



# FAMILY ACTIVITIES

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

## VIRTUAL CAMP WEEK 4: Red, White, and Blue

For this week's edition of Virtual Camp, we are celebrating one of our favorite summer camp themes, Red, White, and Blue! Always celebrated during our first session to coincide with July 4th, we hope this gets you thinking about warmer and sunnier days! Don't forget to share what you do with us!

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





## COOKING CORNER

### 4th of July Picnic Challenge

Does your family have a signature dish that gets rave reviews? Or is there one meal that screams firework picnic to you and your family? Create that dish and pretend you are laying on Waveny field staring at a beautiful firework display!

OR

Make a meal using only foods that are red, white and blue-colored!!



## IMAGINATION CHALLENGE

Grab your Legos and get ready to build!

### Challenge I:

Is it possible to design what a firework explosion looks like in Legos? Get creative and show us how a firework looks in Lego-form!

### Challenge II:

What can you build using only Red, White and Blue Lego blocks? Can you make something 4th of July related with these blocks? Show us what you got!

### Nature Creation:

What can you build using natural Red, Whites, and Blues? Be careful not to hurt anything that's living and show us your creative side!



## TRIVIA CORNER

### RED, WHITE AND LIGHT IT UP BLUE

#### NAME THAT OBJECT GAME!

1. What color is Superman's cape?
  2. What color is Marge Simpson's hair in the TV show "The Simpsons"?
  3. The topmost stripe on the American flag is \_\_\_\_\_.
  4. **TRUE OR FALSE:** Some dog breeds, like the Chow Chow and the Shar Pei, have blue-black tongues.
  5. Someone born into a royal or aristocratic family might be called \_\_\_\_\_-blooded.
  6. To say a \_\_\_ flag was raised is to say that there may be something suspicious or dangerous present and caution should be practiced.
  7. Complete this children's book title: "Clifford the Big \_\_\_ Dog".
  8. The internationally recognized signal for truce, cease-fire, and often for surrender is raising a \_\_\_\_\_ flag.
  9. What makes blue cheese blue?
  10. What color is a Cardinal bird?
- Bonus: An Araucana chicken lays \_\_\_\_\_ eggs.



## FUN FITNESS CORNER

### Red, White, and Blue Olympics

Create teams based on the colors red, white and blue. Each team should wear the color of the team that they represent. Have a point system based on how teams finish, for example, 3 points for first place, 2 points for second place, and 1 point for third place. Hold Olympic events such as:

- Relay Races around the house
- High Jump over a broom handle that someone is holding or place it on top of similar sized objects
- "Javelin Throw" using a broom handle or a stick. Have a designated line to throw from and throw the javelin as far as you can. The person who throws the javelin the farthest wins.
- Wrapping Paper Fencing; use the cardboard tubes from wrapping paper rolls to "fence" against each other. Points are scored for the first person to successfully "cut" their opponent. Play each match to 11 points.

These are just a few suggestions of Olympic-themed events you can play. Be creative and feel free to send us pictures or videos of your At-Home Olympic Games!



## FUN FITNESS CORNER

### Scavenger Hunt

A great game for indoors or outdoors. Create a list of random objects that could be found around the house that are red, white, blue, or any combination of those colors. From candles to clothing, paper to pictures, anything can be involved in this game. First one to get through all of the clues correctly is the winner. Take turns creating the list of objects and giving clues for a fun time with the whole family!

### Red, White, and Blue Capture the Flag

For this game there will be 3 teams. Each team is represented by a color: red, white, or blue. Each team will need 5 flags of their color. Flags can be soft, unbreakable objects in the designated color and can be towels, clothing, toys, or painted/colored objects.

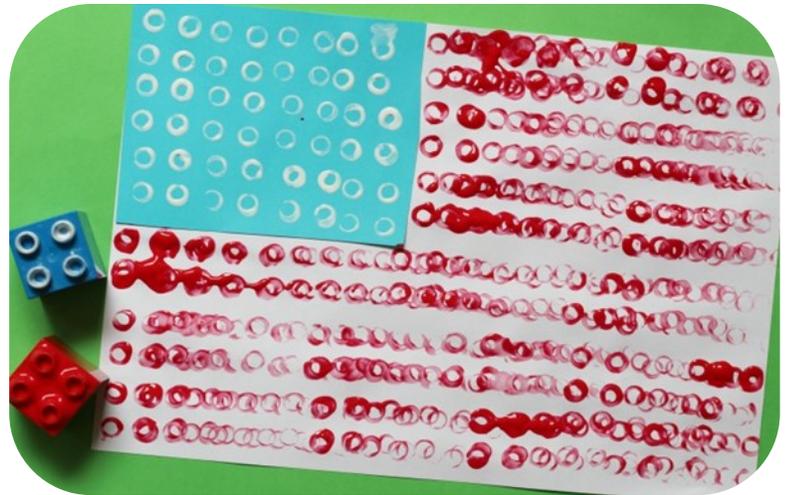
When the game begins, teams will try to capture the flag of the opposite teams, one at a time and bring them back to their flag base. If the player is tagged in the middle of the playing area, all collected flags by that team must be returned. If a team loses all of their flags, they are out. The team to keep their flags while collecting the others will be the winner.



## CRAFTS CORNER & MORE

### Lego Flags

You will need white paper, Lego pieces, paint, stamp pads or markers. If you don't have paint you can color the Legos with markers and then stamp.



### Red Fish, Blue Fish

Create your own fish from paper plates and read Dr. Seuss while acting it out with your fish!





## CRAFTS CORNER & MORE

### Marble Painting

Place paper in box top or 9x13 in pan, drizzle paint on paper, add marbles and shake! This is project that less paint used the better it is!



### Sensory Bottles

You will need an empty water bottle with a lid, water, cooking or baby oil, food coloring, glitter, confetti or anything small enough to fit in the bottle. Fill bottle using 2/3 oil and 1/3 water but not completely full. Add food coloring and glitter, confetti ect. Close lid tightly and shake! You can also make your own "I Spy" bottle! Fill bottle with rice, popcorn kernels or sand and add small items (beads, pasta, mini easers ect). Close lid tightly, shake and see who can "spy" the most in 60 seconds!

