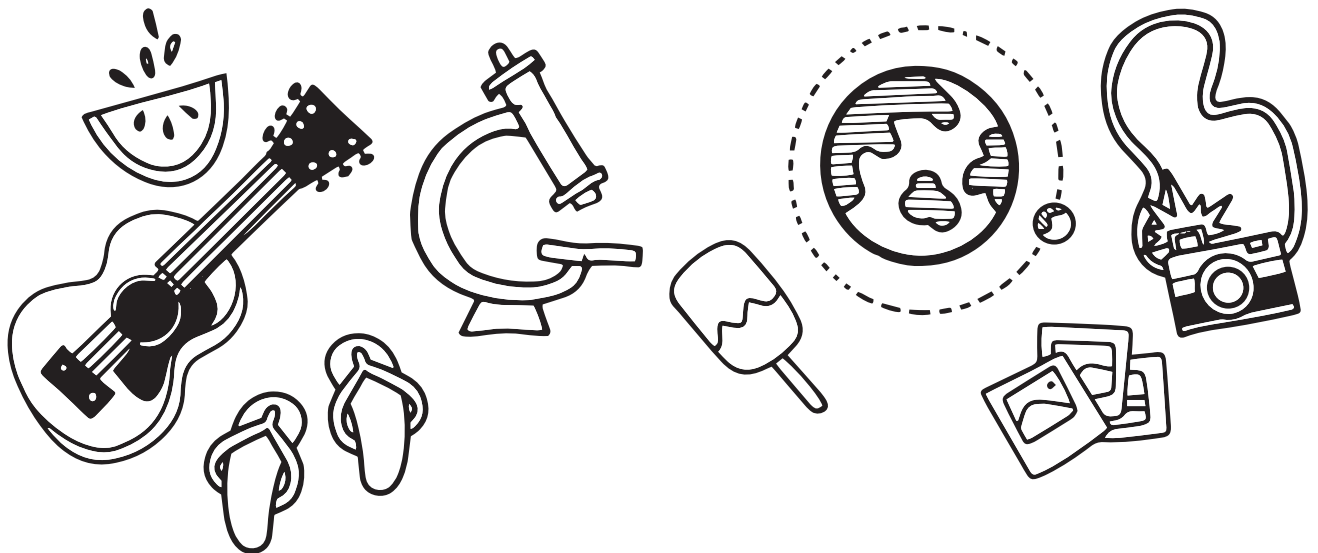


SUMMER CAMP *{at home}* PLANNER



Weekly THEMES & ACTIVITIES

01

SPACE WEEK

Learn & Explore

- o Search for stars
- o Learn about moon phases
- o Learn about the planets
- o Make a seltzer rocket
- o View the atmosphere on Google Earth
- o Learn all about a specific astronaut
- o Find out what an astronomer does

Fun & Creative

- o Make a solar system necklace
- o Paint "moon rocks"
- o Make toilet roll space rockets
- o Make moon sand
- o Make galaxy slime

Move

- o Walk and jump like an astronaut on the moon
- o Astronaut training (jump rope, obstacle course, crunches, push-ups, planking)

Watch & Listen

Movies:

- o Fly Me to the Moon (2009)
- o Mars Needs Moms (2011)
- o Space Chimps (2008)
- o Wall-E (2008)

Podcasts:

- o Tumble Science Podcast for Kids (The Road Trip to Outer Space)

02

DISNEY WEEK

Learn & Explore

- o Have a Disney song karaoke night
- o Play Disney character dress up
- o Read a Disney book
- o Do Disney themed word searches, word scrambles, I-spy activities, etc. (find free printables online)

Fun & Creative

- o Make Snow White inspired candy apples
- o Make Mickey-shaped pancakes
- o Make a Frozen inspired snowglobe
- o Make Olaf marshmallow pops

Move

- o Have a Disney song dance party
- o Do Disney inspired workouts (<https://family.disney.com/articles/disney-workouts/>)

Watch & Listen

Movies: (You can decide on your favorite)

- o Ratatouille (2007)
- o Beauty and the Beast (1991)
- o Lady and the Tramp (2019)
- o The Lion King (1994)

Podcasts:

- o Kid-Friendly Disney Fun Facts Podcast - Chris Krimitsos

03

SUPER HERO WEEK

Learn & Explore

- o Draw a super hero comic
- o Do super hero themed word searches, word scrambles, I-spy activities, etc. (find free printables online)
- o Do an ice melting experiment (What makes ice melt faster?)

Fun & Creative

- o Make super hero masks and cuffs
- o Make a super hero shield
- o Design a cape

Move

- o Do super hero jumps
- o Bust through a wall (made with cardboard boxes)
- o Sticky spider web target practice (make a spider web with sticky tape & throw newspaper balls at it)
- o Super hero action training

Watch & Listen

Movies: (You can decide on your favorite)

- o The Incredibles (2004)
- o The Lego Batman Movie (2017)
- o Captain Underpants (2017)
- o Megamind (2010)

Podcasts:

- o Just Us Weirdos

Weekly THEMES & ACTIVITIES

04

PIRATES WEEK

Learn & Explore

- o Do pirate themed word searches, word scrambles, I-spy activities, etc. (find free printables online)
- o Play pirate dress up
- o Pirate treasure hunt
- o Talk like a pirate
- o Write a message in a bottle
- o Make a sundial

Fun & Creative

- o Make a pirate spyglass
- o Make a treasure chest
- o Make pirate hook
- o Make a paper pirate ship

Move

- o Walk the plank (balance activity)
- o Hook toss (ring toss)
- o Canon ball (black water balloon) toss

Watch & Listen

Movies: (You can decide on your favorite)

- o The Pirates! Band of Misfits (2012)
- o The Pirate Fairy (Video 2014)
- o Peter Pan Live! (TV Movie 2014)
- o Muppet Treasure Island (1996)

05

UNDER THE SEA WEEK

Learn & Explore

- o Do "under the sea" themed word searches, scrambles, I-spy activities, etc. (find free printables online)
- o Learn about ocean life (different fish, dolphins, sharks, etc.)
- o Saltwater density experiment
- o Ocean zone in a bottle

Fun & Creative

- o Make ocean slime
- o Make paper plate jellyfish
- o Make handprint crabs
- o Make a fish mobile
- o Paint ocean rocks
- o Make floating sea turtles

Move

- o Do ocean yoga (jellyfish, shark, dolphin pose, etc.)
- o Walk like a crab
- o Shark bean bag toss

Watch & Listen

Movies: (You can decide on your favorite)

- o Finding Nemo (2003)
- o The Little Mermaid (1989)
- o Dolphin Tale (2011)
- o Moana (2016)

Podcasts:

- o The Journey to the Deepest Part of the Ocean with Gaelin Rosenwaks from Tumble Science Podcast for Kids

06

DINOSAUR WEEK

Learn & Explore

- o Do dinosaur themed word searches, word scrambles, I-spy activities, etc. (find free printables online)
- o Learn about different dinosaurs
- o Dig for dinosaur fossils (in a sandbox or big container with sand)

Fun & Creative

- o Make fizzy dinosaur eggs
- o Make salt clay dinosaur fossils
- o Make paper plate dinosaurs

Move

- o Do dinosaur yoga
- o Do dinosaur exercises (stomp, flap, prowl, etc.)

Watch & Listen

Movies: (You can decide on your favorite)

- o The Good Dinosaur (2015)
- o Ice Age: Dawn of the Dinosaurs (2009)
- o The Land Before Time (1988)

Podcasts:

- o Kid-Friendly Dinosaur Fun Facts Podcast

Weekly THEMES & ACTIVITIES

07

OLYMPICS WEEK

Learn & Explore

- o Learn about the history of the Olympics
- o Learn about the Olympic rings
- o Learn about the Olympic flames
- o Do Olympics themed word searches, word scrambles, I-spy activities, etc. (find free printables online)

Fun & Creative

- o Make an Olympics torch
- o Make Olympic medals
- o Make an Olympic wreath
- o Make paper plate tennis props

Move

- o Have backyard Olympics: *Some ideas:* javelin throw (throw pool noodles through hula hoops), balance beam (with cinder blocks and wooden plan), ball toss, hurdles (over pool noodles)

Watch & Listen

Movies:

- o Cool Runnings (1993)
- o D2: The Mighty Ducks (1994)
- o Eddie The Eagle (2015)
- o I am Bolt (2016)

08

STEAM WEEK

Learn & Explore

- o Learn about STEAM/STEM careers
- o Do a coding Lego maze
- o Make a cloud in a jar
- o Do STEAM themed word searches, word scrambles, I-spy activities, etc. (find free printables online)
- o Make magnetic slime
- o Make a baking soda and vinegar volcano

Fun & Creative

- o Make crystal suncatchers
- o Make color mixing spin tops
- o Make sugar crystals
- o Make straw rockets

Move

Reinforce STEAM/STEM concepts with physical activities:

- o Javelin throw (measure activity)
- o Bounce different shape balls on various surfaces
- o Jump rope (check heart rate before and after)

Watch & Listen

Movies: (You can decide on your favorite)

- o Meet the Robinsons (2007)
- o Flubber (1997)
- o Robots (2005)
- o Big Hero 6 (2014)

Podcasts:

- o Brains On!

09

HAWAIIAN WEEK

Learn & Explore

- o Do Hawaiian themed word searches, word scrambles, I-spy activities, etc. (find free printables online)
- o Learn about the Hawaiian islands
- o Make a baking soda volcano

Fun & Creative

- o Make a pinecone pineapple
- o Make a tissue paper lei
- o Make a paper flower crown
- o Make a streamer hula skirt
- o Make Hawaiian punch slime
- o Design a Hawaiian shirt
- o Have a luau

Move

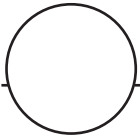
- o Learn a Hawaiian dance
- o Have a hula hoop contest
- o Do the limbo

Watch & Listen

Movies: (You can decide on your favorite)

- o Lilo & Stitch (2002)
- o Johnny Tsunami (TV Movie 1999)
- o Toy Story Toons: Hawaiian Vacation (2011)
- o The Descendants (2011)
- o Moana (2016)

Weekly THEMES & ACTIVITIES



Learn & Explore

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Fun & Creative

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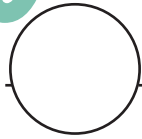
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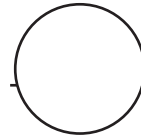
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