



# FAMILY ACTIVITIES

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

## VIRTUAL CAMP WEEK 11: Under the Sea

Grab your snorkel and take a deep dive underwater! Travel under the sea with us, we hope you enjoy this week's ocean-themed activities at home with your family!

Don't forget to share what you do with us! Feel free to email George Bennett: [gbennett@newcanaanymca.org](mailto:gbennett@newcanaanymca.org)



minnows



flying fish



fish



starfish



kipper



## LET'S EXPLORE

### VIRTUAL AQUARIUM TOUR

Explore the many underwater exhibits at the Mystic Aquarium! Access their virtual tour by clicking "Start VR Field Trip"



## IMAGINATION CHALLENGE

Grab your Legos and get ready to build!

### CHALLENGE I:

Build your favorite aquatic animal, fish, whale, sea turtle, etc.

### CHALLENGE II:

Build an aquarium for your above aquatic animal!

### NATURE CREATION:

Walk outside to the great outdoors of your backyard! Search for any "fish" rocks you may find and decorate to your liking to build your ultimate aquarium!



 TRIVIA  
CORNER

**UNDERWATER TRIVIA**

1. What is the largest fish in the world?
2. What is the largest whale?
3. Do fish sleep?
4. Do dolphins sleep?
5. What is the largest ocean in the world?
6. How many appendages does an octopus have?
7. Fish breathe by using their \_\_\_\_.
8. Coral Reefs are made of \_\_\_\_.
9. What kind of fish had the lead role in the movie "Finding Nemo"?
10. Which marine animal has the nickname *sea cow*?



## FUN FITNESS CORNER

### “CLAMMING” FOR MARBLES

Supplies: kiddie pool (or designated play area), marbles (or small objects that can be picked up with your feet), and buckets or boxes (one per participant).

How to play: fill the kiddie pool with water (though water is not necessary to play) and dump marbles into it. The object of the game is for team members to wade in the pool and try to recover the marbles (acting as clams) with their toes, and place them into their bucket. Rather than trying to be the winners of each team, see who can recover the most marbles. In addition, you can also play with one person a time, where he or she tries to pick up all of the “clams” in the fastest time!

### STORMY WATERS GAME

Supplies: couch cushions, pillows, or pieces of paper (at least one per participant), and a music player with a pause button.

How to play: place the cushions on the floor scattered throughout the playing area. All of the participants will be fish swimming in the sea whenever music is played. When the music is stopped, tell the participants that a big shark is coming so they need to hide!

Each fish will hide by standing on one of the cushions. They need to be sure that none of their body parts are still in the ocean waters, otherwise the shark will get them! You can play similar to music chairs by removing a cushion each time the music stops, or play with no outs for endless fun!



## FUN FITNESS CORNER

### JUMP THE WAVES

Supplies: two ropes

How to play: lay the two ropes side-by-side on the ground. Players will start at the designated starting line and on "GO," they will run toward the ropes and attempt to jump over the waves (ropes). After each turn, you'll widen the gap between the ropes. If a participant falls into the ocean, meaning he or she lands in the gap between the ropes, they must "dry off" by lying on their back and shaking their legs out. Once they do so, they can rejoin the game. See how far apart your waves can get before you get wet!

### FISH RACE

Supplies: A box of goldfish (snack), one straw per player, and a clean table top.

How to play: Each participant will begin at the starting line with a straw and a goldfish placed in front of them on the table. On "GO," participants will use their straw and blow into it to make their fish move across the table top. The object of the game is to see who can move their fish the fastest from the starting line to the finish line at the end of the table. Don't have any goldfish snacks? No problem, just use any lightweight snack, a cotton ball, or a small ball of paper. This is a great family activity for all ages!



## CRAFTS CORNER & MORE

### FISH PUPPETS

Make your own school of fish! On any piece of paper, trace your hand and cut it out. Decorate your fish and attach to a stick or a straw. Happy Swimming!



### MOSAIC JELLYFISH

Create your jellyfish head from a paper plate or paper. Draw jellyfish legs on a piece of paper and cut out. Attach your arms and decorate with whatever you have! Scrap paper, wrapping paper, tissue paper, etc. Foil adds a bit of glitter and shine!





## CRAFTS CORNER & MORE

### TUBE OCTOPUS

Cut tube to create 8 legs and fold them up so your octopus stands. Either cover with paper or color with markers. Add eyes and cereal rings to complete!



### PERMANENT SAND CASTLE

This is a sand castle that will dry and last, making it a permanent, air-hardened sculpture. When working with this material, it feels like wet sand, but sticks together well. It dries completely within one week. We suggest doubling the recipe!

Materials needed:

- 1 cup sand (you can use beach sand or buy some from a craft store)
- 1/2 cup cornstarch
- 1 tablespoon alum (sold in the spice section at the grocery store)
- 3/4 cup water
- Shells and rocks (optional)

