Aperfect camp day

www.arttherapists.org



First part of the day: Introduction

A fun way for everyone to meet each other and to get the body moving!

- Children stand in a circle(since there are not that many children).
- The first camper says their names and create a dance move.
- The next person states their name, imitates the dance move that the previous person says and creates their own dance move.

(Takes about 15-30 minutes)

Hula hoop contest

Materials: hula hoops

(Take about 15 minutes)

Purpose: Children continue to move and have fun!

Whoever hula hoops the longest, gets to go first in the next game.





Arts and Crafts: Stained glass wax paper art

- Children create beautiful designs that are framed.
- Helps children experience a fun and easy craft that gets their creative juices flowing.
- Fun and promotes a feeling of selfconfidence.



Modified Scavenger Hunt

Who doesn't LOVE a scavenger hunt? This fun game takes kids around the area and helps them use their logic to find al the "prizes" and teaches cooperation.

- 10 items are hidden
- Children are given a treasure hunt map.
- Kids work together to find the items

Lunch Break

Kids have a picnic with their bagged lunch on separate blankets. Time to relax and take a break!





Arts and Crafts: Dreamcatchers

This expressive design is easy for all kids to create and generates a perfect wall hanging for their room.

• Dreamcatchers are native American in origin and are believed to catch bad dreams.



Storytelling: An exciting way to keep your children engaged with books and writing.

- Children write a two-line story and put their folded paper in a jar.
- Children pick out their paper and then physically act out the story
- Children then guess what the story is about.

Arts and Crafts: Dotted Art

Camper will create a scene using "dotism" Using sharpies and paper, your child can create a beautiful piece that can be displayed in their room.



The end of the day

- To end the day, we wind down with a game.
- The rose is the good part of their day, the bud is what they are looking forward to and the thorn is the bad part of their day!

Rose Thorn Bud