



YOUTH DEVELOPMENT SUMMER RESOURCE PACKET

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SUMMER RESOURCE

What makes summer so special?

TIME – There is so much more of it!

Plan activities and projects that make meaningful use of time rather than just extending the afterschool activities you already have.

WEATHER – It's predictably unpredictable!

Since it will be hot and steamy most days, and it will rain most afternoons, consider scheduling outside time in the morning. At other times, plan for safe and fun indoor activities to get the children moving. Make sure everyone hydrates throughout the day.

FEWER ROUTINES – Children may be staying up later and off their routines.

- ☺ Set expectations WITH the children.
- ☺ Focus on natural/logical consequences rather than punitive ones.
- ☺ PRAISE positive behaviors consistently and often.

EXPERIENCE – What makes summer so special? YOU do!

Intentionally create a summer camp that provides a **FUN** and enriching experience that sets itself apart from the regular school year.

Table of Contents

<i>RAINY DAY RECREATION.....</i>	<i>3</i>
<i>SUNNY DAY ACTIVITIES</i>	<i>6</i>
<i>INDOOR/OUTDOOR SCAVENGER HUNTS</i>	<i>8</i>
<i>SANFORD HARMONY & HARMONY GAMES APP</i>	<i>9</i>
<i>SUMMER BUCKET LIST.....</i>	<i>10</i>
<i>GRATITUDE ACTIVITIES.....</i>	<i>11</i>
<i>LITERACY.....</i>	<i>12</i>
<i>MISCELLANEOUS SUMMER FUN</i>	<i>15</i>
<i>STRUCTURE AND CLEAR LIMITS</i>	<i>16</i>

RAINY DAY RECREATION

General Guidelines for Indoor Games:

Safety First – When doing any indoor activity, whether in an open space or a space filled with items, safety is the number one priority. It is important to stress to campers that they are in a confined space, and they need to be more careful.

Set the Rules – To ensure fair and safe play, establish clear rules that everyone understands and check for their understanding.

Mark off Danger Zones – If there is an area that has sharp edges or is crowded, put up a barrier to keep campers away. Clearly identify these danger zones to avoid injury.

Keep It Simple – As you will see from the activities below, they are quite simple. The simpler you keep it, the more fun and safer the activity will be. The more complex the game is, the greater the chance for confusion, which can lead to someone getting hurt.

FITNESS BINGO: This is a sure-fire way to keep campers active even on a damp day. This game combines the fun of Bingo with creative fitness movements that campers will love.

Equipment/Materials:

- Bingo cards with exercises written and/or drawn on them (create these based on age/level)
- 1 writing instrument per camper

Directions:

1. Each player gets a different Bingo card with a pencil or crayon to mark off spaces as they are completed. The Bingo cards should have selected activities scrambled into different spaces on each one.
2. The Bingo card should have lots of fun physical activities represented. Be creative! Include jumping jacks, bear crawling, running in place, hopping on one foot, and more. Draw pictures to represent the activities to make it easier for younger campers.
3. Create strips of paper with the exercise/activities written on them to use during call out.
4. Select a camper to pick each paper out of a bowl and call out the Bingo exercises.
5. Each time an exercise is called, all campers must perform it the number of times you have determined. Once they've completed the activity, they mark that space on their bingo card.
6. The first camper to call "Bingo" when they complete a full row, column, or diagonal wins and gets to call out the exercises during the next round.

Variations: Let the campers create their own Bingo cards to play with in small groups.

B	I	N	G	O
12 Lunges	20 Air Squats	30 Second Skip in place	20 Bicycle Crunches	30 Second Quad Pulls
8 Jumping Jacks	20 Squat Jumps	30 Arm Circles	30 Second High Knees in place	15 Second Trunk Rotation
30 Bunny Hops	30 Second Plank	Free!	Mountain Climbers	30 Calf Raisers
20 V Ups	10 Burpees	30 Second Butterfly Stretch	30 Second Run in Place	30 Second Overhead Tricep Stretch
20 toe touches	15 Push ups	30 Second Shoulder Stretch	20 High Kicks	20 Sit ups

LUCK OF THE DRAW:

Equipment:

- Activity Card
- 1 deck of cards per group

Directions:

OPTION 1: Staff asks a question. The camper with the right answer gets to pick a card from the pack. All campers must do the activity assigned to that card.

OPTION 2: Make groups of 4 campers. Give each group an activity card and a deck of cards. Campers take turns pulling a card from the deck. All group members must do all the activities.

OPTION 3: Same as options 1 and 2, but allow campers to do as many reps as they can in 30 seconds

HAND JIVE: Slap thighs twice, clap twice, both hands cross in front twice (like “safe” motion from umpire), bump fists twice (right over left), then switch and bump twice again (left over right), hitch-hike over right shoulder twice, and twice over left shoulder.

Card	...do this exercise
Ace	Do Rock/Paper/Scissors with partner. Winner chooses an activity from this card. Both players do it.
2	Jog in place 20 times
3	One-foot Ski Jump: Jump on RIGHT foot 20 times from side to side
4	One-foot Ski Jump: Jump on LEFT foot 20 times from side to side
5	10 jumping jacks and 10 jumping Jills
6	Windmill: 20 alternate arm circles forward
7	Back Windmill :20 alternate arm circles backwards
8	10 push-ups with hands on chair or desk
9	10 chair crunches
10	5 times HAND JIVE while jogging in place
Jack	5 walking laps around desk while doing tummy rubs/head pats
Queen	20 seconds touch your toes
King	20 sec reach as high as you can

SUNNY DAY ACTIVITIES

These next two fun outdoor games (and many others!) can be found in the SPARK manual.

SPARK = Sports, Play and Active Recreation for Kids

*On hot Florida days, make sure children have a shady place to rest between rounds and that they drink lots of water. Whenever possible, hold activities in shaded areas.

FROG CROSSING:

Equipment:

- 4 Cones for boundaries
- 1 Hula Hoop per 1-2 players

Directions:

1. Form equal groups of 3-5 and instruct groups to line up.
2. Create a large activity area (30 x 30). If possible, choose a shaded area.
3. The first player is the “frog,” and the other players are the “tadpoles.”
4. Tadpoles will assist frogs to cross the pond (activity area) by placing each “lily pad” (Hula hoop) in front of the frog as quickly as possible. When stepping/hopping from one lily pad/hula hoop to the next, if a frog/player lands in the water instead of on the lily pad, they must start over. Both feet must land on the lily pad (inside the hula hoop) to count.
5. The bigger the hop from lily pad/hula hoop to lily pad/hula hoop, the faster the trek across the pond, though players/tadpoles can decide how closely they will place each lily pad/hula hoop in front of the one the player/frog is sitting on, waiting to hop.
6. Teams rotate “frogs” each time they reach one end of the “pond” for the return trip.
7. The first team to have all frogs successfully cross the pond, wins.



HULA HOOP TIC-TAC-TOE: Who doesn't love tic-tac-toe? This game will have campers filled with excitement over a timeless game with a modern twist.

Equipment:

- 9 hula-hoops
- 6 beanbags (3 beanbags of one color and 3 beanbags of another color)
- 2 batons
- 2 cones

Directions:

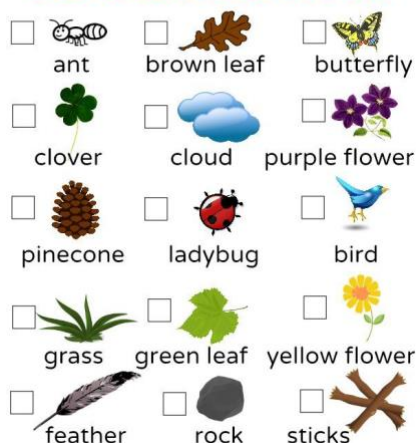
1. Line the children up in two equal lines.
2. Set 9 hula-hoops like a tic-tac-toe board five to seven yards away.
3. Have children line up in teams behind their respective cones.
4. Place the three colored beanbags and one baton in front of each line.
5. The first child in each line picks up the baton and a beanbag and runs to the tic- tac-toe board where they place the beanbag in a hoop of their choosing.
6. The child runs back to the line and hands the baton to the next child in line. That child runs out with the second beanbag and places it in a position to try and block the other team from winning. They then run back and hand the baton to the next child.
7. The third child picks up the last beanbag and places it on the board in an attempt to block the other team or get three in a row first. They then run and hand the baton to the fourth child in line if necessary.
8. Child four runs to the board, picks up one of their beanbags, and tries to place it in a different hoop on the board to block the other team or to get their team closer to winning.
9. This continues until you have a winner. It's just like regular tic-tac-toe but with hoops and beanbags.
10. Repeat for multiple games



INDOOR/OUTDOOR SCAVENGER HUNTS

Lists can be created by you or the children and can be personalized to your site. Campers can work individually or in pairs to find the items on the lists. This can be a fun competition and community building activity. Include exercises for additional movement.

BACK YARD SCAVENGER HUNT



Indoor Scavenger Hunt

Can You Find These Items in Your Home?



DANCE CONTESTS

Create fun contests that include music and dancing. You can modify traditional games the children are already familiar with. Some examples can be:

- “Hot Potato” Dance: Children pass an object around a circle until the music stops. Before they pass the object, they must come up with and perform a dance move.
- “Memory” Dance: Children line up in a circle. One child performs a dance move. Each one must repeat the previous dance moves before adding their own.
- “Hula Hoop” Dance: Using hula hoops, the children dance while keeping the hoops in motion.
- Freestyle Dance: Play different genres of music. One or two children take turns going into the center of the circle and showing their best dance moves to match the genre.

SANFORD HARMONY & HARMONY GAMES APP

Providing children with creative ways to promote their social emotional wellness during the summer months can be both fun and rewarding.

Sanford Harmony offers free SEL curriculum resources. You can register for an account to gain access to lessons and activities. There is also an app (Harmony Games) that can be downloaded on mobile devices for easy access to conversation cards for pairs and groups.

The screenshot shows the Sanford Harmony website dashboard. At the top, there is a navigation bar with links: [harmony](#) | NATIONAL UNIVERSITY | [Dashboard](#) | [Getting Started](#) | [Curriculum](#) | [Remote Learning](#) | [Advanced Education](#) | [Training & More](#) | [About Us](#) | [Help](#) | [Register for Free or Sign In](#).

The main content area is divided into several sections:

- SEL Units:** A dropdown menu is set to "Pre-K & K". Below it, four units are listed:
 - Unit 1 Diversity & Inclusion:** This unit promotes a community environment in the classroom as children learn to recognize and appreciate one another's similarities and differences.
 - Unit 2 Empathy & Critical Thinking:** Children develop empathy (the ability to identify with and understand another person's emotions), reduce stereotyped thinking, and learn critical thinking skills.
 - Unit 3 Communication:** Healthy and unhealthy communication patterns are explored, and children practice effective ways of engaging with others.
 - Unit 4 Problem Solving:** Children learn constructive approaches to resolving conflict, focusing on conflict-resolution steps that facilitate healthy relationship patterns.
- Choose a grade to see lessons that support Casel or Common Core:** A dropdown menu.
- News & Updates:** A section featuring a cartoon illustration of a group of diverse children and a green robot. It includes a link to "Get a Sneak Peek of Harmony Third Edition!" and a link to "Understanding the Research and Teacher Experience Behind the Refresh of Harmony Third Edition by Nick Yoder". A "View All" button is at the bottom.
- Try this today!:** A red button with a green robot icon.
- OFFER A QUICK CONNECTION:** A section with the text "What is something a family member does that makes you sad?"
- Everyday Practices:** A list of practices with icons:
 - INTRODUCTION
 - HARMONY GOALS
 - MEET UP
 - BUDDY UP
 - QUICK CONNECTION CARDS



CONVERSATIONS



COLLABORATIONS



COMMUNITY BUILDERS



SANFORD
HARMONY™

SUMMER BUCKET LIST

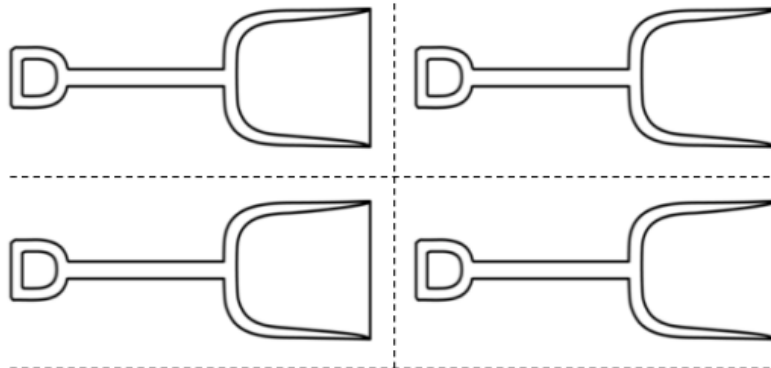
Creating a **SUMMER BUCKET LIST** allows children to make manageable goals for themselves to complete during summer camp. They can do this with a physical, digital, or paper bucket.



Summer Bucket List

Instructions:

1. Color, cut & glue your bucket template to a construction paper or cardboard.
2. After that, make sure to cut the dotted line in the bucket's opening so that you can insert the spades later.
3. Either write or draw on the spades to list all the things you want to do this Summer.
4. Finally, cut the spades and insert them inside the bucket through the opening.
5. Enjoy your Summer!

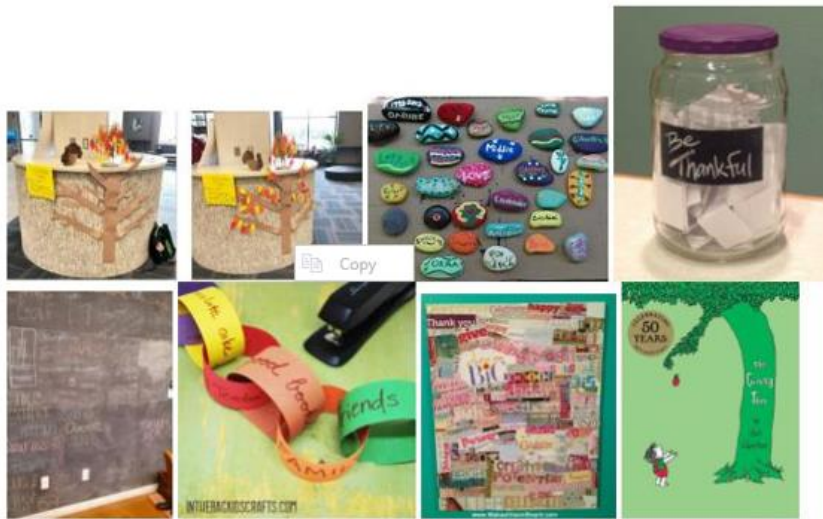


GRATITUDE ACTIVITIES

To create a habit of gratitude within our children, we should model it ourselves. Teaching children about gratitude is important. Help children understand that gratitude is more than just saying “thank you.” Gratitude is about focusing on what is good in our lives and appreciating all the people and things we already have.

You can find [many projects and ideas online](#); here are a few to get you started! In each, you are providing children with the opportunity to reflect on what in their lives makes them feel gratitude and to express that gratitude in creative and meaningful ways.

- Gratitude Journal and Drawings – get started with [these prompts](#)
- Gratitude Jars – This can be done with a physical or [digital/paper jar](#)
- Gratitude [Vision Boards](#) – Children can creatively express what gratitude means to them.
- Let the children choose their preferred design to express their gratitude.
 - Gratitude Chalkboard
 - Gratitude Trees
 - Gratitude Paper Chain
- Thank You notes to a friend, family Member, or teacher – with words or images!
- Gratitude [Walks](#) - Print the template and then get your campers walking and feeling grateful!

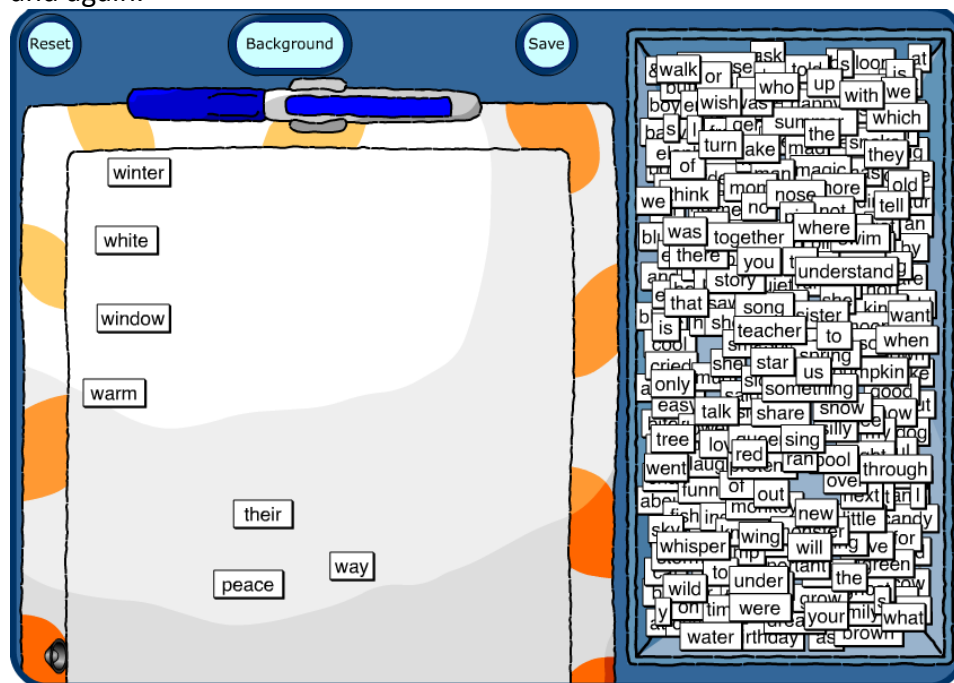


LITERACY

*At its simplest, literacy is the way we interact and communicate with the world around us. Yes, it includes reading and writing, but it also includes speaking and creating. - [NCTE](#)

This summer, focus on ALL the ways children express themselves!

- **Chapter and picture books** - provide opportunities for children to browse at the library and try exploring different genres than they do during the school year.
- **Novel-based movies** – Children can compare how the author and filmmaker each established character, plot, and setting.
- **Poetry Projects**
 - Introduce children to [magnetic poetry](#) where they can create new poems again and again.



- Have children create and share their own “acrostic” poem.
 - They can write about summer or even about themselves. They can use different words to create an “All About Me Poetry Book” - words can include their role in their family (“daughter,” “brother,” “niece,” “youngest”), their favorite foods and hobbies, etc.



○ Interviews

- Children can interview an older family member or neighbor.
- Have them start by reading the [questions found on this website](#), using those they like and modifying others.
- They might film the interview and practice their digital literacy skills, too.



○ Projects – ex. create a cookbook.

- [Culture and Cooking - Children's books about cooking](#)
- Children can read books about cooking and culture.

- Children can read/review other cookbooks to see what they like and do not like about each one.
- The group can create a cookbook collecting recipes from all members of the camp.
- Roles can be assigned based on each child's interests and strengths. Writers, photographers, and artists will all be needed to create the final product.



MISCELLANEOUS SUMMER FUN

Field Trips – Children tend to love field trip days! It is not always feasible from a cost or planning standpoint to take them on as many physical field trips as they may like. Instead, supplement with some [Virtual Field Trips](#) and give the campers in your program a chance to visit places far from home! [More virtual field trips](#) can be discovered here.



40+ **Fun** Virtual Field Trips for Kids



Electives/Vendors - Instead of transporting the children somewhere for a special experience, consider bringing a vendor to them.

STRUCTURE AND CLEAR LIMITS

- Project RISE can provide a small group coaching session on how to establish and maintain clear limits for the children in your program. Having structure and clear limits will create a safe environment where children can engage throughout summer camp.
 - When transitioning between electives and activities
 - On field trips
 - During activities and lessons
 - During morning meetings, snack times, and lunch
 - During arrival and dismissal



Have an amazing Summer Camp Season!