructions

#### Rocket Ships

- Using long cardboard paper towel tubes
- Use paper to make a cone for the rocket
- Add fins/rudders using other cut up cardboard tubes and glue
- Use paper and markers to personalize the ship

#### Goggles

- Cut off 2 sections about an inch thick off the end of a paper towel tube
- Glue and use remainder of tube to attach the circles together and add frames to the goggles
- Colour, decorate and personalize the goggles to their liking

#### Marble Track

- Keep some full tubes and cut some tubes in half (so they are like scoops, not tubes)
- Cut holes in the full-tubes to slide the half-tubes into
- Attach each half-tube slide slightly lower than the last
- Continue attaching slide pieces to make a track as long as possible

#### Airplanes

- Use a half tube as the body of the plane
- Cut open the remaining half and flatten it out
- Cut out wings and a tail for the plane from the flattened piece
- Glue on wings to the side, top or bottom and tail pieces to the back
- To make the nose:
  - Cut out 4 triangle pieces from the tip of the plane so it now looks like a tower turret



- Fold all the pieces inwards until they connect
- Use glue (hot glue may be necessary) to hold the flaps together
- Colour and decorate the plane as desired



## Bottle Rockets

### Participants

Age: 8+

### Time

20 to 60 minutes

### Supplies

Empty 2L pop bottles

Cork

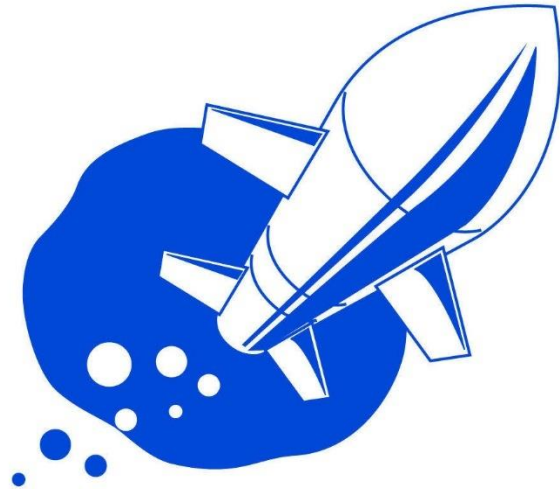
Bicycle tire pump (with needle adaptor)

Paper

Cardboard

Glue (hot glue works best)

Water



### Instructions

#### Building the rocket

- Cut out 3 – 5 fins from cardboard and glue them onto the bottom of the rocket (make sure they are all even and symmetrical)
  - Crooked or uneven fins could cause the rocket to fly poorly or not at all
- Make a cone of paper
  - Cut a piece of paper (construction paper is best) into two triangular halves
  - Roll the triangular piece into a cone shape and glue it together (apply glue to the inside of the cone, not outside)
- Decorate the rocket with markers and/or paint to personalize it

#### Preparing to launch

- Push the needle adaptor of a tire pump all the way through a cork (you should see it come out the other end) (cut the cork shorter if necessary)
- Fill the rocket (bottle) a quarter of the way with water
- Push the cork with the needle adaptor inside the opening of the rocket

#### Launching

- Have everyone stand away in case the rocket falls and launches sideways
- If the rocket won't stand upright on its fins, use a cardboard box and cut a small hole for it to rest it (it must be upright to launch)
- Attach the pump to the needle adaptor
- Pump air into the bottle until the rocket launches!

- Be careful not to lean over the rocket when pumping air
- If nothing happens and it doesn't launch, wait at least a minute before grabbing it, there is still a chance it will launch and hit you



## Quick Recycle Crafts

### Participants

Age: any

### Craft

Yogurt cup paint holders

- Empty yogurt cups can be used to hold paint or water to clean brushes while painting

Cereal box containers

- Cut out empty cereal boxes in half (top to bottom down the middle) to have 2 large/thin storage bins
- Great for storing pencils, markers or other desk supplies
- Cut closer to one side to make a taller storage bin than can be used to hold paper

Paint, colour or decorate boxes to personalize them

Artificial plants

- Use empty tuna fish tins as fake plant holders
- Put paper around the outside of the can, or paint it
  - Clothes pins can also be used for a unique look
- Cut out thin strips of green construction paper
- Pour liquid glue into base of tin
- Stick paper (leaves) into the glue and stand them upright
- When glue is solid and paper stands on its own, fill remainder of tin with small rocks around the paper leaves

Egg carton crafts

- Empty egg cartons can be cut up to make a number of different crafts
- Cut out each individual egg holder in the carton
- Attach them in a line to make an egg carton caterpillar
- Use as paint, glue or water holders for other crafts
- Use as stencils for drawing
- Challenge kids to create their own craft using them

Bottle cap art

- Encourage kids to keep and collect any plastic bottle caps they use at home and to bring them to camp
- They can be used for circle stencils
- Added into minute-to-win-it games



- Coloured and glued to canvas to create a picture

#### Paper mache

- Collect old newspapers some balloons
  - Mix the glue in a large bowl
    - Fill half the bowl with liquid white glue
    - Fill  $\frac{1}{4}$  the bowl with water
    - Mix well
  - Give each kid a balloon to blow up, and some newspapers and scissors
  - They can cut the paper into strips, dip into the glue mix, and place it on the balloon
  - When the balloon is fully covered and the glue is dried, they can paint the balloons
- Get creative!
- Come up with other fun and creative uses for used supplies you find around

## Camp Garden

### Participants

Age: any

### Time

Throughout the duration of the camp

### Supplies

Plant or vegetable seeds

Egg cartons

Empty 4L milk cartons (or another large container)

Soil



### Instructions

Cut the tops off of egg cartons so there is only the indented bottom that holds the eggs

Cut a milk carton in half from top to bottom (put tape over the cut edges so it is not sharp)

Have kids fill the cut egg and milk cartons with soil and pack tightly

Have kids choose their plants

- Kids can share a egg carton (each person gets 2 egg sections for their plants)
- Milk cartons can be general ones for everyone to plant in

Have kids plant their seeds into their sections of the egg cartons and any leftovers into the bigger milk cartons

Kids water the soil so it is damp to touch, but not flooding

Throughout the duration of the camp, have kids check in on their plants and water them when necessary

Small groups of kids can be responsible for checking on the collective large garden each day

At the end of the camp the plants should be growing and visible

- If kids wish to take them home, have them cut out an individual egg portion of an egg carton and move their plant into their new container
- Remaining plants can be given to a local school or youth center to continue to be looked after





## Wind Chimes

### Participants

Age: any

### Time

30 to 60 minutes

### Supplies

String/yarn (fishing line also works)  
Styrofoam cups  
Old keys  
Spoons  
Empty tin soup cans  
Used mason jar lids  
Sea glass  
Other safe metal objects available

### Instructions

- Create a 'home base' for the wind chimes
- This is where everything will attach to and hang from
- This can be made from a styrofoam cup, or another object as seen in the pictures
- Cut up to 10 strings of varying lengths
- Tie one end of the string to the desired 'chime' object (keys, sea glass, etc)
- Use a pencil to poke a small hole around the rim of the styrofoam cup (as many holes as you have pieces of string)
- Push the string through the hole and tie it in place
- Make another hole in the bottom of the cup and tie a piece of string through it
- This is the top of the wind chime and this string can be tied onto a roof to have it hang

### Modifications

#### Sun catchers

- If no metal objects are available to make wind chimes, sun catchers can be made
- Using paper, cut out unique designs (spirals, shapes, etc.)
- Tie these to string the same way as the wind chimes and attach them again to a cup
- Hang the cup





## Dream Catchers

### Participants

Age: any

### Time

30 to 60 minutes

### Supplies

Paper plates

String/yarn

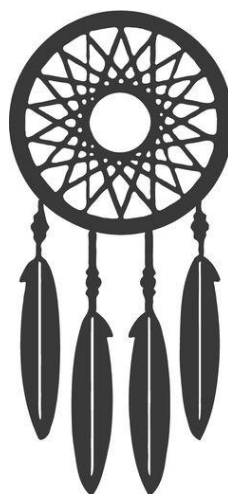
Markers

Feathers

Beads

### Instructions

- Cut off the outer rim of the paper plate so it is a donut shape (save the inner circle pieces for other crafts)
- Poke holes through the paper plate with a pen or pencil (or a hole-puncher if available) to tie string through
- Colour and design the outer circle before attaching any strings
- When done decorating, tie string through holes and across the donut hole of the plate to make a design in the middle
  - o Tie string pieces symmetrical to each other to make cool designs in the middle like a circle or star
- Feathers, beads, pom-poms or other craft supplies can be added to the bottom of the dream catcher for a more traditional look



## Plastic Bottle Bowling Pins

### Participants

Age: any

### Time

20 to 40 minutes

### Supplies

Empty 2L pop bottles

Paper

Markers

Glue

Scissors



### Instructions

- Give kids a plastic bottle each
- o Clean out the bottles and run them under warm/hot water to remove the adhesive from the stickers
- Have them design their bottle to be a bowling pin
- o They can make a traditional bowling pin (as seen in the image above)
- o Or they can create their own special bowling pin design
- Use strips of paper to make lines around the pins, or markers to draw on them
- When done designing, fill the bottom of the bottles (no more than 1/4<sup>th</sup> full) with sand or water
- o Make sure the bottles are tippable
- Arrange the bowling pins in a triangular shape at the end of a hallway or designated gym space
- Bowl away!