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FAMILY ACTIVITIES

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

VIRTUAL CAMP WEEK 6: Time Travel

For this weeks edition of Virtual Camp we are traveling back in time with our Time Travel theme! Let your imagination soar and travel through time with our many activities! 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





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COOKING CORNER

Time Travel

A lot of families usually have some recipes or cook books that have been passed down for generations. Try cooking one of these past down family recipes!



IMAGINATION CHALLENGE

Grab your Legos and get ready to build!

Challenge I.:

Construct your own 'time machine' using just your Legos!

Challenge II:

Construct one of the Seven Wonders of the Ancient World!

Nature Creation:

Create one of the Natural Wonders of the World using natural supplies from your back yard!



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Proverbs

Have the Last Word!

Time Travel Proverbs Directions: Complete each proverb by writing the missing last word.

1. Laughter is the best _____.
 2. You can't teach an old dog new _____.
 3. A chain is only as strong as its weakest _____.
 4. Blood is thicker than _____.
 5. There's no place like _____.
 6. A penny saved is a penny _____.
 7. Don't put off until tomorrow what you can do _____.
 8. Easy come, easy _____.
 9. Don't count your chickens before they _____.
 10. The best things in life are _____.
- BONUS:** Where there's smoke, there's _____.



FUN FITNESS CORNER

TIME TRAVEL GAME

Supplies: a time machine, your imagination, basic knowledge of different time periods.

How to Play: decorate your time machine (could be a doorway, a box, a garment bag, use your imagination) and choose a time period to enter into. As you step through the time machine and travel back to your chosen time period, imagine stepping out of the machine and into a new world. Describe the things you see around you, what the atmosphere is like, and enjoy the time! It's time to travel to another time period. You can include dressing up as that time period, eating or drinking what was available during that time, and playing out scenarios that may have taken place during that time. You can draw what you see, describe what you see in your imagination, or learn about a time period that you don't know much about by using your special "Time Computer" (aka your phone or computer).

Some suggested time periods are: prehistoric time when the dinosaurs roamed, Ancient Rome, the Wild West, America before the settlers came, the Revolutionary War era, the Industrial Revolution, the roaring 20s, the disco era, and the 80s.

Be creative and share pictures of your adventures through time with us, but don't forget to get back into your time machine and rejoin us in present time before you do!



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FUN FITNESS CORNER

LAGORI

This was a popular game in India but can be modified for today's time.

Supplies: foam or soft ball, flat rocks or flat objects that can be stacked into a small pile no taller than 1 foot.

How to Play: stack the flat objects on top of each other to create a pile. One member of a team throws the ball at the stack to knock the pile over. The throwers team then tries to restore the stack of objects while the opposing team (known as *hitters*) throws the ball at them. If the ball touches a person, he is out and his team continues without him. This game can be played 1 on 1 or with teams of as many people as you want. Just be sure to practice safe social distancing while playing this activity.



FUN FITNESS CORNER

KICK THE CAN

Supplies: an empty can, sneakers

How to Play: a very simple game that can keep you active for an endless amount of time. Take the empty can and place it on the ground. Kick the can away from you, chase it down, and kick it again. This is a great activity to do while on a walk or a hike. You can make a “race track” and time how long it takes to kick the can around the track for the fastest time. Just be sure to throw the empty can into the recycling after you’re done playing!

WILD WEST WATERGUN DUEL

Supplies: at least 2 participants, a water gun for each participant

How to Play: Explain how duels used to take place to settle confrontations. Start with 2 participants back to back with their water guns. On the command “Go”, both participants take a predetermined amount of steps away from each other. Once the participants have taken the last required step, they turn and blast water at each other. With multiple participants, host a tournament style duel, with the winner of the duel being the person who blasted their opponent with water first.

To add to the fun dress up as cowboys from the Wild West and enjoy all the fun that's to be had!



FUN FITNESS CORNER

PICKUP STICKS

Supplies: a handful of sticks; you can paint the sticks to be different colors for different point values

How to Play: The first participant grabs the sticks in their hand and drops them to the ground, scattering the sticks across the floor. That same player will then start to pickup the sticks, one by one, without moving any sticks other than the one they are attempting to pickup. If any other sticks move, the players turn ends, and play continues with the participant to the left picking up sticks. The next player may choose to pickup a stick from the scattered sticks OR they can scoop up the sticks and drop them all again prior to attempting to pick them up.

Players continue to pickup sticks until their turn ends, and if a player picks up all of the sticks, they re-toss them and continue the process until their turn ends. To keep track of score, you can count each successful stick picked up as a point. If you color the sticks, create your own point values for each colored add up the total points to see who comes out on top!



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CRAFTS CORNER & MORE

Time Machine

If you could go anywhere... where would that be?

Create your own time machine! How far will your imagination take you?





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CRAFTS CORNER & MORE

Oatmeal Playdough

When all you have is flour and oatmeal in the pantry, you can still make playdough. This is probably one of the safest and easiest recipes and it doesn't require any heat on the stove. This recipe creates a stickier playdough than most and it has a unique texture. If you want to give it even more texture, add a small amount of cornmeal or coffee grounds. When left with its natural color, it's rather similar to a coarse modeling clay.

You will need:

- 1 cup flour
- 2 cups oatmeal

1 cup water

Combine the flour and oatmeal in a bowl. Gradually stir in the water. Knead until mixed and add food coloring! (food coloring is optional).



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CRAFTS CORNER & MORE

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TIME CAPSULE

Our family engagement team came up with a time capsule family activity for you and your family make while practicing social distancing.

We wanted to create something that would help your family remember and capture life right now. Our hope is that this activity will be an opportunity for you and your children to process this time and engage it in a way that will be meaningful in the years to come!

Fill out the sheets you would like your family to include in your time capsule. We recommend parents participating with their kids to make this time capsule a family activity! Create a physical time capsule out of a cardboard box, cleaning wipe container, or any other container of your choice.



Once you have completed your time capsule, please submit a photo either on social media or by email. Tag the New Canaan YMCA in your photo and use the hashtag #nchyathome (Instagram: [@newcanaan_ymca](#); Facebook: [@newcanaanymca](#)). If you are not on social media, please feel free to email your photo to Emma at escalero@newcanaanymca.org.

Click [here](#) for our Time Capsule activity packet on our Y@home page!