



FAMILY ACTIVITIES

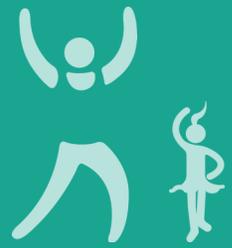
Bringing the fun and engaging Y family experience right to your home!

VIRTUAL CAMP WEEK 5: Spring

For this week's edition of Virtual Camp, we will be celebrating Spring, as we lead into one of the best days of the year next week... Earth Day! As we enter into week 5 of stay-at-home orders, we hope you have noticed and are appreciating all of the spring colors and plants outside! Don't forget to share what you do with us!

Feel free to share your completed creations with us to be featured in next week's video, email George Bennett: gbennett@newcanaanymca.org





COOKING CORNER

Earth Day Challenge

With Earth Day right around the corner on April 22nd we want to know what does a sustainable meal look like? Does it include fresh food from your families garden? Is it sustainably sourced, vegetarian or vegan? Or does your produce come in eco-friendly containers?

Show us your version of an Earth Day meal!



IMAGINATION CHALLENGE

Grab your Legos and get ready to build!

Challenge I:

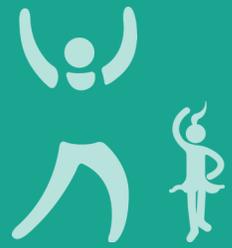
Can you build a model of the beautiful planet we call home?

Challenge II:

Can you re-create your favorite natural place (i.e beach, mountain, forest, etc.)?

Nature Creation:

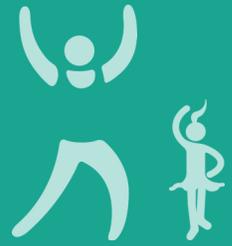
Can you re-create your favorite natural place (i.e beach, mountain, forest, etc.)?
BUT only use materials found in your back yard?



RIDDLE ME THIS

Spring has sprung - try these fun riddles!

1. What goes up and down but does not move?
2. Where do you find an ocean with no water?
3. What has an eye but can't see?
4. What has hands but can't clap?
5. What travels around the world but stays in one corner?
6. What gets bigger the more you take away?
7. What can you catch but never throw?
8. What becomes shorter when you add two letters to it?
9. What stays where it is when it goes off?
10. What is the easiest way to double your money?



FUN FITNESS CORNER

Nature's Hopscotch

Keeping the traditional game of Hopscotch in mind, participants will create their hopscotch board with natural elements instead of drawing it in chalk. Sticks, leaves, rocks, and other outdoor natural elements are all great for making your hopscotch board.

Once the materials are collected, lay them out into your hopscotch board. Participants will then start at the beginning of the board and roll a pebble to see how far along they must hop. Be creative and make as big or small of a board that you'd like. Tons of fun for all ages!



FUN FITNESS CORNER

Recycle Relay

Supplies Needed:

- Paper bags
- Recyclable items

First, mark the paper bags as different types of recyclables (paper, glass, plastic, etc). Place these bags at the "finish line" while piling up your recyclable items at the starting line. Depending on how many participants there are, you can break into teams or time each individual as they run one item at a time to the bags.

Participants must place the recyclable into the correct bag before returning to the starting line. This game helps teach kids what can be recycled in a fun way!



FUN FITNESS CORNER

Let's Play Ball

Supplies Needed:

- Small table
- 3 or 6 empty plastic bottles (or empty cans)
- foam ball or rolled up socks

Stack the empty bottles or cans on top of the table into a pyramid shape. Create a "throwing" line which the participants cannot cross. You will then throw the ball(or socks) at the empty bottles trying to knock the pyramid completely off of the table. Try and knock them off on your first try.

To increase the difficulty of this game, increase the number of bottles in the pyramid or move the throwing line further back.



FUN FITNESS CORNER

Walking "I Spy..."

As spring moves in, there is no better feeling than getting outside and enjoying the fresh air while practicing safe social distancing. As a family activity, you can take a walk through your neighborhood and while you do, you can take turns playing "I Spy..." guessing what each other sees on your walk.

To increase the difficulty and add to the fun, you can add "I Hear..." to add in the sounds of nature around you. You'll be amazed at what you see and hear as you take your walk.

Other Great Spring Activities to Try

Other great ideas to try and stay active are blowing bubbles, flying a kite, planting flowers, having a nature scavenger hunt collecting natural elements, play a game of catch, throw frisbees, ride a bike, go for a run, or simply sit outdoors and enjoy the fresh spring time air.

Of course be sure to practice safe social distancing, but have fun while you do! Don't forget to send us pictures or videos of your great spring time activities to share with our Y family!



CRAFTS CORNER & MORE

Spring has sprung! April showers have brought spring craft ideas and Earth Day! Time to recycle and get creative!

Egg Carton Flowers

You will need:

- Egg carton (not foam)
- Paint or markers
- Straws or pipe cleaners
- Paper
- Glue

Directions:

Cut egg carton, decorate, and glue your flowers and stems to the paper.





CRAFTS CORNER & MORE

Egg Carton Wreath

You will need:

- Egg Cartons (not foam)
- Paper plate
- Paint or markers
- Glue

Directions:

Cut egg carton apart and trim cups into flower shapes (save the extra to make your flower centers). Cut the inside of the plate out. Create your flowers, decorate the wreath and glue everything together.



Ice Cube Earths

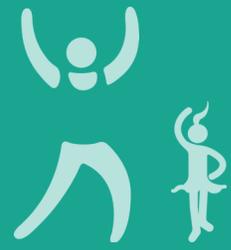
You will need:

- Coffee filters
- Blue and green food coloring (blue and yellow make green)

Directions:

In an ice cube tray or small container mix water and food coloring together and freeze overnight. Lay coffee filter flat and rub ice cube over filter as it melts to create your earth.





CRAFTS CORNER & MORE

What can you find around the house to recycle?

Newspapers, magazines, boxes, bottle lids, wrapping paper, old cards.... the list is endless! Use your imagination and see what you can create! Take a picture and share your works of art with everyone!





FAMILY ACTIVITIES

Bringing the fun and engaging Y family experience right to your home!

CREATING OUR NEW CANAAN YMCA ROCK GARDEN

Help us build a beautiful and uplifting rock garden to symbolize our strength as a community. Want to join your YMCA family in creating this one of a kind garden? Here's how:

- Find some rocks you think would be great to paint
- Decide on a word, phrase, or picture you'd like to paint on the rock
- Get creative and inspired!
- We recommend acrylic paint, these [acrylic paint pens](#) are a great choice
- Display your rocks around your house



When the Y re-opens, we will ask you to bring your rocks to put in the garden. Stay tuned for more details, but in the mean time, tag us on social media (Instagram: @newcanaan_ymca or Facebook: @newcanaanymca) with pictures of your family's rocks so we can share these beautiful works of art with our community!