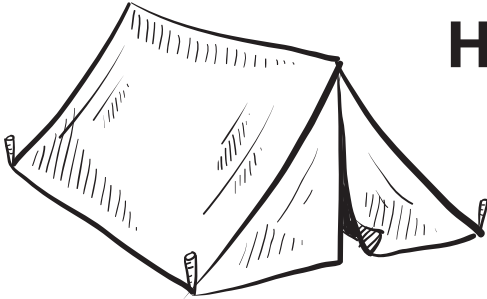
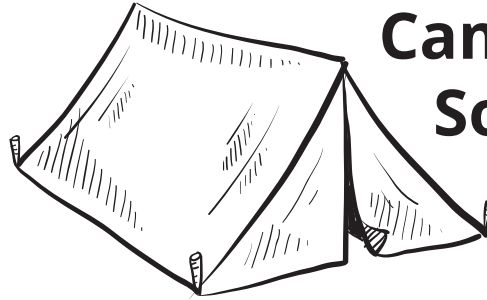


# Camp Activity Charades

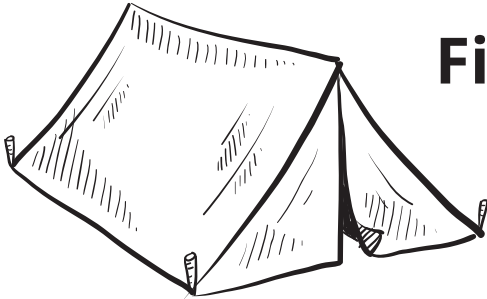
Cut out the cards and place them into a bag. Have the children pick a card from the bag and act out the activity. Use the blank cards to write your own activities!



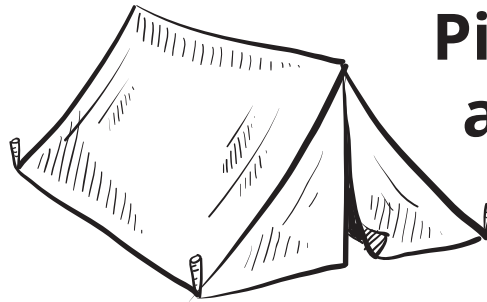
**Hiking**



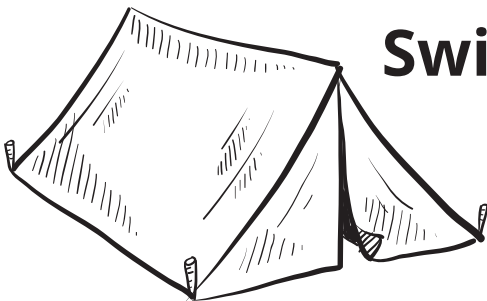
**Campfire Songs**



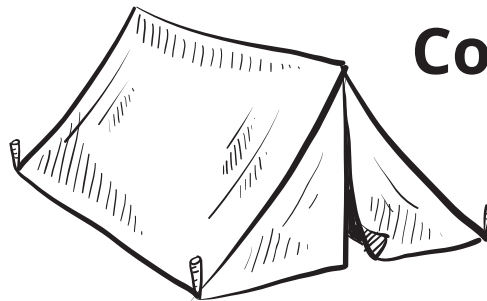
**Fishing**



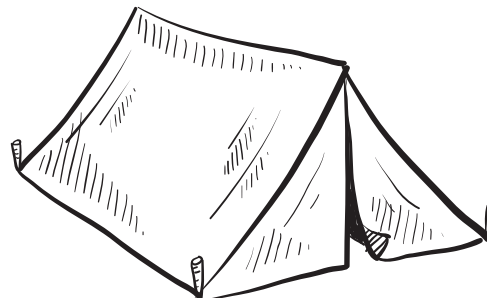
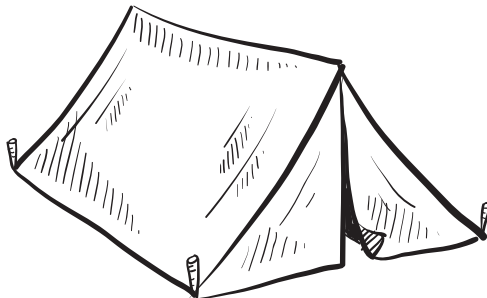
**Pitching a Tent**



**Swimming**

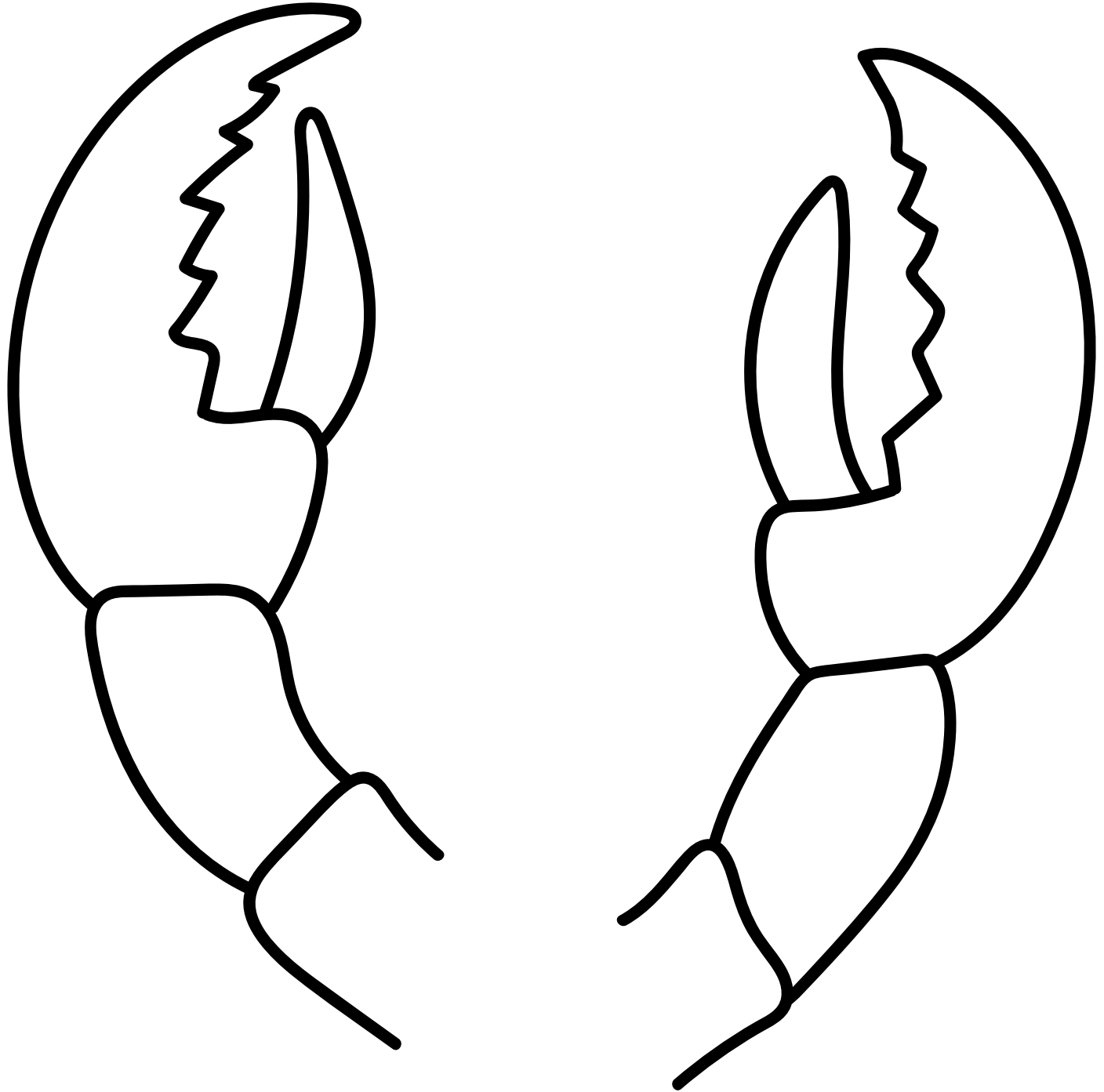


**Cooking**



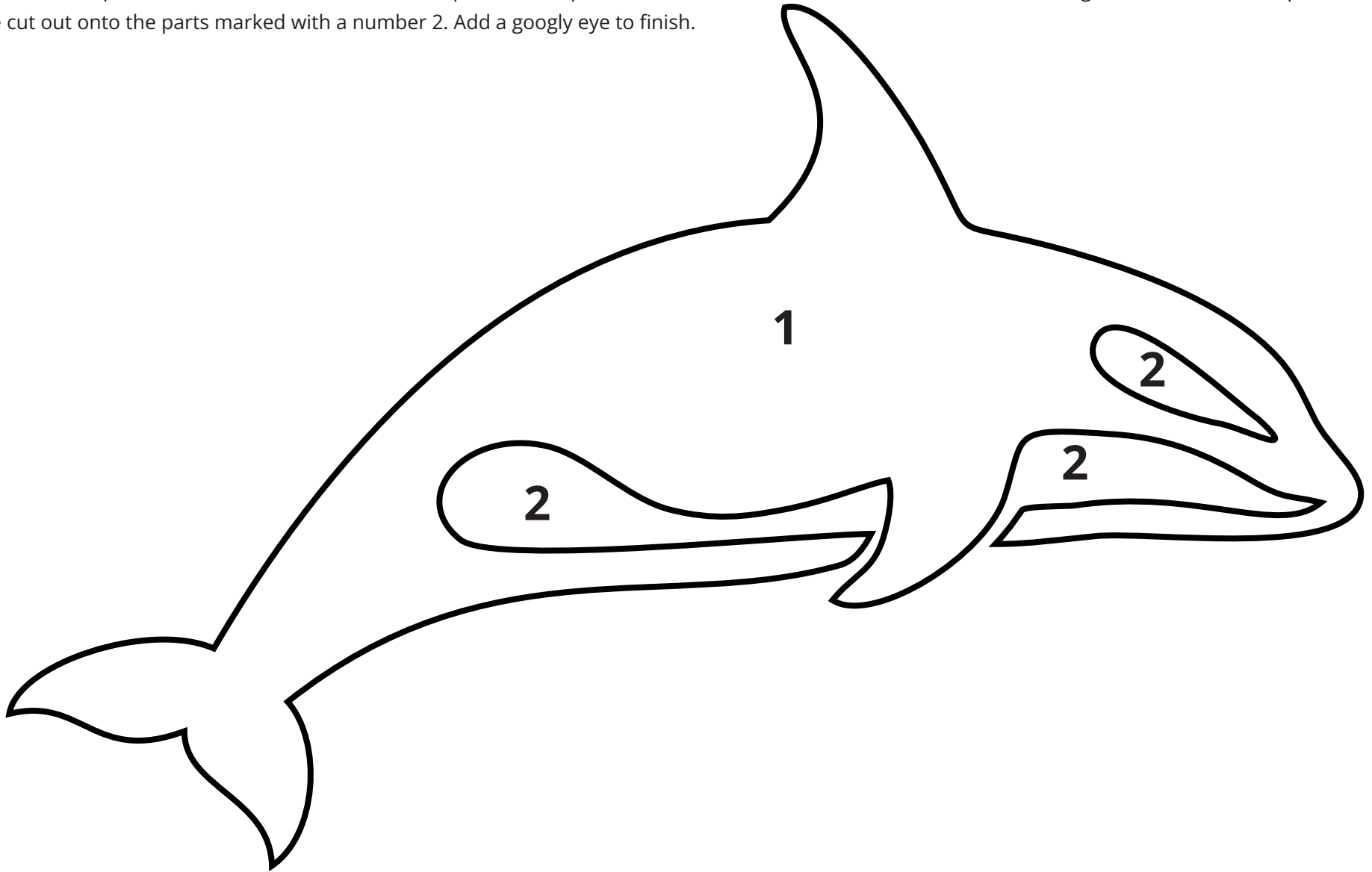
## Maine Lobster

Cut a paper plate in half and paint the halves red. Add googly eyes in the middle. Paint these claws and cut them out. Glue them on the curved side of the plate to complete the lobster.



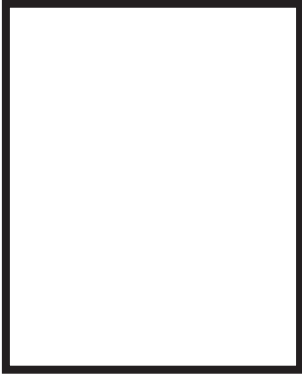
## Textured Orca

Cut out the template and have the children use black paint on the parts marked with a number 1. Then have the children glue white felt mosaic pieces that they have cut out onto the parts marked with a number 2. Add a googly eye to finish.



# Nature Eye Spy

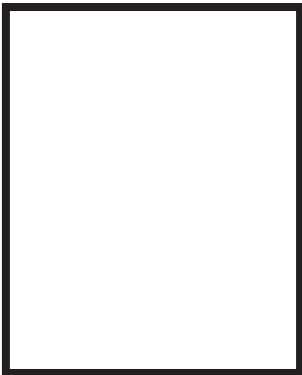
Use this checklist when going on a nature walk. Children can check off when they spot something and also draw what they saw.



**I spied a tree.**



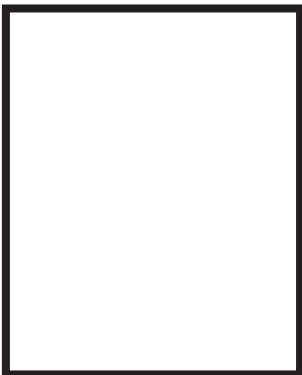
**I spied a flower.**



**I spied a squirrel.**



**I spied a bird.**



**I spied a butterfly.**

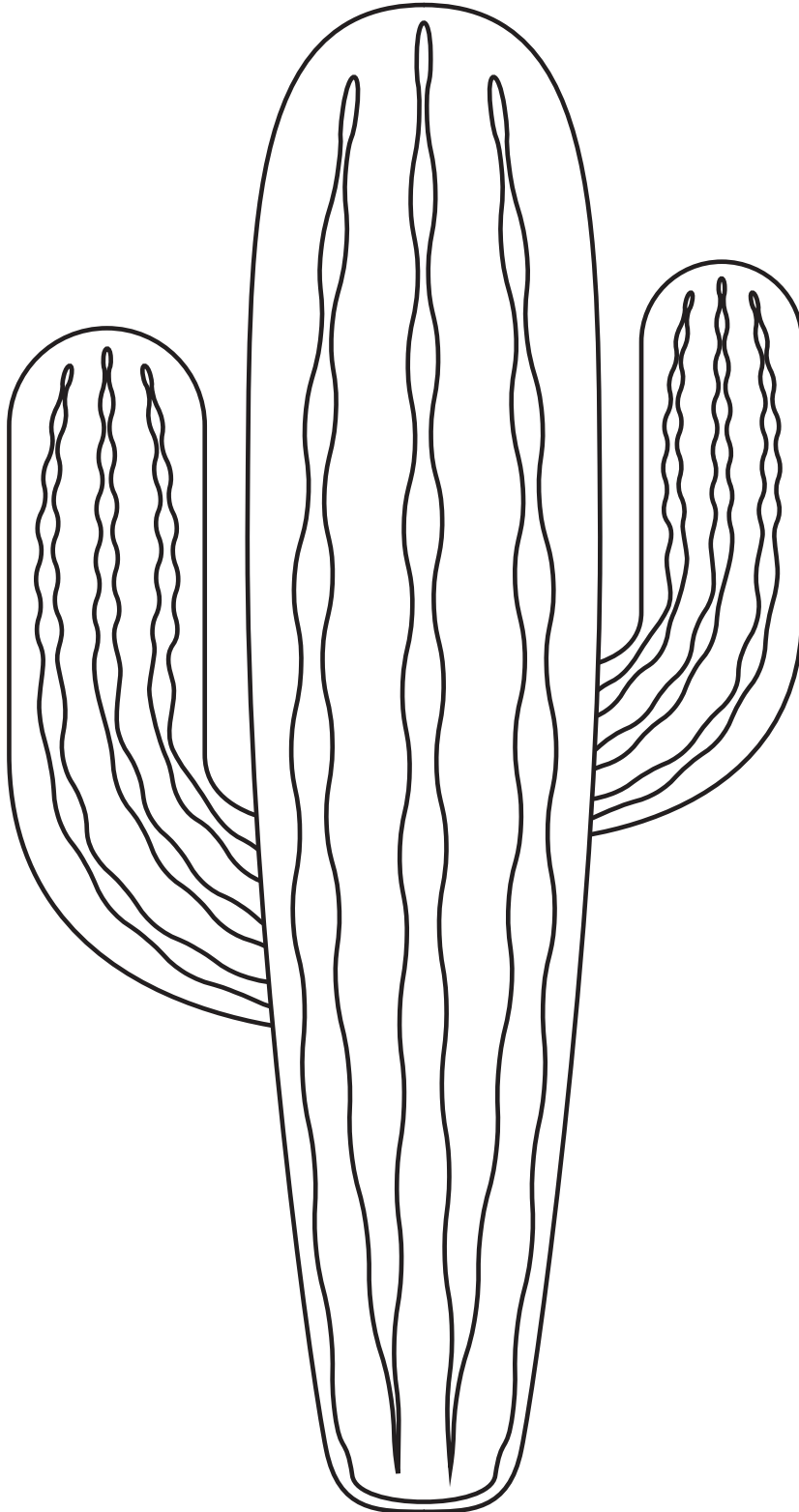


**I spied a nest.**

CACFP is an indicator of quality child care.

# Fork Painting

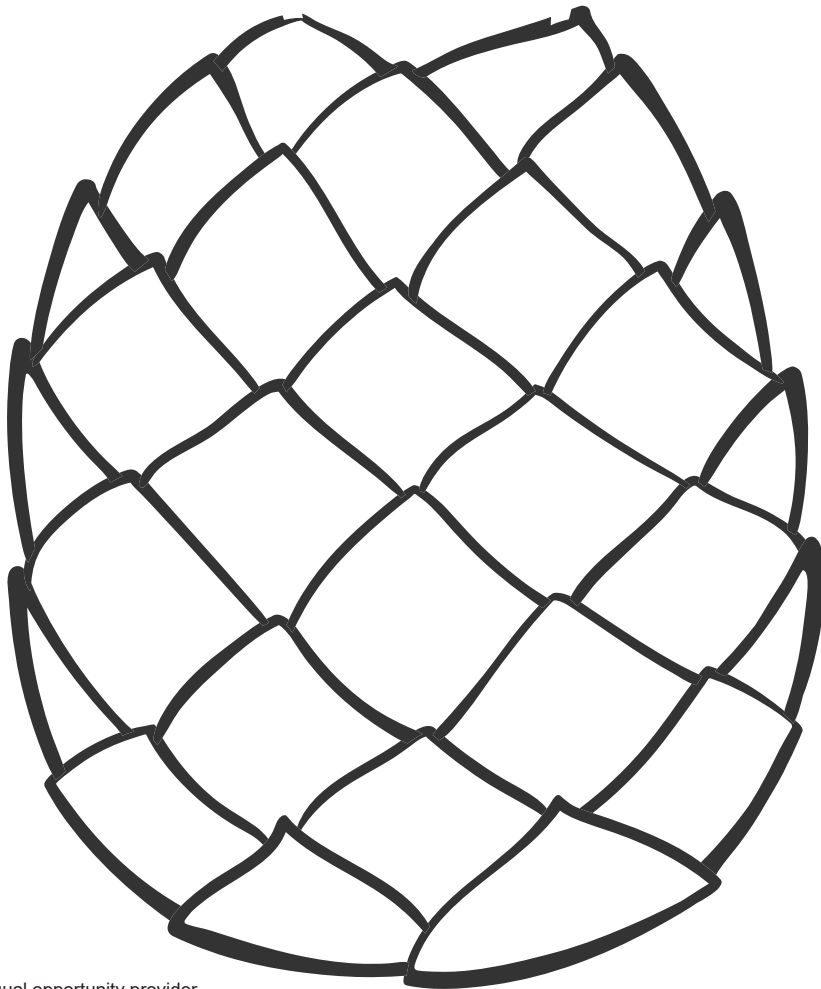
Color the cactus lightly. Dip a plastic fork into paint and use it to stamp on the needles with the fork tines.



CACFP is an indicator of quality child care.

# My Pretty Pineapple

Help the children glue torn bits of yellow tissue paper to the pineapple. Then have them trace their hand on top of the pineapple to create a stem. Color or paint the stem green.



CACFP is an indicator of quality child care.

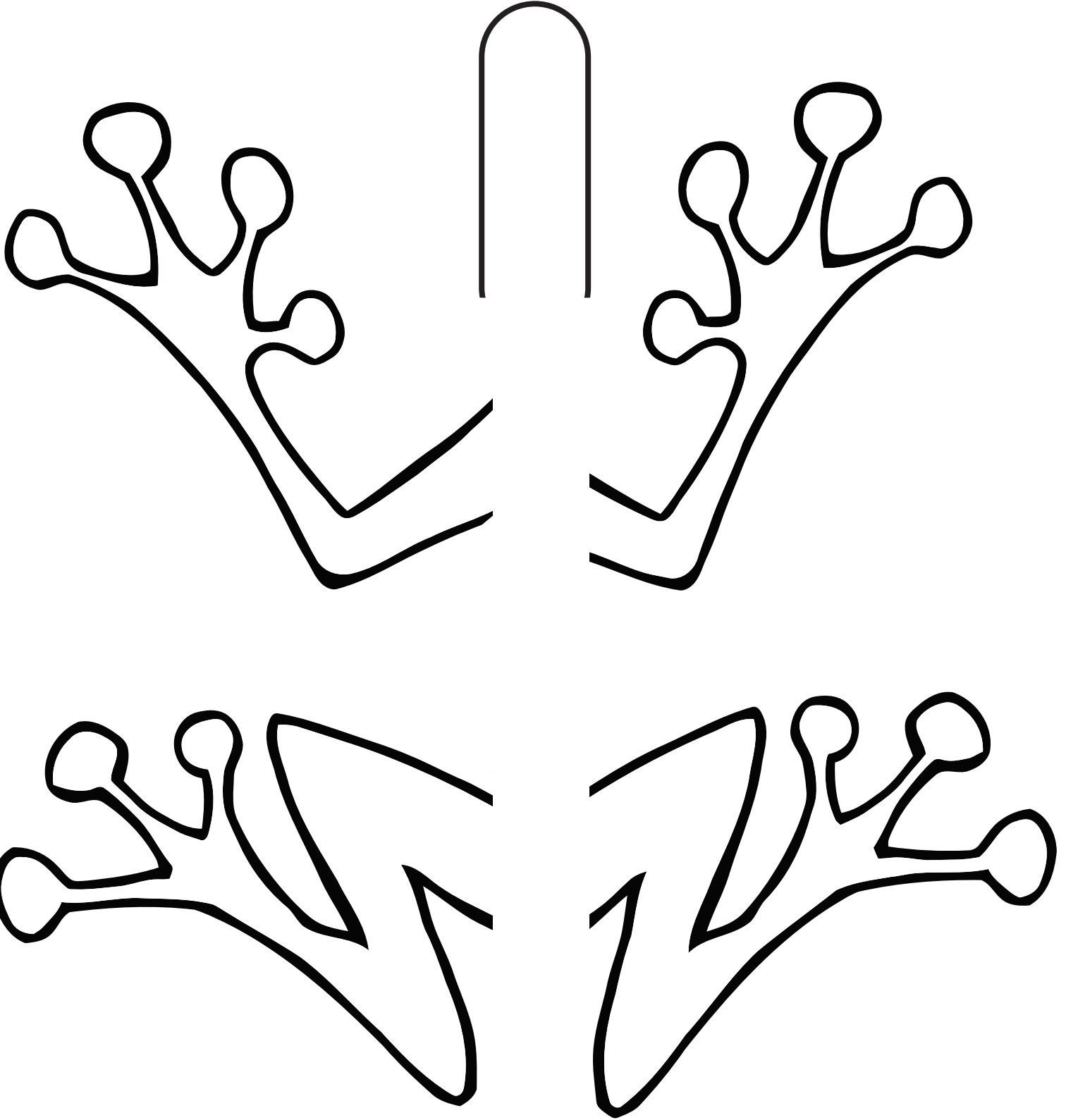
## Bald Eagles

Glue white feathers onto the head of the eagle and brown feathers on the neck and body.



## Ribbit Ribbit

After folding a paper plate in half, glue the arms and tongue inside the plate fold. Then, glue the legs to the curved side back of the plate. Glue googly eyes to the top of the plate.



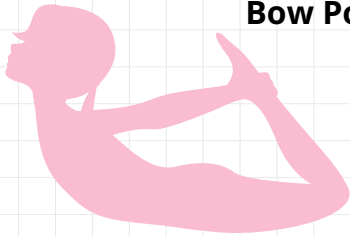




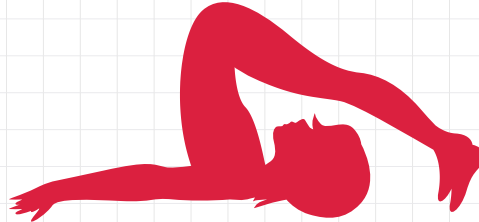
# C is for Core Exercises for Preschoolers

Our core is so important for our body! Did you know that the core muscles stabilize, align and move the trunk of the body? If our core is not strong, it can cause deficiencies in posture, balance, and endurance. It can even affect gross and fine motor skills. Try one of these fun exercises each day with your kids. You will be able to see them get stronger!

**Bow Pose**



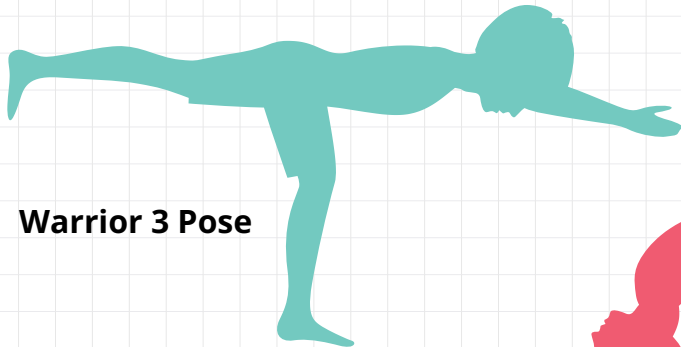
**Reclined Angle**



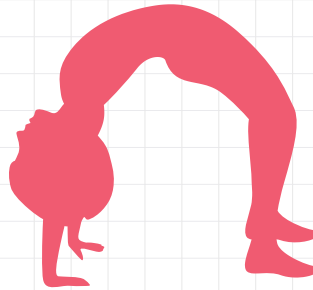
**Half Forward Bend**



**Warrior 3 Pose**



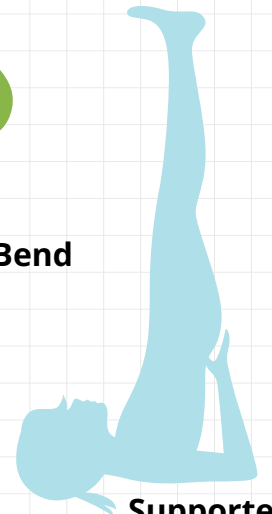
**Wheel Pose**



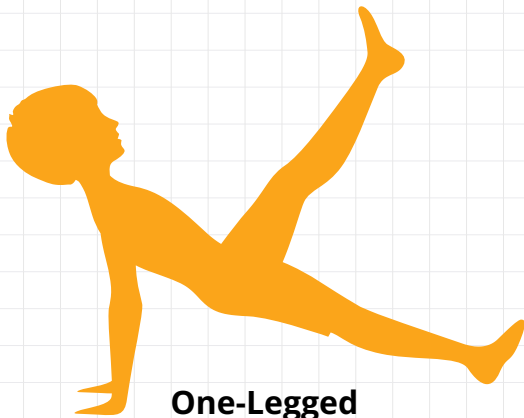
**Forward Bend**



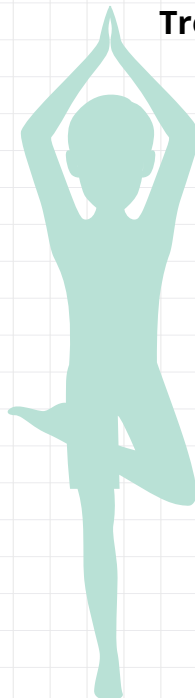
**Supported Shoulder Stand**



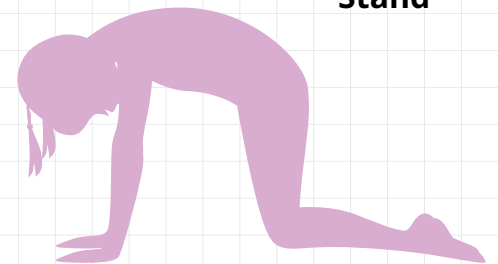
**One-Legged Upward Plank**



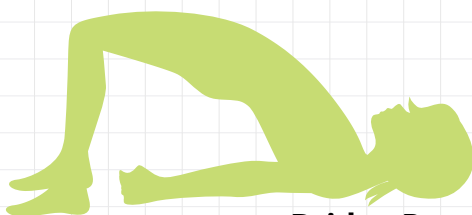
**Tree Pose**



**Cat Pose**



**Bridge Pose**



**Plank**

