



FAMILY ACTIVITIES

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

VIRTUAL CAMP WEEK 3: Out of This World

For this week's edition of Virtual Camp, we are launching our rocket ships to fly through the skies! That is right, we are headed into outer space and we can't wait to take you on this galactic journey! As always, we hope you enjoy this week and please do not 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

ASTRONAUT FOOD CHALLENGE

What would an astronaut be eating on the International Space Station? Get creative using a wide variety of non-perishables to make the perfect astronaut meal!

SPACE CREATURE FOOD CHALLENGE

Now what would a space creatures favorite meal look like? Would they even like anything that's ever been made on our planet or would they like an entirely new dish? You decided and let us know what you create!



IMAGINATION CHALLENGE

Grab your Legos and get ready to build!

CHALLENGE I:

Design and build your ideal space craft! This could be the rocket that gets you into space or the vessel you'll spend light years on!

CHALLENGE II:

Who can build the best replica of the famous Space Shuttles that NASA used from the 1980's to 2011!

NATURE CREATION:

Imagine you have just travelled light years across space and you've just landed on a the surface of a new planet. What do you think that planet would look like? Use materials you have in your backyard to try and create it!



TRIVIA CORNER

SPACE TRIVIA

1. What is the closest planet to the Sun?
2. What is the hottest planet in our solar system?
3. What planet is famous for the beautiful rings that surround it?
4. Is the sun a star or a planet?
5. Who was the first person to walk on the moon?
6. What planet is known as the red planet?
7. What is the name of the force holding us to the Earth?
8. Earth is located in which galaxy?
9. What is the name of the first satellite sent into space?
10. Does the sun orbit the Earth?
11. Is the planet Neptune bigger than Earth?



FUN FITNESS CORNER

MOON WALK

For this activity you will need all of the pillows you can find, big, small, fluffy, and firm. Couch cushions work great, as well!

Place pillows in random order across the playing space, creating the moon's surface. Astronauts should put on their spacesuits bounce across the surface while barefoot or wearing socks!

To add to the creativity, create a flag and post it on your moon. Then, you can take another small step for man, and a GIANT leap for mankind!

CREATE YOUR OWN SPACE SCENE

This activity should be done outdoors with sidewalk chalk. With help, trace the outline of your body onto your driveway or sidewalk. Then, using the chalk, draw yourself in a spacesuit, or as an alien in a space-themed scene.

Be creative and get the whole family involved! Picture yourself in a rocket ship or walking on another planet. Just like in space, the possibilities are ENDLESS!

Be sure to take a picture of your space scene and send it to us!



FUN FITNESS CORNER

MARTIAN ROCK SCRAMBLE

This game will require multiple participants. You will need “martian rocks” which can be small objects, candies, rocks, or balled-up aluminum foil. One participant will be the “martian” while the others are astronaut explorers. Each explorer will have a box or a bucket, their shuttle, which will also be their starting point.

The martian will start in the middle of the playing space surrounded by the martian rocks. When the martian says GO, the explorers will run in and try to collect as many martian rocks as they can and bring them back to their shuttle.

If the martian tags an explorer before they get back to their shuttle, the explorer will drop ALL of the martian rocks they’ve collected and return to their shuttle empty-handed. After counting to 5, the explorer can begin collecting martian rocks again. Once all of the martian rocks are collected, the game is over.

Take turns being the martian or an explorer and blast-off to all sorts of fun!

ROCKET SHUTTLE FLIGHT

For this activity, you will need paper and a hula hoop, or an object that is displayed with a large opening in its middle, this will be your black hole.

Each participant will make their own rocket shuttle by folding paper into a paper airplane. The hula hoop should be hung or placed in a position where the rocket shuttle can fly through it.

Each participant will take their turn launching their rocket shuttle through the hula hoop from the designated starting point. With each successful pass through, the starting line should move farther away from the hula hoop. See how far back you can start and still fly your rocket successfully through the black hole.

To make things more challenging, blindfold the pilot, or play outside where wind becomes a factor. Turn on those afterburners and fly to the fun!



CRAFTS CORNER & MORE

Make your own UFO

Paper plates, bowls or cups will work! Paint or color and decorate with whatever you have!



Tube Rocket

You will need a paper towel tube (or 2 toilet paper tubes taped together) and colored paper. Design your rocket and decorate!





CRAFTS CORNER & MORE

JET PACK

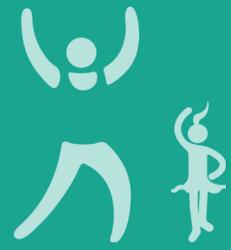
You will need empty cereal box, colored paper (foil works great too) tubes or cups, streamers, and curling ribbon. Cover box and decorate! Use string or ribbons for shoulder straps.



MOON SAND

8 cups of flour, 1 cup of baby oil (can use cooking oil), food coloring
Mix using your hands until thoroughly combined (5-10 minutes)
Store in an airtight baggie or container.





CRAFTS CORNER & MORE

DIY ROCKET SHIPS

Design your own rocket ship! All you need is your imagination and a box or two and tape! No boxes...make a fort rocket from blankets and a chair!



MOON ROCKS

Take a walk and find some flat smooth rocks and create your own galaxy! Paint, markers and your imagination are all you need!



OUTER SPACE COLORING SHEETS

Check out the next three pages for some out-of-this-world coloring sheets!

1. Rocket Launch
2. Astronaut
3. Galaxy

COLOR *by* PRODUCT

