



FAMILY ACTIVITIES

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

VIRTUAL CAMP WEEK 12: SUMMER FUN

Happy June! As summer approaches, check out all of the awesome games, activities, and crafts throughout this packet. We hope you and your family enjoy our summer-themed activities at home!

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





 **COOKING
CORNER**

BACKYARD FAMILY PICNIC

Warmer weather means enjoying more family meals outside! For this week's cooking corner activity, we hope to inspire you to plan a picnic with your family!

Here's what you'll need:

1. A blanket big enough for everyone in your household to sit on.
2. Pack a basket or cooler with your favorite sandwiches, fruits, snacks, beverages and more!
3. Enjoy!



**IMAGINATION
CHALLENGE**

Grab your Legos and get ready to build!

CHALLENGE I:

While some of us may not be traveling for a vacation trip this summer, we can still use our imaginations. Build your ideal vacation spot and share it with your family and friends!

CHALLENGE II:

Have you ever made a lego creation using ALL of your legos? Use your imagination to make the biggest, tallest, widest, most colorful creation yet, using all of your legos!

NATURE CREATION:

Have you noticed any dandelions sprouting in your backyard? Make a dandelion crown!





TRIVIA CORNER

SUMMERTIME TRIVIA

1. The very first modern Olympic games were held in what year?
 2. What city hosted the first Olympics?
 3. Which country has won the most gold medals in the Olympic Summer Games?
 4. What are Olympic gold medals made of?
 5. The 2020 Summer Olympics were postponed due to COVID-19, they were scheduled to take place in which city?
 6. The official motto for the 2020 Tokyo Games is _____.
 7. Besides this year, has the Summer Olympics ever been cancelled?
 8. What is the only city to host the Summer Games three times?
 9. In addition to the traditional summer competitions, (swimming, diving, volleyball, soccer, gymnastics, boxing, and cycling) can you name a NEW Summer Olympic sport?
 10. True or false: at least one of the Olympic Ring's colors appears in every national flag.
- BONUS: The Olympic Rings consist of 5 colors. Can you name all 5?
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FUN FITNESS CORNER

NOODLE FENCING

Supplies: 2 pool noodles (one per player)

How to play: Designate a playing area. Fencing matches usually take place in a small area, so not a lot of room is necessary. Establish how many points are required to win the game. Opponents will then face off against each other while controlling the pool noodle with their forefront arm. Upon "Allez," French for "go," players will engage each other, trying to touch their counterpart with their pool noodle first. Hits to head do not count and should be avoided. The first person to touch their opponent in the body/torso area gains one point. For more fun, play in a shallow pool filled with water. Be sure to play for fun and not hurt anyone! En garde!

SPONGE WATER BOMBS

Supplies: sponges, buckets of water

How to play: This is a classic play on water balloon war but without the messy cleanup of the balloons themselves. Be sure to play in an outdoor area with lots of open space. Place all of the sponges into the water buckets that are spread throughout the playing area. Once the game begins, all players will run to a water bucket, grab a sponge, and try to get the other player wet by throwing the water or sponge at them. Continue playing until the fun runs out or you have to stop for dinner—we're sure dinner will come first!





FUN FITNESS CORNER

BEAN BAG TOSS

Supplies: bean bags (or small, soft objects to throw) and a cardboard box with a hole cut out on the top

How to play: Designate a throwing line where the player will stand. Place the box with the hole facing up a distance away from the player. Toss one bean bag at a time toward the box attempting to land the bean bag inside the box. If the box bounces around when the bean bag hits it, place something inside the box to give it some weight. See how many each person can make out of 10 attempts—if you make them all, try moving the throwing line back or play while throwing with your opposite hand!

MINI OLYMPIC GAMES

How to play: Take easy Olympic events and try them at home. Some of the easiest events to try with little to no equipment are:

- Races (you can set the distance you want to run)
- Long jump or triple jump
- Shotput
- Javelin throw (you can use pool noodles, old wrapping paper tubes, or broom handles)
- High jump (use couch cushions or some sort of padding to land on)

Look at any Olympic event and see how you may be able to transform it into your home Olympics!





FUN FITNESS CORNER

WATER BALLOON PARTNER TOSS

Supplies: water balloons, an even number of players paired up, outdoor space

How to play: Each pair of participants will face each other with one water balloon between the two of them. Partners will start about 2 big steps away from each other. The person who starts with the balloon will lightly toss it to their partner. Upon catching the balloon, they will toss it back to the person who began with it. If they successfully catch the balloon, both partners will take a step back before repeating the tosses back and forth. Each time the balloon returns to the person who began with it, they will step back. The object is to get as far away from your partner as possible without breaking the balloon. Play with your whole family and see which pair is the last to stand, or play with a single partner and see how far away from each other you can get!





CRAFTS CORNER & MORE

HOME-MADE FLOAM

Ingredients:

- 2 teaspoons borax
- 1/4 cup Elmer's glue or white tacky glue
- 1/2 cup very warm water
- 1/4 cup warm water
- 1 package Styrofoam cups
- Gel food coloring
- Measuring cups, bowls, spoons

Directions:

1. Break 4 or 5 Styrofoam cups into your blender. Mix them in your blender with about 1-2 tablespoons of water until they become finely ground up, making small beads. We recommend pulsing your blender and then mixing for about 30 seconds until the Styrofoam is all broken up. The time will vary depending on your blender, but try to get the foam broken up easily. Do not over pulverize.
2. Mix 2 teaspoons with 1/2 cup of very warm water. Stir this mixture and let the borax dissolve. Set bowl aside. In another bowl, mix 1/4 cup of glue and 1/4 cup of warm water. Add food coloring.
3. Pour bowl the borax and glue mixtures into a gallon zip lock bag. Then, measure about 1 1/2 - 2 cups of the shredded Styrofoam cup and add this to your slimy mixture. You can always add more or less of the Styrofoam if the floam seems too wet or dry.
4. Now comes the fun part! This step is perfect for your kids to be your little helpers. Close the zip lock bag and squeeze the mixture around until it begins to solidify... Soon you will have floam! Let the completed mixture air out for a few minute. Add more Styrofoam if your floam seems to watery.



Design
Dazzler



CRAFTS CORNER & MORE

OLYMPIC CRAFTS

The Olympics might have been postponed until next summer, but that does not mean you cannot have your own! All you need are paper plates, paper, tubes, glue, markers, and your imagination! Here are some ideas to inspire you:

