



FAMILY ACTIVITIES

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

VIRTUAL CAMP WEEK 7: Holidays

For this week's edition of Virtual Camp, we are celebrating all of our favorite holidays! Whether it's Thanksgiving in April, playing your favorite holiday music, or whatever comes to your mind for your favorite holiday! We encourage you to host your own "Quarantine Holiday" and escape for a couple of hours! 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

Holiday Dinner

To me, the thing that makes a holiday a holiday is the food involved in it. To the best of your ability plan out your favorite holiday dinner and have your family come dressed in that holiday's appropriate clothing! This should all put in that holiday mood that we could all use right now!



IMAGINATION CHALLENGE

Grab your Legos and get ready to build!

Challenge I:

Construct an item that represents your favorite holiday! Think ornament, symbol, or whatever you can think of!

Challenge II:

Do some research on a holiday your family does not celebrate and then construct a symbol of that holiday using your Legos!

Nature Creation:

Create a scene from your favorite holiday using only natural materials! This could be re-creating what that holiday's decorations look like or whatever comes to your mind!



? Trivia

Celebrate the Holidays!

1. Celebration of the Jewish New Year is known as ____?
2. Memorial Day originally honored soldiers who died in which war?
3. In the classic holiday story "A Christmas Carol" what was Scrooge's first name?
4. Saint Patrick's Day commemorates the: birth or death of Saint Patrick.
5. In "Twas the Night Before Christmas," how many reindeer pull Santa's sleigh? Can you name all of them?
6. What date does Halloween fall on each year in the Autumn months?
7. What makes Frosty the Snowman come to life? And then what does he say?
8. Cupid, the mischievous winged child, has become associated with Valentine's Day because his arrows pierce the hearts of his victims causing them to fall in love. Who was Cupid's mother?
9. True or False: Forks were NOT used at the first Thanksgiving?
10. What year were fireworks first used to celebrate the Fourth of July?

Bonus: Which president was the first to hold a Fourth of July celebration at the White House?



FUN FITNESS CORNER

BUNNY HOP

Supplies: a potato sack or old pillowcase

How to Play: Participants will stand with both feet (and legs) inside the potato sack or pillowcase. From there, give your best bunny impression and hop around. Make a bunny hop obstacle course or race track to hop around. With more than one participant you can host a Bunny Hop Egg-Hunt or how Bunny Hop Relay Races.

“SNOWBALL” TOSS

Supplies: small or medium sized marshmallows

How to Play: Be sure to wash hands thoroughly before and after playing. The game is to toss marshmallows and see how many your teammate can catch in their mouth in 30 seconds. Be sure to swap places and take turns being the tosser and the one catching the marshmallows. You can also play by yourself and see how many marshmallows you can toss and catch on your own in 30 seconds. How many can you catch in 30 seconds?



FUN FITNESS CORNER

TP MUMMY

Supplies: rolls of toilet paper

How to Play: One participant will become the “Mummy” while the others are the mummy wrappers. Using the roll of toilet paper and carefully wrapping the mummy from head to toe, wrap the mummy as best you can. Once finished, wrap up another participant and create a party of mummies ready to walk with the living. Send us pictures of your mummy wrapping job and enjoy the fun!

SANTA’S BAG TOSS

Supplies: a large bag (to be used as Santa’s sack), soft unbreakable toys

How to Play: Place Santa’s sack in a designated area in an open position. Participants will stand in their starting position away a set distance away from the sack with a pile of toys at their feet. When ready, the participant will throw one toy at a time attempting to fill Santa’s sack with as many toys as possible. See who can get the most toys in the sack in an allotted time or give a set amount of toys and see who can be the most accurate. Then enjoy the fun as you “unwrap” Santa’s toys emptying the sack. Just be sure to use soft unbreakable toys so nothing gets broken!



FUN FITNESS CORNER

MONSTER MASH DANCE ALONG

Dance along with KIDZ BOP to the Monster Mash by following this [link](#)

FREEDOM TOWERS

Supplies: plastic cups, index cards or pieces of paper (paper may need to be folded over for rigidity)

How to Play: Start by placing a cup rim side down onto a table or hard surface. Then place an index card on top of the cup, followed by another cup rim side down. Continue alternating cups rim side down and index cards to build the biggest tower that you can. There are many ways to play: see how tall of a tower can be made until it falls over. You can also see how fast you can build a tower in 30 seconds or any set time frame. Or try competing against each other for who can build the biggest tower the fastest without it falling over.

Be sure to send us pictures of your towers- how tall will yours be?



CRAFTS CORNER & MORE

THANKSGIVING

What are you thankful for? Everyone can make their own placemat of what they are thankful for!



HALLOWEEN

Spooky fun can be created from tubes and paper plates! Go through your recycling bin for materials to create your ghouls and goblins!





CRAFTS CORNER & MORE

WINTER WONDERLAND

Gather twigs from your yard, design your snowflakes and secure the center with string. "Snow" can be any kind of paper (tissue paper, paper towels, toilet paper etc.). Glue the snow to your flake!



VALENTINE'S DAY

It doesn't have to be February 14th to tell somebody how much they mean to you! Make your own Valentine's with whatever you have at home! Remember it that thought that counts not what it made from!





CRAFTS CORNER & MORE

LEPRECHAUN SAND

Supplies

- A medium sized container to hold the baking soda. (A shallow metal cake pan or plastic bin)
- A small bowl for the vinegar
- A dropper for mixing – I used a medicine dropper, but you could also use a straw, or a little squirt bottle just as easily.
- Baking Soda
- Vinegar
- Green Food Coloring



Instructions

- Fill the bottom of container with baking soda.
- Mix vinegar and food coloring in small bowl.
- Use the dropper to drop vinegar onto the baking soda and watch the reaction. Continue until most of the baking soda has turned green.
- You want the baking soda to absorb all the vinegar – it should not be runny.
- Now, this is the messy part – use your hand to mix the baking soda and vinegar. It will be soft and stick together if you want to form it into balls or “rocks” as we called it since we were making sand.