



Worcester County
Recreation & Parks
~Virtual~

Summer
in
Camp
2020

Camper Name: _____

Welcome Campers

Hi Campers!!! Welcome to Summer Camp at Home! We are so excited to go on this NEW adventure with you! We can't wait to see you in our virtual camp sessions! We will have so much fun, doing activities, learning new skills, and re-connecting with all of our Worcester camp friends. This packet is filled with fun camp activities that you can do on your own time or during live sessions. Some of our activities will take place over zoom calls, instructions on how to use zoom are included in the packet.

Remember, if you have any questions, please contact our Virtual Camp Director Allen Swiger: aswiger@co.worcester.md.us

Feel free to follow us on our social media pages and tag us in photos so we can see all of your amazing creations at home!

Facebook: <https://www.facebook.com/WorCoRecParks/>

Twitter: <https://twitter.com/WorCoRecParks>

Instagram: <https://www.instagram.com/worcesterrecandparks/>



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Zoom Instructions for Campers and Caregivers

- Please be sure to log into the zoom meeting 5-7 minutes before each session
- Pre-registration required at worcesterrecandparks.org under the "register" tab for the 3 zoom events, this is where you will get the zoom link to be able to join
- Zoom meetings limited to 20 spots

Before you ZOOM

1. You will need your computer, Chromebook, tablet, or smartphone.
2. You will receive a notification from Worcester Summer Camp with a 9-digit meeting ID that you can use to join virtual camp or we will email you a link to click on to join the ZOOM session

To Join a ZOOM

1. Join the meeting by clicking on a ZOOM link provided by Worcester Summer Camp. (join.zoom.us).
2. Follow the prompts to download and run ZOOM.
3. Enter your meeting ID if you are prompted to do so.
4. Click to join the audio conference.
5. You will enter a wait room, please wait until the Camp Director is ready to let you in.
6. When you are in the meeting, click on the start video button to turn on the camera on your device.
7. Everyone will be muted upon entering. During the Zoom session, please mute yourself when you are not speaking, unless you are asked otherwise.

ZOOM Controls

Using the icons along the bottom of the screen you can:

- Mute/Unmute your microphone - your counselor may ask you to mute your microphone during parts of the session to limit background noises.
- You can un-mute your device to ask your counselor a question.
- Turn on/off your camera - turning your camera on allows your counselor and other campers to see you and know you are following along with them.
- View participant list - this opens a list of all the students logged into the classroom.
- Raise your hand.' If you click to raise your hand, it will notify your counselor so they can talk to you.
- Share screen - this allows your counselor to share their computer screen with you.
- Chat - this opens a chat window where the counselor can see any questions you may have and respond to you.
- Break Out Rooms: If needed, you will be invited to join a break out room. Please select join room when the Camp Director announces that everyone will be going into groups.

If you have any questions, please contact please contact our Virtual Camp Director

Allen Swiger: aswiger@co.worcester.md.us

R.E.S.P.E.C.T at Summer Camp

Respect for self and others

- Have sensitivity for the feelings of others. Do not do anything to others that you would not want done to you.
- Have self-respect- do not endanger your own life
- Treat your body well...it's the only body you will get. This includes no use of drugs or alcohol or sexual activity at camp.
- Part of self-respect is integrity – act on your convictions and stand up for your beliefs if you see someone doing something that you feel is wrong, do not participate.
- Another aspect of self-respect is honesty – tell the truth even when it's not easy.

Engage in positive decision-making

- Make choices that will positively affect your future (even if your future means this afternoon).
- Make choices that will positively affect the lives of others.
- Think about what you are about to do before doing it.
- Do not let others make negative decisions for you. If someone's doing something you don't agree with, you do not have to participate.
- Think about whether an action will lead you towards your goals or prevent you from reaching your goals.

Support each other at camp

- No name calling or put-downs.
- Absolutely no violence.
- Camp is a place for making friends. Try to talk to one new person each day.
- If you see someone who looks down or who is not participating, encourage them to join in the fun. Remember you can't force someone to join in, knowing that one person wants them to join in may make the difference for that person.
- If someone needs help or you are concerned about someone for any reason, please notify an adult.
- Be an ally. If someone is being picked on, let them know you saw what happened and that you don't think it was right. Tell an adult if it continues.

Peaceful conflict resolution

- Conflicts should not be resolved with violence.
- It is okay to stand up for yourself if someone says or does something offensive to you, but you must remember to stay calm and treat the other person with respect. Use statements that take the following format: I feel _____ when you _____. Please _____.
- Try to prevent conflict. Identify your triggers (those things that cause you to get angry) and try to avoid them. For example, if there is someone who tends to bother you, try discretely not to spend time with them when possible.
- If you feel yourself getting angry, walk away, take some deep breaths, count slowly to ten, visualize something you like doing or someplace you like going and focus on that rather than the conflict.
- Notify an adult if you see a conflict.

Experience something new

- Camp is about having new experiences. Take a risk and try something you have never tried.
- Talk to someone new each day. Don't be afraid to ask for help.
- Encourage other campers to try something new without forcing them.
- Give yourself a pat on the back if you try something new. Overcoming fears is one of life's greatest challenges and one of its greatest rewards.

Care for your environment

- Treat your environment well. Do not litter on the campground.
- Keep your personal space clean.
- Treat the supplies on the campsite with respect. Treat them as though they were your possessions.
- Treat the buildings and the grounds with respect. We are fortunate to have this space.
- Treat the animals at camp (including other people and yourself) with respect.

Tolerance for others despite differences

- Not everyone will look, talk or act like you. They deserve your respect anyway.
- Do not put anyone down based on their culture, ethnicity, or religion.
- Think of how boring the world would be if we were exactly the same. Be yourself.
- If you do not understand something about someone else's culture, ethnicity, or religion, ask them about it.

Tie Dye Project



Materials:

1. T-shirt
2. Bucket with water
3. Rubber bands
4. Zip loc bag
5. Table or floor cover
6. Gloves
7. Tie dye bottles

Directions:

1. Cover table to avoid stains.
2. Dip the t-shirt in the bucket of water until it is completely soaked.
3. Twist T-shirt to rinse extra water. You don't want it dripping. Wetting the shirt before adding dye helps the color spread better.
4. Lay T-shirt open flat on the covered surface (table or ground)
5. Start by folding shirt like an accordion or paper fan. Starting by one sleeve and ending with the other one.
6. You should have the t-shirt in layers now and in one straight line
7. Grad a rubber band and twist it double around your fingers to wrap it around the t-shirt (if rubber band is loose, wrap around it one more time.)
8. Repeat with the nest rubber bands to create sections for color. It is up to you to decide how many sections you want your shirt to have. (If you use 2 rubber bands you will have 3 sections)
9. Put your gloves on and be very careful with the tie dye bottles because they will stain Tie dye bottles:

Tie Dye Bottles:

1. Add warm water to dye bottle and cover tightly to shake.
2. Shake bottle gently to make sure you do not stain things. Mix color with water until the powder is completely dissolved.
3. Put your gloves on and be very careful with the tie dye bottles because they will stain the floor, your shoes, your skin, your clothes.
4. Place tip of the dye bottle into the section you choose for that color. Pour the dye slowly making sure that whole section is covered by the color of your choice. You can check if it is completely covered by looking in between the folds of each section. If you see white, add color.
5. Move on to the next section with a different color. The pattern is up to you and your imagination.
6. When you have finished pouring your colors, wrap the t-shirt with a plastic bag and place it where you can leave it to sit for 1 day. It is best to leave it sitting so the colors can soak into the shirt and be brighter. Make sure you set it down flat so the colors don't touch in the plastic bag because it can stain other parts of your shirt.
7. You want to make the shape of an O with the shirt to avoid contact.
8. TO RINSE: remove rubber bands and rinse with cold water until the water is clear. Then wash with dark colors. Remember to wipe sink after rinsing your shirt. If the sink gets stained don't worry it is not permanent.

Make Your Own Dreamcatcher

The dreamcatcher is a protective talisman that originated from the Native American cultures. It is believed to protect people from nightmares and bad dreams. It is usually hung above the bed and it acts like a spider web. It is said that the bad dreams are caught by the web in the center and good dreams pass down through the feathers. Enjoy crafting your own Dreamcatcher!

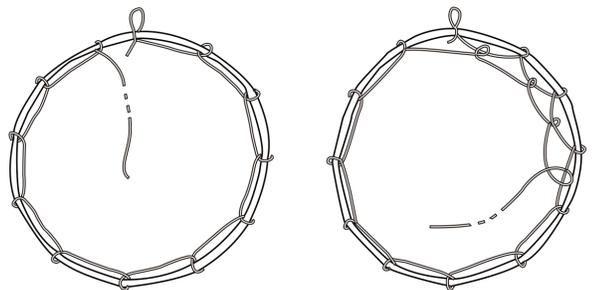
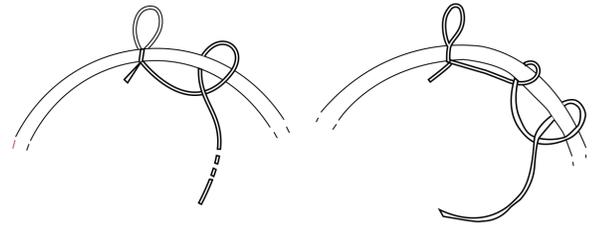
Tip: Take your time!

Materials:

Metal ring / String / Beads / Feathers / Glue

Directions:

- Tie the end of the long piece of string to the ring. (Make sure it is a tight knot so it won't move.)
- Start to wrap the string around the ring leaving a gap in between loops.
- Continue to wrap string all the way back to the start.
- Pass the string through the gaps as they come and continue looping until you reach the center.
- Finish the web by ending the last loop at the bottom of the ring and tying a knot.
- Fold in half and tie the shorter pieces of string to the bottom of the ring. One at a time. Like the Dreamcatcher picture above.
- Add 3 beads to the end of one of the pairs and select a feather. Tie end of the string to the shaft of the feather.
- Add glue inside the bead and slide feather shaft and knot to glue it all together.
- Repeat the steps for the next 5 feathers. Tie the feathers tightly and allow for the glue to dry.
- Use the last string to tie a loop at the top of the ring to create the hanger. You are done!



Gardening Project

Materials:

- Pot
- Soil disk
- Herb seed packet
- Plant label

You will need:

- Water
- Paper Towel or Napkin
- Pencil
- Marker



Instructions:

1. Place your Soil Disk in your individual pot.
2. Fill the pot with water until it covers the soil disk. If you use warm water the disk will absorb the water faster.
3. Use a pencil to break open the surface of the soil disk and form small holes for the seeds. About $\frac{1}{4}$ inches is deep enough.
4. Drop two seeds into each holes.
5. Place the small napkin or half of a paper towel to cover the pot to keep the seeds warm and retain moisture while they get ready to sprout.
6. Your seeds will need heat and light sources in order to grow, so place your pot somewhere where it will get direct sunlight for a period of time each day. Some areas you might want to place your pot can be, near a window, on your porch, in your backyard, etc.
7. When your new seedlings begin to sprout and reach a height between 2 and 3 inches, you can remove the cover.
8. Make sure to frequently check the soil every few days and water as needed to keep them moist.
9. With your marker you can write the name of your plant so you know what you are growing in your pot.
10. Watch your plant grow day after day.

Plastic Bottle Bird Feeder

Materials:

- Plastic water bottle with cap
- Thumbtack
- Scissors
- 2 Pencils
- Twine or String
- Birdseed



This project will be held July 16th over zoom, see page 3 for zoom instructions

Directions:

1. Prep your bottle by removing any labels and washing the bottle with soap and water, make sure to get any sticky parts off the outside of the bottle and let and the bottle dry before you continue.
2. Use a thumbtack to poke 2 holes near the base of the bottle. Make sure the holes are opposite of each other and about 1 inch from the bottom. (Using a thumbtack to pierce the bottle is safer than using a knife)
3. Widen the holes with a pair of scissors. Place the tip of the scissors into each hole and twist them to widen the holes large enough to stick your pencil through it. Make sure the holes are not too wide or else the pencils will slip out of place.
4. Create a perch for the birds by pushing your pencil through the 2 holes you made. Make sure both sides of the perch are equal so the bird feeder will be balanced.
5. Create a 2nd perch 2-3 inches higher than your bottom perch and repeat steps 2-4. Remember to make this perch at a different angle than your first one so the birds have room to share!
6. Put 3-4 draining holes in the bottom of your bird feeder by safely piercing the bottom with your thumbtack. After sticking the thumbtack in, wiggle it around so that the hole is larger than it if you just pushed it in and removed it. Avoid making the drain holes too big or the birdseed will fall through the holes.
7. Cut out feeding holes for birds to access the feed. About 1 to 2 inches above each perch, use your scissors to cut out a small $\frac{1}{2}$ to 1-inch wide hole. Depending on the bottle size and the size of the birdseed, you may be able to make these holes a little larger. It's okay if the circles aren't perfect. Just make them big enough for a bird's beak and enough to keep the birdseed in.
8. Create 2 holes at the neck of the bottle. Place the holes opposite of each other using a thumbtack and use your scissors to widen the holes large enough for the twine to pass through them.
9. Make the hanger by putting your twine or string through the tops holes and then tie the string in a knot.
10. Fill the bottle 3/4 of the way full and hang your bird feeder anywhere in your yard. Congratulate yourself on repurposing and reusing! Enjoy your bird watching!



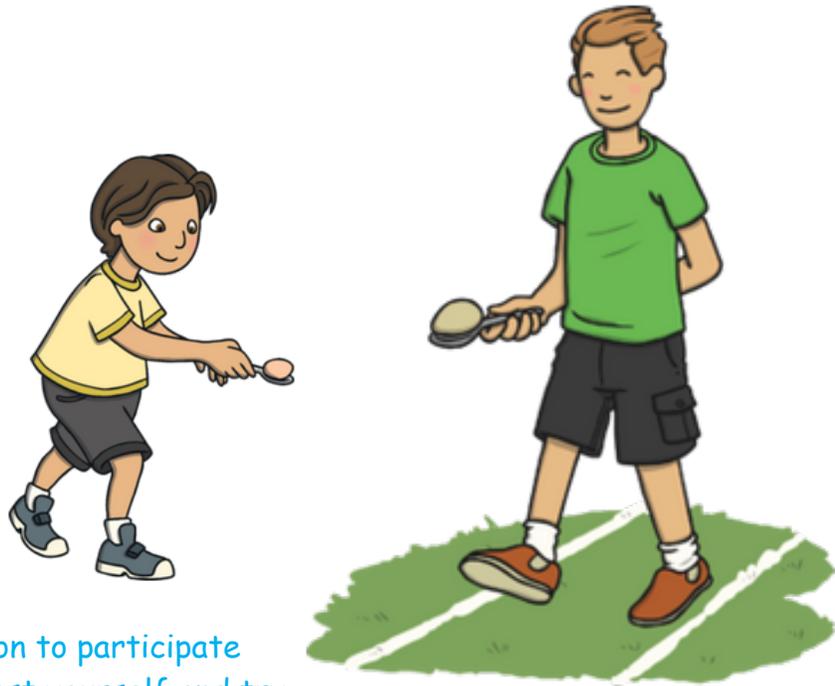
Egg and Spoon Race

Materials:

- Metal Spoon (one per player)
- Eggs (real or plastic, one per player)
- Timer
- Tape Measure

Reminders:

- If you do not have more than one person to participate with you don't worry, you can play against yourself and try to beat your time!
- Use a raw egg if you don't mind making a mess if dropped, in this version the goal is to keep the egg from breaking or cracking
- If 20 feet is too close, move the turn around spot back farther!



Directions:

1. Create a starting line or starting place outside where you will begin your egg and spoon race.
2. With your tape measure, measure 20 feet away from your starting line and this will become your turn around place.
3. From the starting place, you will place your egg on the spoon and hold it out in front of you. When the timer starts you will hold your egg in the spoon and circle around the turn around point and end up back at the starting line, remember you're trying not to drop your egg. If the egg is dropped you must pick it up and go back to the start, remember to keep your timer going even if you drop your egg.
4. If you're playing with more than one person, see who wins the race and keep playing! If you're playing by yourself, keep doing this race until you have beaten your fastest time and have successfully carried your egg on the spoon without dropping it!

DIY SLIME PLAY DOH

Ingredients:

- 2 Cups of Cornstarch
- 1 Cup of Conditioner
- Food Coloring (Optional)

Materials:

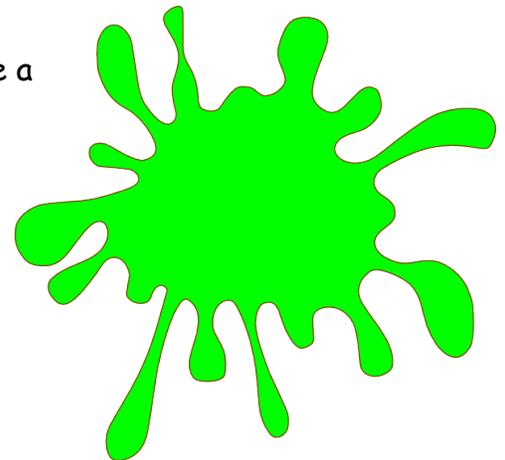
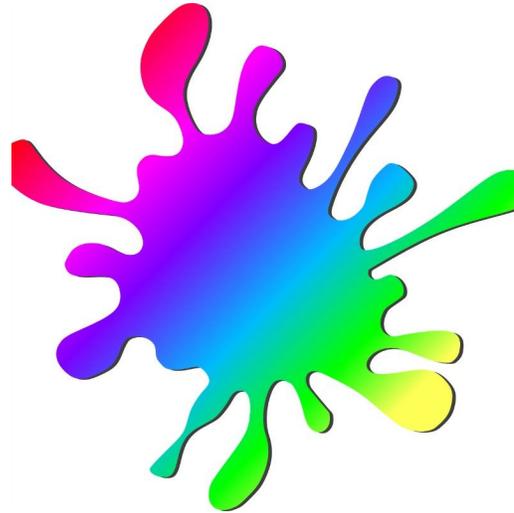
- Large Bowl for Mixing
- Measuring Cup

Before You Start:

- You'll need a flat surface for this activity. Make sure you cover the surface with a plastic cover or you can even use newspaper (Ask parent or guardian to help with set up).

Directions:

1. Place your mixing bowl onto your designated flat surface.
2. Now, you're going to take your measuring cup and measure out 2 cups of cornstarch pour into the mixing bowl. Repeat this step for measuring 1 cup of conditioner and add it to the bowl of cornstarch.
3. Start to knead with your hands, slowly adding drops of conditioner until it forms a dough. It will take about 2-4 minutes to make the dough come together.
4. (Optional) Separate and add drops of food coloring to make a variety of colors to play with.



DIY Stress Balls

What You'll Need:

1. Three balloons
2. Rice or flour
3. Funnel
4. Scissors



Directions:

1. Stretch out your balloon. (Pro tip: Simply blow it up for some extra stretch.)
2. Choose your filling: rice or flour.
3. Stick a funnel into the neck of the balloon.
4. Slowly fill the balloon. Pour slowly to avoid clogging the neck of the balloon! If it does clog, use a pen or pencil to clear the opening.
5. Remove the funnel from the balloon and let out as much air as you can. (Pro tip: To release the air, pinch near the neck and separate your finger and thumb slightly. Too wide an opening can blow flour everywhere.)
6. Tie the neck of the balloon closed tightly.
7. Snip off the excess rubber.
8. Grab your second balloon and snip off the end.
9. Grab your last balloon, and snip the end, leaving enough to tie.
10. Tie the end, and voila! You've made yourself a squishy stress ball.

Start Your Own Restaurant

Food is amazing and it's even better when you make it yourself! Show your appreciation for your family by treating them to amazing snacks that you can make on your own. First, follow these instructions to set up your own restaurant in your kitchen and host your family at the table! We will start making the food after your restaurant is set up!



What You'll Need:

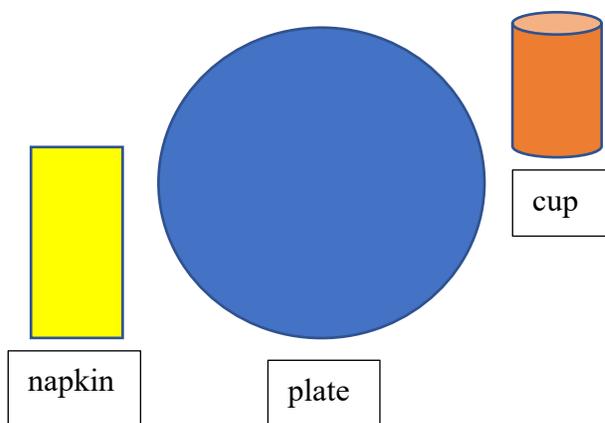
- Kitchen Table/Chairs
- 1 plate per family member
- 1 cup per family member
- 1 napkin per family member



Directions:

1. For each member of your family, place a plate in front of their seat at the table so you will be able to serve them your delicious food once it is ready!
2. Place a cup to the right of each family members plate and fill the cup with water or a drink that you have at home!
3. To the left of each family members plate, fold a napkin in half and place it next to their plate so they can easily wash off their hands in they need to!

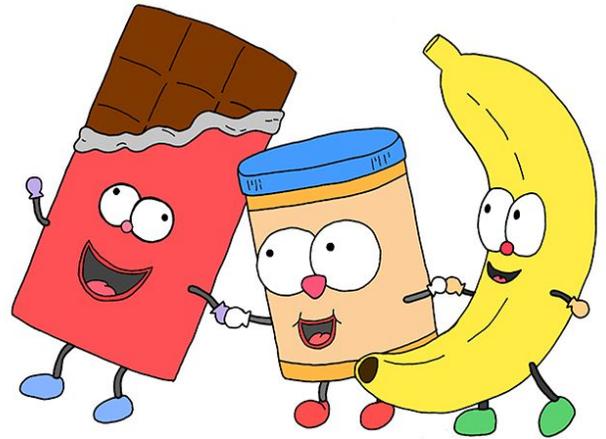
By the end of these steps each family member should have a place at the table that looks like this...



Time to COOK!

Ingredients for Chocolate Chip Peanut Butter & Banana Sandwiches:

- 2 slices of bread per family member
- 1 banana per family member
- 1 bag of chocolate chips
- 1 jar of peanut butter (chunky or creamy)
- 2 plastic knives
- Plate for putting food on



Ingredients for Ants on a Log:

- Celery stalks
- 1 jar of peanut butter (chunky or creamy)
- Package of raisins
- 1 plastic knife
- Plate for placing food on

Directions for Chocolate Chip Peanut Butter & Banana Sandwiches:

1. Using your plastic knife, cut a banana into thin slices, make sure you cut enough to place on each person's slices of bread, once this is complete, set the banana slices to the side.
2. Using your plastic knife, scoop your peanut butter on to the slices of bread and spread the peanut butter until it covers each slice of bread.
3. After your peanut butter is covering your bread, evenly place chocolate chips on only ONE side of the bread.
4. Once this step is done, evenly spread the banana slices on top of the chocolate chips and place the 2nd piece of bread on top, making a sandwich, once this is complete, you're ready to serve your guests in your home restaurant!

Directions for Ants on a Log:

1. Start with your celery, wash the stalks before you start and then use your plastic knife to cut 4inch pieces of celery, cut 3-4 pieces per family member.
2. Take your plastic knife and use it to spread peanut butter inside of your celery stalks
3. Evenly place raisins on top of the peanut butter celery and then serve to your family members!

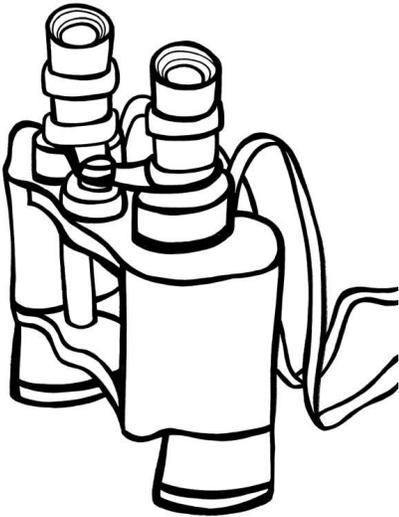
Remember, after each item you make you will serve to your family members on the plates that you already set up at the kitchen table before you started cooking! Enjoy your delicious snacks!

Neighborhood Scavenger Hunt

(The only rule is you can't use your own house)

Mark with a check to keep track.

Find The following:



- A house with no cars in the driveway
 - A bicycle
 - A porch with 2 chairs
 - A license plate that starts with "A"
 - An outside light turned on
 - An open garage door
 - A basketball net
 - A "For Sale" or "Sold" sign
 - A black garage door
 - A wreath on a front door
 - A blue car
-
- A plant in a window
 - A recycling bin
 - Someone out for a walk
 - A camper in a driveway
 - A dog
 - An electricity box
 - A license plate that spells a word
 - A house with a "9" in the number
 - A bird
 - A fire hydrant
 - A house with a black railing



Flashlight FUN!

Flashlight games are great nighttime activity that are fun for the whole family! Grab your flashlights, get set, and go try these fun flashlight games that can be played inside or out.

All you need is 1 flashlight per player!

Flashlight Tag

Flashlight tag is one of the oldest, best known and loved flashlight games. Think tag and hide-and-seek in the dark. Flashlight tag's rules vary, but the basic premise is one person is "it" and tries to spot his or her friends hiding in the dark by using the flashlight. Once that person who is "it" flashes their flashlight on someone else, the next person becomes "it" and tries to find and tag the other players!

Flashlight Limbo

How low can you go with this flashlight game? Instead of limbo with a pole, play limbo with a flashlight. Lower the flashlight after each round, just like a limbo pole. If your body breaks the beam of the flashlight as you pass underneath, you're out.

Flashlight Dance Party

For even more flashlight fun after dark, throw a dance party at home! Parents know that sometimes the best kid-energy burner is to simply dance it off. Grab the flashlights and let the kids make their disco ball as they have their dance party. Crank up the tunes and watch the lights shine all around the room. This game is guaranteed to bring lots of giggles and exhaustion to your evening.

Remember to be safe and always check your surroundings when you're playing outside, especially in the dark!



Random Acts of Kindness Bingo

B	I	N	G	O
Help Do Dishes	Organize Desk Drawer	Take Out Trash and Recycling	Make Your Bed	Clean Out Fridge
Sweep the Front Porch	Pull Weeds	Clear the Kitchen Table	Feed Your Pet	Organize Kitchen
Windex Glass Surfaces	Sort Toys	Free Space	Vacuum	Sweep the Kitchen
Help Do Laundry	Organize Sock Drawer	Dust the Living Room	Fold Your Clothes	Help Younger Sibling
Clean Under Couch	Wipe Bathroom Counters	Organize a Cabinet	Tidy Up Your Room	Organize Bookshelf

COOL TO BE
KIND 

Litter Clean Up Scavenger Hunt

Help keep the Earth and your neighborhood clean with this fun litter clean up scavenger hunt! Remember to check off each item when you find it! Once you've picked up a bunch of litter, go on a hike/walk and just enjoy the beautiful area that you just clean up! The animals, plants, and other hikers will thank you! Make sure you wash your hands afterwards!

Before you start, you'll need:

- Trash Bags
- Gloves (or something to use to pick up trash)
- Comfy Shoes
- Pen/Pencil
- Hand Sanitizer
- Face Mask

Try to pick up the following!

- ◇ Soda Cans
- ◇ Water Bottles
- ◇ Candy Wrappers
- ◇ Bottle Cap/Lids
- ◇ Paper
- ◇ Plastic Utensils



- ◇ Straws
- ◇ Wrappers
- ◇ Plastic Bags
- ◇ Tissue Paper
- ◇ Toys
- ◇ Foil
- ◇ Styrofoam

Appreciation Letter

Fill in the blanks below and let someone special know that you appreciate everything they do for you! This can be a parent, grandparent, guardian, sibling, teacher, aunt/uncle, the choice is yours! When you're done filling it out, tear off this page and give them your letter!

Dear _____,

You are the best _____ in the world! I don't

know what I would do without you! Thank you so much for

everything you do for me like _____

and _____.

I wanted to let you know that I appreciate everything

you do and I am so grateful to have you in my life!

Love,

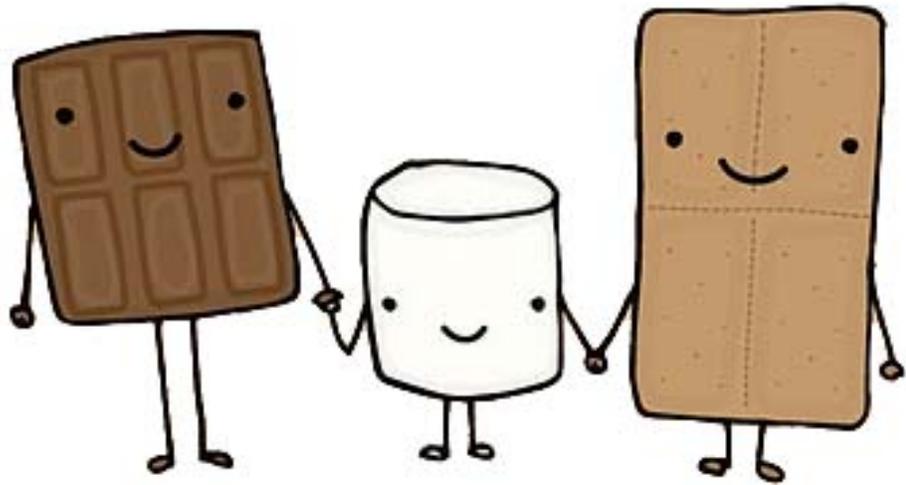


Smores Celebration!

One of the most popular snacks from camp is a S'more!
A delicious graham cracker sandwich with melted chocolate and
marshmallow in between!

Ingredients:

- Graham crackers
- Marshmallows
- Chocolate



Step 1. Put half a graham cracker on a small plate

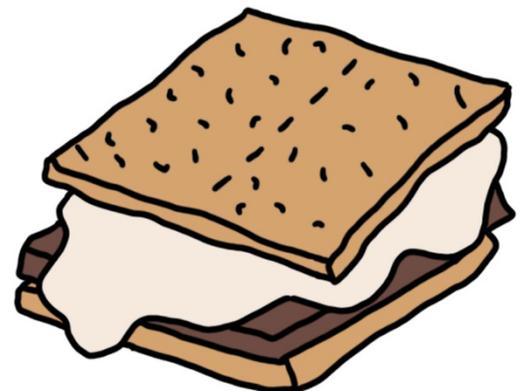
Step 2. Place the chocolate on top

Step 3. Place the marshmallow on top of chocolate

Step 4. Place the other half of graham cracker on
top of the chocolate

Step 5. Microwave for 30 seconds

Step 6. Enjoy!



CAMP FIRE



Campers and your entire household are invited to Worcester County Recreation and Parks first ever
VIRTUAL CAMPFIRE.

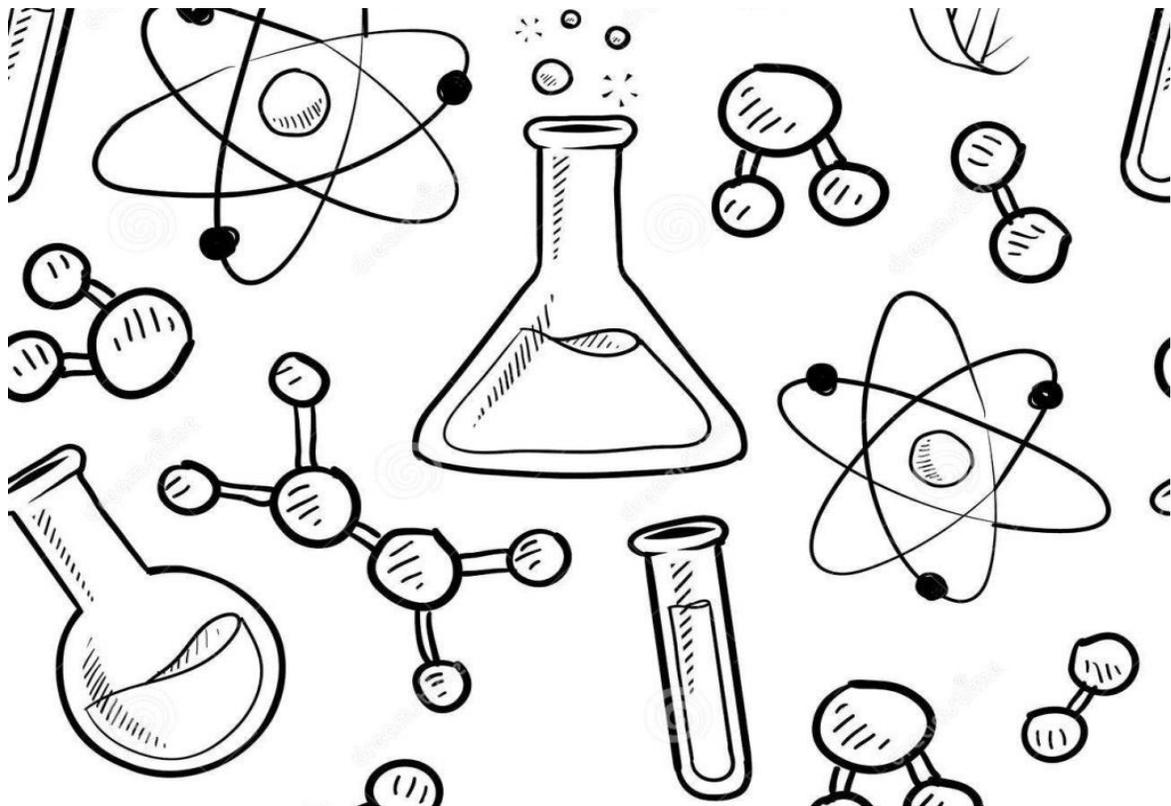
Come join us as we celebrate the end of the virtual camp and share our favorite parts of the summer!

Date: August 27th

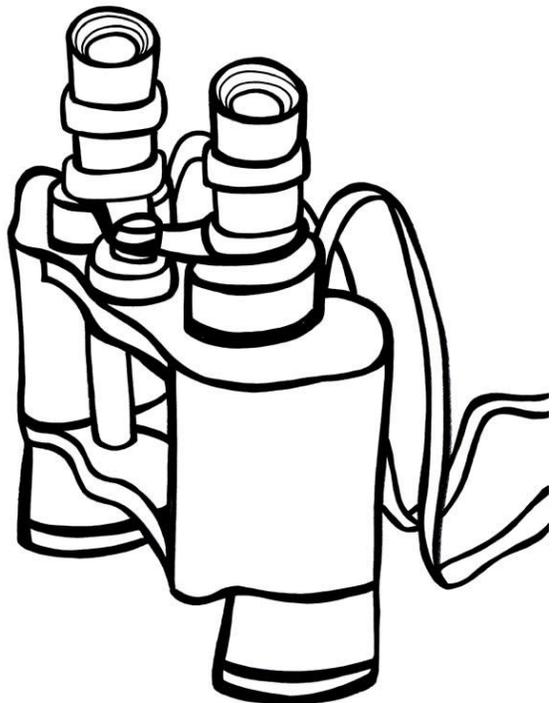
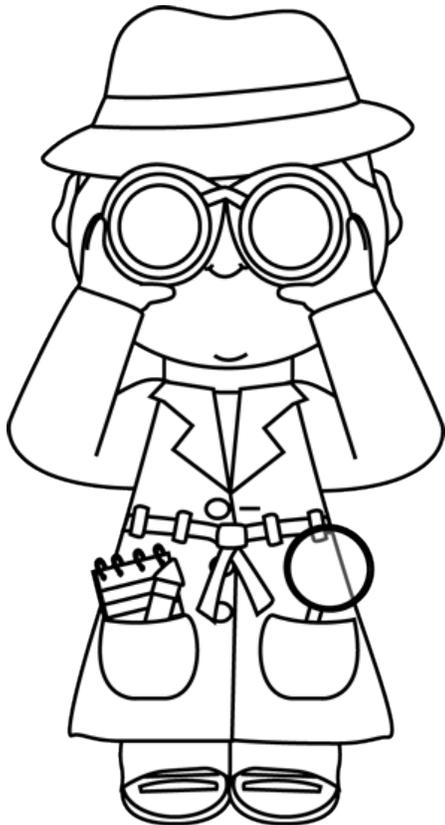
Time: 6pm

Where: ZOOM (See page 3 for instructions)

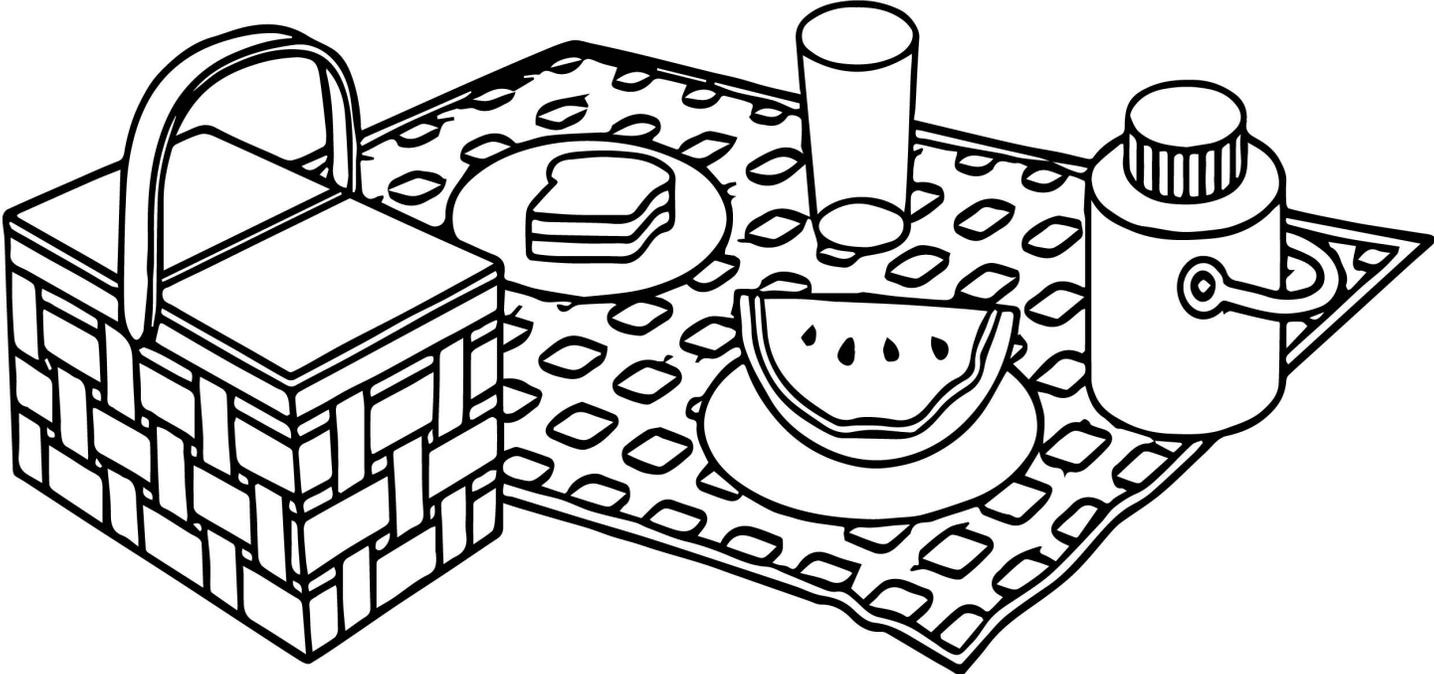
Science Coloring Page



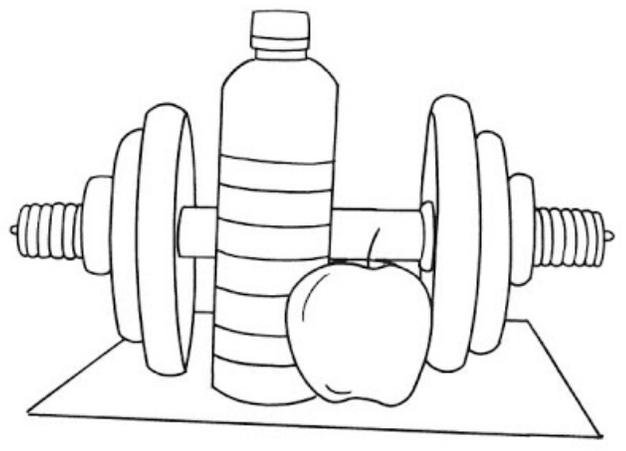
Detective Coloring Page



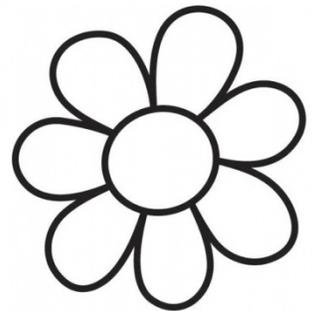
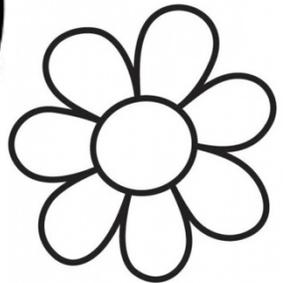
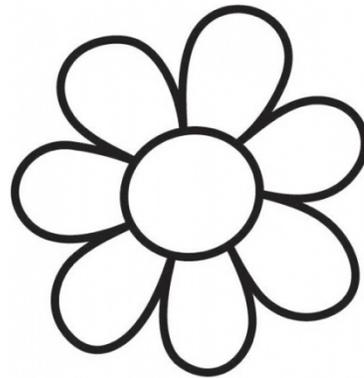
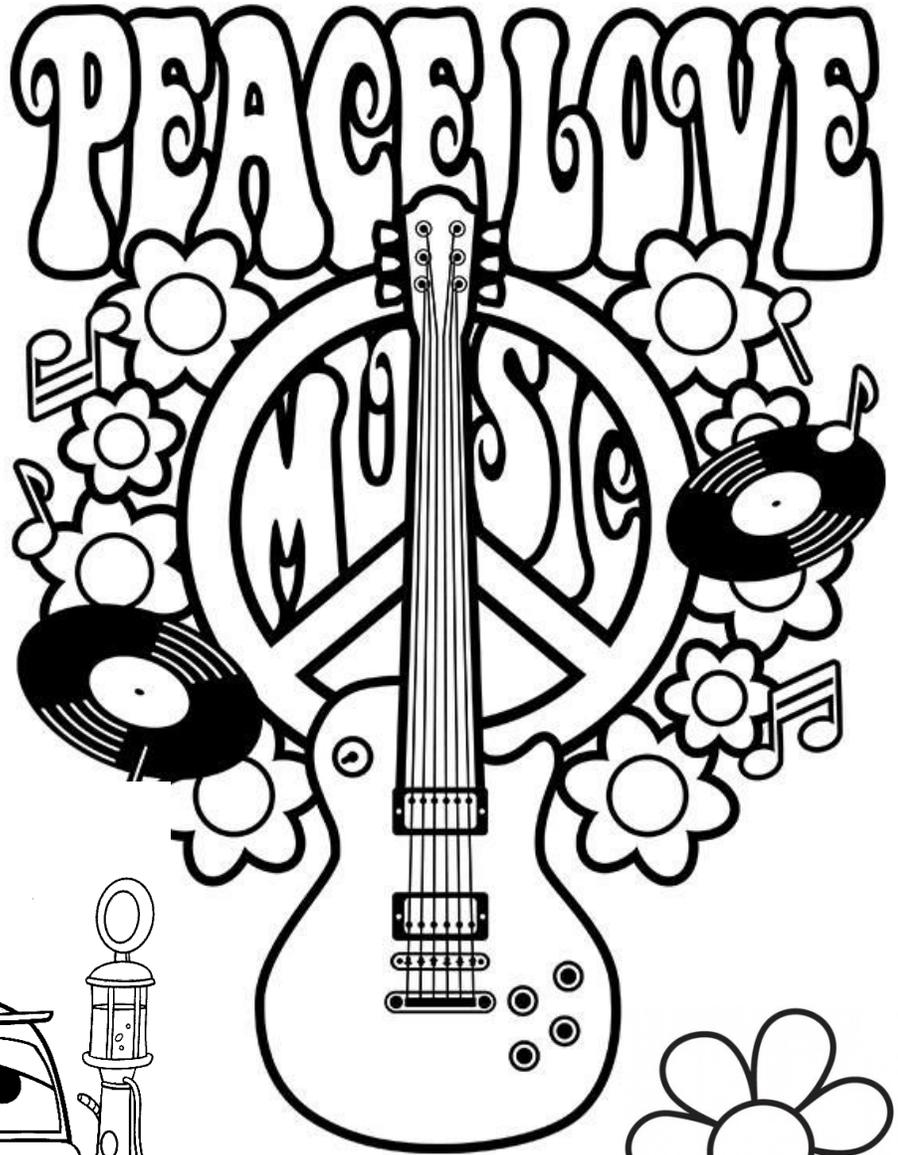
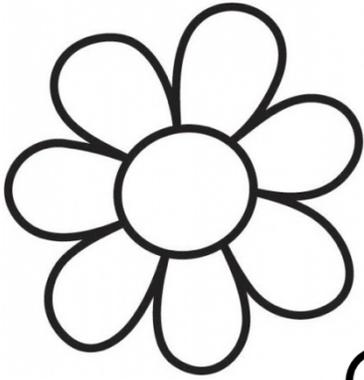
Cooking Coloring Page



Fitness Coloring Page



Groovy Coloring Page



Farming Coloring Page

