



# Camper Activities





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## **Skills Supplies & Parent Involvement**

While campers will be sent some supplies to use for Skills, there will be other supplies that you will need to provide. Most of these supplies will be common household items, but as your campers are registering for Skills take a look at what supplies you will need. In addition, most activities will be self-led by your camper, while others will require more parent involvement. We have included the level of parent involvement required for each Skill in this packet.

## **Force Challenge**

Get ready to cheer on your Force Captains as they compete in intense games and challenges with points for the Force Feud on the line. Captains will fight for first place every day in a variety of different competitions, all while repping their Force along the way. Each challenge will test their mental and physical strength... and only the best will be able to walk away as champions.

## **Player Challenge**

Join your Force as a Player and compete in these skillful at-home challenges to contribute points for your team in the Force Feud! Each day will consist of a different challenge using supplies from your Player Challenge Box, and YOU could be the difference between your Force placing first or last in the Feud. Every Force needs the best players, and this is your chance to show what you got.



# Adventure

Campers will get to explore the outdoors and try new things. Campers will get to spend some time outside and have fun making classic camping snacks.

## At Home Supplies:

- Blanket(s)
- Chairs
- Pillows
- Scissors
- Aluminum foil
- Plastic Wrap
- Tape
- Chocolate Bars
- Graham crackers
- Marshmallows
- Pizza box (personal size)
- Timer or Stopwatch
- Writing Utensil
- SunFlower Butter or Peanut
- Butter
- Honey
- Cinnamon
- Vanilla
- Oats
- Parchment paper
- Baking sheet
- Mixing spoon

- Measuring cups
- Mixing bowl
- Spatula
- Bible
- Leaves (from outside)
- Rolling pin
- Hole Punch or stapler
- Bowls
- Food Coloring

## In Box Supplies:

- Markers
- Black Construction paper
- Gluestick
- Wood Skewer
- Scavenger Hunt Checklist
- Copy paper
- Leaf Guide Sheet
- Brown paper bag
- Binder Ring
- Balloons
- Mini Dinosaurs
- Mini Jewels
- Eye droppers

## Parent Involvement: Low

Parents will need to be aware of allergies since food is involved on some days. Parents may also want to supervise their campers while they are outside, or while using the oven.





## Creative

In Creative, campers will get to channel their inner artist as they work on fun crafts, painting, and coloring.

### At Home Supplies:

- Scissors
- Hot Glue Gun
- Hot Glue Gun Glue Sticks
- Water
- Cup
- Paper towel or napkin
- Printer paper
- White plate
- Stick from outside Pine cones
- Rocks
- Sticks

### In Box Supplies:

- Pipe cleaners
- Craft foam
- Craft sticks
- Googly eyes
- Paper napkins, plain or patterned
- Cotton thread
- Color by number sheets
- Markers
- Skittles
- Watercolor sets
- Yarn
- Feathers
- Beads
- Play-Doh

### Parent Involvement: Low

Campers may need supervision searching for objects outside, hot gluing, and finding a workspace suitable to get a little messy.





# Fitness

In Fitness, campers will have the opportunity to stay active and have fun doing it. Campers will get to try a variety of fun workouts, both inside and outside.

## At Home Supplies:

- Water bottle
- Resistance band
- Dumbbell
- Yoga Mat or Blanket
- Tape

## In Box Supplies:

- Playing cards
- Jump rope
- Sidewalk chalk

## Parent Involvement: Low

Campers will require very little parent involvement. They may need supervision while they are outside, or help setting up their obstacle course. Everything else should be self-led.





## Gourmet Chef

In Gourmet Chef, campers will be able to try different recipes. Campers will channel their inner chef and learn some tips and tricks, as well as make some delicious snacks.

### At Home Supplies:

- Light-Weight Cereal (preferably Rice Krispies) (6 cups)
- Butter 2 cups
- Marshmallows (approx 4 cups)
- Bread (2 slices) or Tortillas (2 tortillas)
- Cheese (1 slice or equivalent amount of shredded cheese)
- Brown Sugar (1/2 cup)
- Vanilla Extract (1.5 teaspoons)
- Flour (2 cups)
- Chocolate Chips (6 ounces)
- Biscuit Mix (Such as Bisquick, 2 cups)
- Milk (2/3 cup)
- Shredded Cheddar Cheese (1/2 cup)

- Garlic Powder (1/8 tablespoon)
- Peanut Butter or Alternative (SunButter, WowButter, Coconut Butter, etc) (1/2 cup)
- Honey (1/2 cup)
- Sugar (1/3 cup)
- Small Saucepan (1)V
- 13" x 9" pan
- Cooking Spray
- Butter knife to cut
- Skillet
- Spatula
- Plate
- Mixing Bowl
- Baking sheet
- Tin Foil

### In Box Supplies:

- Large Microwave Safe Bowl
- Spoon Spatula
- Popcorn

### Parent Involvement: Medium

The recipes require very little use of the stovetop or oven, but it is recommended to monitor your camper while they are in the kitchen. It is also recommended to think through any allergy concerns (nut, dairy, gluten, etc).



## Performing Arts

In Performing Arts, campers can let their light shine. Campers will be able to sing, dance, act, as well as learn some fun stage tricks.

### At Home Supplies:

- WinShape Clothes (optional)
- Household objects (camper's choice)
- Costumes (camper's choice)
- Recording Device

### In Box Supplies:

- Juggling Balls
- Deck of Cards
- WinShape Camps Songbook

### Parent Involvement: Low

Parent involvement for performing arts is very low and up to the parents' discretion. However, campers may want an audience to practice or someone to be a character in a script.







## Rec

In Rec, campers will have the opportunity to try some fun challenges. Family members can join in on the competitiveness and compete with campers too!

### At Home Supplies:

- Pots and pans (6-8)
- Books (6-8)
- Objects to elevate pots to different angles
- Socks
- Beans
- Cardboard box
- Scissors
- Towels
- Water bottles

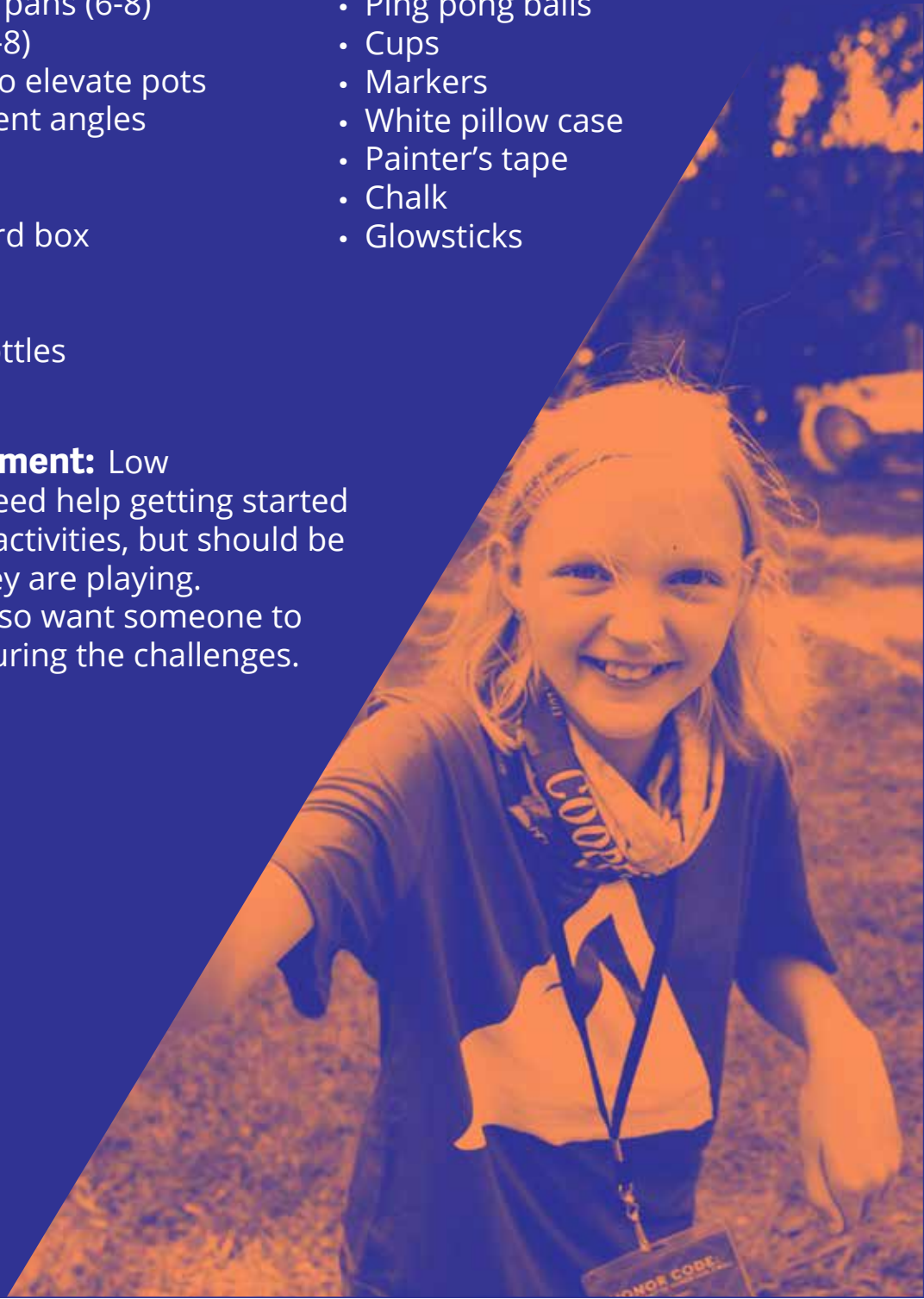
### In Box Supplies:

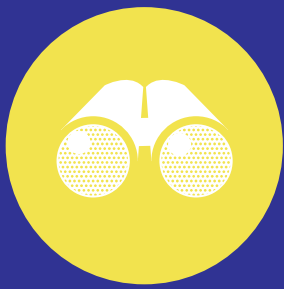
- Ping pong balls
- Cups
- Markers
- White pillow case
- Painter's tape
- Chalk
- Glowsticks

### Parent Involvement: Low

Campers may need help getting started on some of the activities, but should be self-led once they are playing.

Campers may also want someone to compete with during the challenges.





# Secret Ops

In Secret Ops, campers will channel their inner secret agent or detective. Campers will decode, solve riddles, complete obstacle courses, and more.

## At Home Supplies:

- All black clothing
- Scissors
- Hole punch
- Lemons
- Water
- Spoon
- Cutting knife
- Hand juicer (not necessary but preferred)
- Container/ bowl
- Hair Dryer or lamp
- Broom
- Dust pan
- Paper towels
- Cleaning supplies
- Dessert/Snacks
- 4-letter lock (optional)
- Plastic chain (optional)
- Basket or box (to place retrieved treasure in)
- Tape
- Objects/toys

## In Box Supplies:

- Secret Agent Generator Sheet
- Clue Decoder Sheet
- Brad clip
- White note cards
- Q-tips
- Construction paper
- Markers
- Acts of Service Checklist
- String (to act as a chain/lock)
- Empty Code card
- Riddle #1: Balloon Puzzle
- Riddle #2: Square Puzzle
- Riddle #3: 9 Puzzle
- Riddle #4: Cat Puzzle
- Clues 1-5
- Red Streamers

## Parent Involvement: Medium

Parents will need to help campers with slicing some lemons, and will play a significant role in hiding clues.



## Wacky Science

In Wacky Science, campers will channel their inner scientist. Campers will create experiments, engineer structures, and maybe get a little messy along the way.

### At Home Supplies:

- Honey
- Corn Syrup
- Dish Soap
- Water
- Vegetable Oil
- Rubbing Alcohol
- Food Coloring
- Empty clear cup or jar
- Baking Soda (1 tsp)
- Shaving Cream (1 cup)
- Eye Contact Solution (1/8 cup)
- Flour (4 cups)
- Salt (1 1/2 cup)
- Sandwich-sized Ziploc bags
- Mixing bowl

- Measuring Cups
- Lemons (2 per volcano)
- Lemon Juice
- Cup and Spoons
- Knife
- Baking Pan with edges all around or Tray
- Scissors
- Masking Tape
- Pennies

### In Box Supplies:

- Lab Apron
- Food Coloring
- White Elmer's Glue
- Popsicle Stick
- Bendy Straws

### Parent Involvement: Medium

Campers may need assistance measuring items out and cutting lemons. Keep in mind that these experiments can also get a little messy, so set your campers up where this would be appropriate. Parent involvement during each activity should still be relatively low.

