

Good Times Never End Schedule

June 1 – June 6, 2020

Welcome to Camp

Music Mondays with Tom & Jerry: Week 1 Challenge: Dance Off with Carleigh & Jerry Art Activity: Rock Art with Karina Art Activity: Boredom Box with Carleigh Art Activity: Paint Your Tile (PDF on Page 4) CNN: Aranza-news Week 1 Aranzazu Grace with Program Team Campfire Song #1: Tarzan Outside with Alyce: Week 1 Animal Connection with Ms. Mcleod: Week 1 Get Moving: Balloon Games with Cole Learn about Flamingos with the Texas State Aquarium Make a Paper Airplane with the Children's Museum of Houston Learn How to Paint a Dog with the Rockport Center for the Arts Story Time: Week 1 with Amanda

<u>Rock Art</u>

Supplies Needed:

- Rocks
- Paint
- Paint brushes
- Paper plate or paint palette
- Newspaper

Alternate supplies:

- Markers
- Chalk
- Seashells
- Old tablecloth

Rock Art Steps:

- 1. Go outside, get moving and take a stroll around neighborhood, backyard, park or beach
- 2. While out walking, pick up a variety of different rocks (ex. small, big, broken, smooth, rough)
- 3. Gather all supplies needed (listed above)
- 4. Set up workstation
- 5. Eye the rocks and get ideas of different designs to paint
- 6. Use your imagination and get creative when painting or drawing on rocks
- 7. Let rocks dry and pick up workstation
- 8. Place rocks outside as decorations or inside as figurines
- 9. Enjoy seeing unique rocks everyday \bigcirc

Boredom Box

Supplies Needed:

- Empty cereal box
- Stickers
- Markers
- Paint
- Paper
- Writing utensil

Alternate Supplies:

- Empty jar
- Shoe box
- Empty bag
- Alternative decorations- whatever you have available! (tissue paper, string, crayons, etc.)

Activity Steps:

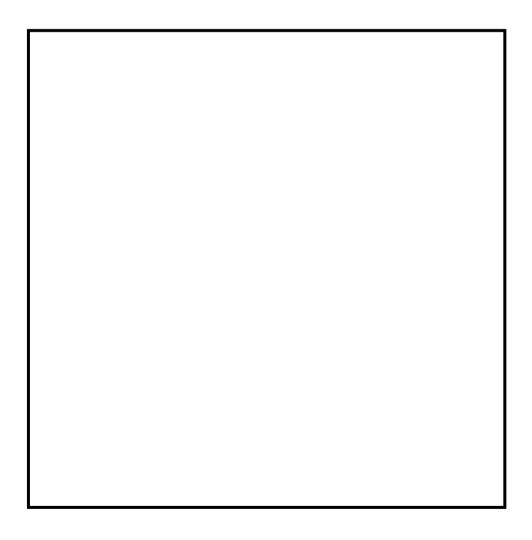
- 1. Set up work space
- 2. Gather all supplies
- 3. Decorate your "boredom box" however you want with whatever supplies you have!
- 4. Make sure you can access the inside of the box- leave the top or side open
- 5. Take your paper and, if needed, tear or cut into smaller pieces
- 6. On each piece of paper, write down your favorite activities to do (for example- read a book, play outside, write in journal, color a picture)
- 7. Put all the papers into the boredom box
- 8. Clean up work space
- 9. Next time you're feeling bored, pull an activity paper out of your boredom box and have some fun!

Paint Your Tile: A Camp Aranzazu Tradition!

If you've ever been to Camp Aranzazu before, you've probably painted a tile or two. This fun art activity is an opportunity for our campers to leave their legacy somewhere on our grounds! Many of our campers are able to come back year after year and locate their tiles from the summers before!

While we're not able to participate in this unique activity together this year, we wanted everyone to be able to express themselves through art and pay tribute to this long standing tradition. You can draw or paint your very own "tile" in the 5x5 square below. This space can be whatever you want it to be so don't be afraid to get creative and have some fun with it!

Remember to post a photo of your tile to social media, tag Camp Aranzazu and use the hashtag #thegoodtimesneverend



Get Moving

Supplies:

- Balloon
- Chairs (2)
- String

Alternate Supplies:

- Beach Ball
- Dog leash
- Jump rope

Balloon Challenge Steps:

Don't touch the ground

- 1. Hold the balloon
- 2. Hit the balloon in the air
- 3. Hit the balloon in the air again with the alternate hand
- 4. Count every time you hit the balloon

Backhand Balloon Balance

- 1. Set up a challenge course to move through.
 - a. This can be done with pillows, laundry basket, chairs, etc.
- 2. Balance the balloon on the backside of one of your hands.
- 3. Start the timer for the course.
- 4. Move as quickly as possible through the course while balancing the balloon on the back of your hand.

Balloon Volleyball

- 1. Set up the net.
 - a. If you have a partner, make the net out of two chairs and the string
 - b. If you do not have a partner, make the net by taping the piece of string chest height on the wall.
- 2. Hit the volleyball over the net.
- 3. Continue to keep the balloon off the ground and hit it over the net.
 - a. You can hit the balloon three times on your side of the net before hitting it back over the net.
- 4. Keep counting how many times you hit the balloon.

Foot Balloon Balance

- 1. Lay on your back, with your feet in the air.
- 2. Have a partner set the balloon on the bottom of your feet.
- 3. Start the timer and balance the balloon as long as possible.



Good Times Never End Schedule

June 8 – June 13, 2020

Flag Raising with the Program Team Music Mondays with Tom & Jerry: Week 2 Challenge: T-Shirt Relay with Carleigh & Amanda Art Activity: Broccoli Trees with Tanna Cooking Activity: Cupcakes with Angel (PDF on Pages 7-8) Design Your Own Camp T-Shirt (PDF on Page 9) CNN: Aranza-news Week 2 Aranzazu Grace with the Program Team Campfire Song #2: The Moose Song Outside with Alyce: Week 2 (PDF on Pages 10-14) Animal Connection with Ms. Mcleod: Week 2 AranZINGO! (PDF on Page 15) Go Noodle's Rainbow Breath – Flow Create your own DIY Marble Maze with The Doseum CREATE with our partners at Aspire Accessories Story Time: Week 2 with Bianca

Cooking Activity: Cupcakes with Angel

Supplies Needed:

- Electric mixer
- Whisk
- Oven mitt
- Measuring cup
- Measuring spoons
- 2 Bowls
- Cupcake liners
- Cupcake tin

Ingredients for cupcakes

- 1 ½ cups of all-purpose flour
- 1 ½ teaspoon baking powder
- ¼ teaspoon salt
- 2 large eggs
- ²/₃ cup sugar
- 1 ½ sticks / 12 tablespoons of melted butter
- 2 teaspoons of pure vanilla extract
- ½ cup of milk

Frosting ingredients

- 1 block of cream cheese
- 1 ½ cups of powdered sugar
- 2 teaspoons of pure vanilla extract

Decorating the cupcakes

- Piping bag or ziplock bag
- Butterknife
- Frosting we made
- Sprinkles
- Chocolate chunks
- Fruit
- Food coloring (To dye frosting if desired)

Alternate Supply/ other adaptations to consider:

- Milk may be non lactose like almond milk,
- If no pipping bag you can use a ziplock bag like I did
- If no cupcake tin you may use any other size oven tin even if it is on for a cake and just cut out to cupcake sizes.
- Use any of your favorite things to top/decorate the cupcakes it doesn't have to be sprinkles

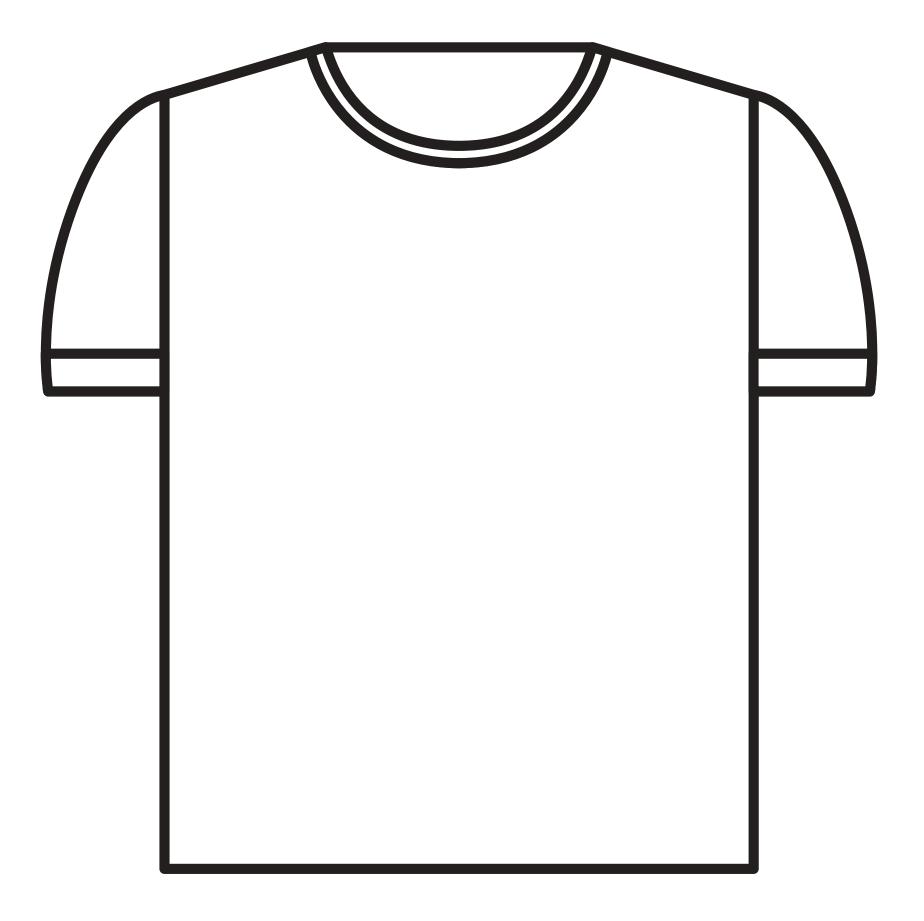
Cupcake instructions

- 1. Have a clean space where you can place all your supplies
- 2. Gather all supplies/ingredients
- 3. Preheat oven to 350 degrees F
- 4. Whisk flour, baking powder and salt together in a bowl
- 5. In a separate bowl mix the eggs and sugar with a mixer until its a little fluffy while mixing the eggs and sugar gradually pour in the melted butter and vanilla extract
- 6. While mixing slowly with whisk or mixer on low add half the flour mixture, then all the milk, then the rest of the flour mixture. Do not over mix the batter.
- 7. Prepare cupcake tin with liners
- 8. Divide batter evenly in the prepared cupcake tin
- 9. Bake until fully cooked will take about 15-20 minutes
- 10. Allow them to cool off for about 10-15 minutes before applying frosting

Frosting instructions

- 1. Have a clean space
- 2. Gather all supplies/ingredients
- 3. Soften cream cheese
- 4. Add in vanilla extract
- 5. Add suggested powdered sugar amount slowly making sure the sugar doesn't go out of the bowl
- 6. If frosting is not as sweet as you would like feel free to add more sugar

Create a Camp T-shirt!



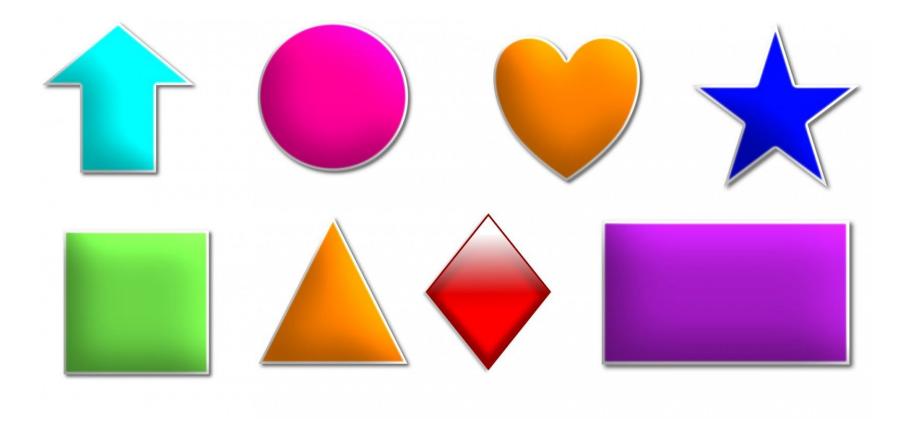
Spend some time creating your own t-shirt design! Use paint, markers, crayons or

whatever you have at home! Get inspired by all of your favorite camp memories or activities!

Share your designs with us for a chance to win some fun camp swag! @camparanzazu #goodtimesneverend







Examples of Living versus Nonliving Things & Activity!

Living (Made of cells, responds to environment, grow, use energy, reproduce):

- 1. Birds
- 2. Fish
- 3. Bugs
- 4. Flowers
- 5. Trees
- 6. Grass

Nonliving (don't do the five things above, likely made of minerals, don't grow, resproide, use energy, etc.):

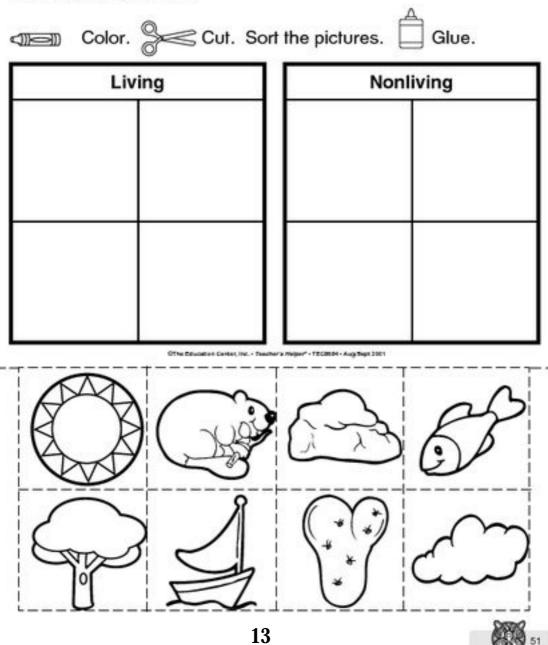
- 1. Rocks
- 2. Water
- 3. Sun
- 4. Clouds

Activity - Go on a little hike anywhere outside (your yard, driveway, a park, neighborhood, etc.) with permission from an adult! Hunt for shapes and Colors and place in the living or nonliving category

- $\circ~$ Find one of each shape
- $\circ~$ Find one of each color
- Place in the living or nonliving category
- Count at the end

Living and Nonliving

Living things need water, food, and shelter. Nonliving things do not.



Name

Living or Nonliving?

Draw or write what you found.	Does if need air?	Does it need food?	Does it MOVE?	Does it grow?	Is it living?
flower	Y	Y	Y	Y	Y
		14			

AranZINGO!

Play Camp Aranzazu's version of BINGO!

Have some at-home fun with family or friends by doing these activities to fill up your card!

READ A CHAPTER OF YOUR FAVORITE BOOK	SPEND 30 MINUTES OUTSIDE	SHOW OFF YOUR FAVORITE OUTFIT	WATER A PLANT	TELL SOMEONE WHY YOU LOVE THEM
GIVE YOURSELF A "WACKY DO"	COMPLETE A "GOOD TIMES" ART ACTIVITY	TELL A JOKE	DRAW A PICTURE OF YOUR FAVORITE ANIMAL	LEARN A NEW SKILL
TELL SOMEONE 3 THINGS YOU'RE THANKFUL FOR	SING YOUR FAVORITE CAMPFIRE SONG	ARANA ARANA	HELP WITH A CHORE AROUND THE HOUSE	LISTEN TO A ″SATURDAY STORY TIME″
BAKE Something	CREATE AN INDOOR OBSTACLE COURSE	SHARE YOUR FAVORITE CAMP MEMORY	TAKE A HYDRATION BREAK	LISTEN TO YOUR FAVORITE SONG
SING THE ARANZAZU GRACE AT A MEAL TIME	BUILD A FORT	STRETCH FOR 5 MINUTES	WRITE A KIND NOTE TO SOMEONE	DANCE FOR 10 MINUTES

Did you get a BINGO? Take a picture or video doing your favorite activity on the card and tag us!

@camparanzazu
#goodtimesneverend



Good Times Never End Schedule

June 15 – June 20, 2020

Camp Store Tour

Music Mondays with Tom and Jerry: Week 3

Challenge: Monochromatic Portraits (PDF on Page 17)

Art Activity: Flower Sun-catchers with Tanna (PDF on Page 18)

Art Activity: String Art with Tyler (PDF on Page 19)

Sensory Activity: Rain Sticks with Haidee (PDF on Page 20)

CNN: Aranza-news Week 3

Aranzazu Grace with the Program Team

Campfire Song #3: Banana Song

Outside with Alyce: Week 3

Animal Connection with Ms. Mcleod: Week 3

<u>Get Moving: Sock Games with Cole</u> (PDF on Page 21 – 22)

Go on a <u>Hawaiian Adventure with the National Marine Sanctuaries</u>

Check on your <u>favorite animals at the Houston Zoo</u>

DIY T-Shirt Tote Bag with THE CENTER for Individuals with Physical Challenges

Story Time: Week 3 with Kate

Monochromatic Portraits Challenge

Monochromatic (adjective) - containing or using only one color

Our staff had a blast with these portraits! They searched their homes and closets for some of their favorite clothes and props that were red, yellow, green, blue and purple and then took photos of themselves in what they had collected for each color!

This week, we want to challenge you to do the same thing! Pick any five colors you want and see if you are able to create five monochromatic portraits of your own! Feel free to do them all at the same time or try doing one per day!

Remember to post your photos to social media when you're done, tag @camparanzazu and use the hashtag #goodtimesneverend



Flower Suncatchers

Supplies Needed (as minimal as possible. Think things people already have in their homes)

- Flowers/ leaves from outside
- Clear packing tape or clear contact paper
- Mason jar lids
- Scissors
- Marker
- String or twine
- Plates or books to flatten flowers
- Paper Towels

Alternate supply options/other adaptations to consider:

- Instead of mason jar lids, you can use paper plates
- Flower coloring printouts if you do not have access to plants from outside (<u>http://www.supercoloring.com/coloring-pages/flowers</u>)
- Field guide to help identify flowers/ plants
- Sturdy stick (optional)

Steps

- 1. Identify and collect dry flowers and leaves from outside with the help of an adult
- 2. Press flowers between two plates or books to flatten for at least 5 minutes
- 3. Cut clear tape into strips that slightly overlap with sticky side facing upward
- 4. Place the flowers facing down on the sticky side of the tape
- 5. Cover the backside of flowers with more tape strips
- 6. Now that you have a clear "sheet" of pressed flowers, trace your mason jar lid ring (or plate ring) with your marker
- 7. Cut along the circle with the help of an adult
- 8. Tie string to mason jar lid ring to hang later (or cut out the center of a paper plate and tape string to it)
- 9. Put circular clear flower sheet into mason jar lid (or tape to plate ring)
- 10. You can also make multiple suncatchers and attach them to a stick to create a wind chime

<u>String Art</u>

Supplies:

- 3/4 inch board. It's size is up to you and your project, but the thickness is important to get the nails deep enough.
- A towel to set underneath the board. This protects the table from getting scratched up.
- 1 inch wire nails
- A small hammer
- String. I use embroidery string, around 50 cents a strand.
- A design template or idea of what to use. I like to use templates and tear them away when I am done.
- Scissors. To cut the string to length.
- Clear nail polish. This can seal the knots at the beginning and end of the strand.

Instructions:

- 1. Be sure to ask an adult for permission and help if you need it!
- 2. Begin nailing the template to the board or nailing the outline of your project. Use the nail polish on every tie off, the beginning and end of a project.
- 3. Continue nailing in the outline to ensure there are enough connection points to "color in" the project.
- 4. Carefully tear away the template, if you used one.
- 5. Beginning "coloring in" by tying the string to a starting point and beginning the outline of the project.
- 6. Once the outline is set, begin filling the shape in. To help build up the color, string out to as many points as you can from a single nail.
- 7. Finish filling in until done, repeat steps 1-5 for as many colors as you have!

<u>Rain Sticks</u>

Supplies:

- Paper towel roll
- Aluminum Foil
- Rice (substitute: beans, beads, popcorn kernels)
- Clear tape
- Wooden Spoon
- Broom handle
- Paper (substitute: notebook, computer, or construction paper)
- Scissors
- Makers, crayons, colored pencils
- Optional: Funnel

Steps:

- 1.) Start by tearing one 10 inch piece of foil
- 2.) Twist the 10 inch piece of foil into a stick like shape
- 3.) Wrap it around the broom handle to make a spiral
- 4.) Tear 7 inch piece of foil then twist it into a skinny wire like shape
- 5.) Then wrap it around the wooden spoon to make a smaller spiral
- 6.) Insert smaller spiral into larger spiral
- 7.) Next, Place end of paper towel roll onto a sheet of paper and trace a circle around it (Do for both ends)
- 8.) Then draw a bigger circle around the smaller circles that were just drawn
- 9.) Cut larger circles, use scissors to make a lot of cuts from the edge of the paper to the inner circle
- 10.) Tape paper to the end of the paper towel roll, wrapping the flaps of the paper onto the side of the tube and secure with tape
- 11.) Once one side of the tube is secure insert the two spirals and add ¼ cup of rice into the tube
- 12.) Secure other end of tube just like step 10.
- 13.) Wrap sheet of paper around the outside of tube
- 14.) Decorate and don't forget to add in a Rain dance! Enjoy the sounds of the rain.

<u>Sock Games</u>

Supplies Needed

- Laundry Basket
- Socks (2)
- Water bottles (6)

Alternate supply options/other adaptations to consider:

- Milk Jugs
- Fort supplies: Blankets, pillows, towels, chairs

Sock Basketball

- 1. Get 2-3 socks and tuck them inside of each other to form a ball. Do this to form two balls. These will be your basketballs.
- 2. Clear the play area of any breakable objects.
- 3. Grab a laundry basket as this will serve as the basketball hoop.
- 4. You can set up three different spots on the floor. The further away from the basket, the more points the basket will be worth.
- 5. The first spot worth one point, second spot worth two points, and the third worth five points.
- 6. Set up a timer for 1 minute. Keep count of the amount of points you score within the minute.

Socker

- 1. Grab your two sock balls, these will be your soccer balls.
- 2. Clear the play area of any breakable objects.
- 3. Tip the laundry basket sideways; this will serve as a goal.
- 4. You can set up three different spots on the floor. The further away from the basket, the more points the basket will be worth.
- 5. The first spot worth one point, second spot worth two points, and the third worth five points.
- 6. Set up a timer for 1 minute. Keep count of the amount of points you score within the minute.

Sock Bowling

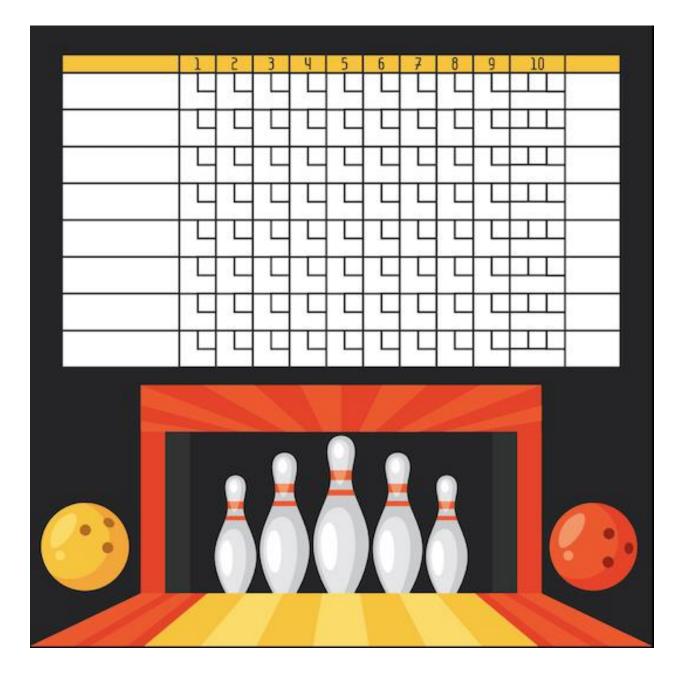
- 1. Grab the two sock balls, these will be your bowling balls.
- 2. Clear space of any breakable objects
- 3. Set up 6 empty plastic bottles or milk cartons, these will be your bowling pins. When setting them up put 3 on the back row, 2 in the middle row, and 1 up front.
- 4. Roll the sock balls on the floor and try to knock over the pins.
- 5. You can keep up with the score on the printable score sheet.

Sock Wars (Stuff Wars)

- 1. Team vs. Team
- 2. Grab your sock balls, these will be your dodgeballs. You can also use stuffed animals, pillows, or something soft to throw as well.
- 3. Clear the play area of any breakable objects.
- 4. You can create forts with blankets, pillows, chairs, couch.

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- 5. You can throw from home base or designated play areas.
- 6. Play is continuous, there is no elimination, just keep throwing.





Good Times Never End Schedule

June 29 – July 4, 2020

Bay Front Hike

Music Mondays with Tom and Jerry: Week 4

Challenge: Dance Party

Art Activity: Bubble Paint Art with Tanna (PDF on Page 24)

<u>Cooking Activity: S'mores Cookie Cups with Amanda (PDF on Page 25)</u>

Camp Aranzazu Story Maker (PDF on Page 26-28)

Wrath of Man-Squito: a short film on the rules of Camp

Aranzazu Grace with the Program Team

Campfire Song #4: Princess Pat

Outside with Alyce: Week 4

Animal Connection with Ms. Mcleod: Week 4

Nature Activity: Leaf Learning with Cole (PDF on Page 29-30)

Learn about our camping partner, The Epilepsy Foundation of Central and South Texas

Art Museum of South Texas's Spanish Colonial Gallery Tour

The Doseum's Why Do Horses Sleep Standing Up

Story Time: Week 4 with Amelia

Bubble Paint Supplies and Steps

Supplies:

- Nontoxic paint (colors of choice)
- Nontoxic dish soap
- Water
- Small cup or solo cup (one for each color of paint)
- Straw
- Paper or cardstock
- Markers, colored pencils, or crayons
- Pen

Steps:

- 1. Set up supplies on newspaper, table cover, or some place you do not mind getting messy.
- 2. In your cup mix 1-part paint, 1-part dish soap, and 2-parts water using your straw with the help of an adult.
- 3. Use your straw to blow air bubbles into your paint mixture until a clump of bubbles appears on the top. (DON'T INHALE)
- 4. Place your paper or cardstock face down on the clump of bubbles to create a unique painting pattern.
- 5. Once paint is dry, add features using markers, colored pencils, or crayons to finish your masterpiece.
- 6. See how many ideas you can come up with and make using this bubble painting technique! (hydrangeas, fish blowing bubbles, person blowing bubbles, scuba diver, grapes etc.)
- 7. Sign your name on the bottom to display for others to see.

S'mores Cookie Cups

Ingredients Needed

- 1 cup of finely crushed graham cracker crumbs (about 7 whole graham crackers)
- ¼ cup powdered sugar
- 6 Tablespoons of salted butter melted
- 12 classic sized marshmallows cut in half
- 2 full sized Hersey's Chocolate bars unwrapped and divided into 24 individual pieces
- Non-stick cooking spray

Supplies Needed

- A food processor OR something to crush graham crackers with
- A small mixing bowl
- 24 count mini muffin pan
- Access to an oven

Alternate supply options/adaptations to consider:

- Use a Ziploc bag and a rolling pin or can of soup if you don't have a food processor
- Use gluten free graham crackers if you cannot consume gluten

Activity Steps

- 1) Preheat oven to 350 degrees
- 2) Measure out and divide ingredients
- 3) Crush graham crackers into crumbs using a food processor or a plastic bag and a can or a rolling pin
- 4) In a small mixing bowl, combine graham cracker crumbs, powdered sugar and melted butter
- 5) Grease your 24 cup mini muffin pan with nonstick cooking spray
- 6) Scoop graham cracker crust mixture into the 24 cups and gently press the crumbs into the bottom and up the sides of each cup to form mini bowls
- 7) Bake the mini graham cracker crusts at 350F for 4 minutes until golden brown
- 8) Cut each marshmallow in half to make 24 round marshmallows. Place one marshmallow in each graham cracker cup, cut side of the marshmallow facing down
- 9) Set the oven to broil. Place the pan of s'mores in the oven under the broiler and broil for 1-2 minutes, just until the marshmallows are soft and beginning to look toasted. Note: the marshmallows can burn fast, so watch them very closely
- 10) Top each marshmallow with one piece of the Hershey's Chocolate Bar
- 11) Allow the s'mores to cool for 15 minutes, then use a butter knife to lift them from the pan
- 12) ENJOY!

Camp Aranzazu Story Maker How-To

<u>Option 1 (if you have someone to help you)</u>: Have someone in your household look at the story-maker template and ask you to give them a random word to fill in each blank as they go without reading the story. Once you have filled in all of the blanks, then you get to read your story and see how it turned out! It will likely be silly, maybe sometimes true, and definitely fun!

<u>Option 2 (if you're doing this activity alone)</u>: Use the Story Maker Word List attached to get just the types of words you would need to complete your story. Fill out all the words you need in each blank, then pair those words to the blanks in the story maker template and fill in your story – then you get to read it out loud! Since you didn't see the story first, you just picked the words randomly it will be a total silly and fun surprise!

Types of words definitions:

Noun – A person, place, or thing.

<u>Verb</u> – Something you do! (ex. Run, jump, eat)

Adjective – Words used to help describe something, could be about size,

shape, age, color, origin, material, purpose, feelings, condition, and personality, or texture.

<u>Proper Noun</u> – A noun that names a particular person, place, or thing (ex. "Tom," "Chicago," and "Friday")

Number – Any number you want!

Emotion – Inner feelings

<u>Camp Aranzazu Activity</u> – Any camp activity you have done or even heard of or seen! If you can't think of one you can make it up!

<u>Campfire song/story</u> – Any campfire song or story you have heard at camp, heard somewhere else, or made up yourself!

<u>Camp Aranzazu Spot</u> – A place you can think of at Camp Aranzazu, if you haven't been here you could guess a place that might be at camp!

Your happy song – Any song that makes you feel happy!

<u>Something you've never done</u> – anything you haven't tried but would like to do one day!

Food – Any food you can think of! 26

Camp Aranzazu Story Maker



	AM MANAGEMENT	
Today I am dreamir	ng of going to Camp	Aranzazu
It's the first day of camp and I'm	feeling	(emotion), the
bus pulls into camp and I can see	2	_ <mark>(noun)</mark> from my seat. I
get off of the bus and hear	(a	djective) sounds in the
distance, could it be a	(nc	oun)? As we unload the
luggage I smell Norma's farr	ious	(food) wafting
through the air. I am most exc	ited about trying	(a
Camp Aranzazu activity) wh	ile I'm here, and I am	most nervous to try
	(a Camp Aranza:	zu activity)!
The first night in the c	abin someone told a	story about a
(proper nour	n) that loved	(noun) and
smelled like	(<mark>food)</mark> . We have s'mc	pres at the campfire on
the first night, I only ate one but	l wish l could eat	(number), my favorite
song/story from the campfire	was	(a campfire
song/story)! We go to lots of p	laces while at camp, b	out my favorite place to
be at Camp Aranzazu is	((Camp Aranzazu spot)
because I feel	(emotion) v	when I'm there!
At the dance part	ty, they played my ha	ppy song
(your happy song) wh	ile I danced dressed up
like (a)	_ (noun). If I invente	d a new dance, it would
be called the	(adjective) _	(verb)
and everyone would love it! I ho		
<u> </u>	(somethi	ng you've never done)
and get to stay for (num	ber) days! Until then	l will be missing all my
	_ (adjective) friends,	and favorite
	_ (adjective) Camp /	Aranzazu Staff!

THE END!

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Camp Aranzazu Story Maker Word List (for Option 2)

 (emotion)
 (noun)
 (adjective)
 (noun)
 (food)
(a Camp Aranzazu Activity)
(a Camp Aranzazu Activity)
(noun)
 (food)
 (number)
(a campfire song or story)
 (Camp Aranzazu spot)
 (emotion)
 (your happy song)
 (noun)
 (adjective)
 (verb)
 (something you've never done before)
 (number)
 (adjective)
 (adjective)

Nature Adventure Steps & Supplies

Supplies

- Large plastic bag
- Colored Pencil
- Printable
- Blank sheet of paper

Alternate Supplies

• Crayons

Steps Collecting Leaves & Graphing

- 1. Collect Supplies
- 2. Once you have the Ziploc bag, you can go outside and start collecting leaves.
- 3. After collecting leaves, get the printable and shade in the blocks of which the leaf shape coordinates with.

Leaf Artwork

- 1. Grab a blank sheet of paper.
- 2. Lay the leaf with the backside up.
- 3. Put the blank sheet of paper on top of the leaf.
- 4. Grab the colored pencil or crayon and shade on top of the leaf. This will lead to a beautiful outline of the leaf and its veins.

LEAF GRAPHING ACTIVITY

Sold and a second				
LOBED			 	
STAR				
OVAL				
HEART				
NEEDLES		30		



Good Times Never End Schedule

July 6 – July 11, 2020

Aranzazu Staff Talent Show

Music Mondays with Tom & Jerry: Week 5

Challenge: Jokes with Kenzi, Madi & Kendall

Art Activity: Chalk Paint with Tanna (PDF on Page 32)

<u>Cooking Activity: Pizza with Angel (PDF on Page 33)</u>

Tile Scavenger Hunt (PDF on Page 34)

CNN: Aranza-News Week 5

Aranzazu Grace with the Program Team

Campfire Song #5: In the Jungle

Outside with Alyce: Week 5

Animal Connection with Ms. Mcleod: Week 5

Get Moving: Chalk Games with Cole (PDF on Page 35 - 36)

Learn how to play The Biggest Fan with Rope Works' Jay Whitley

Watch what's going on in the Houston Zoo's Elephant Yard

Meteorite or MeteorWRONG with The Brain Scoop

Story Time: Week 5 with Virginia

Chalk Paint

Supplies:

- Cornstarch
- Water
- Food coloring or washable paint
- Muffin Tin or small bowls
- Mixing bowl
- Measuring cup
- Spoon
- Paint brushes

Steps:

- 1. Mix equal parts water and cornstarch (I did $\frac{1}{2}$ cup of each) in a mixing bowl.
- 2. Separate evenly among the muffin tins.
- 3. Add several drops of food coloring or 1-2 tablespoons of washable paint to the mixtures.
- 4. Mix and you are ready to get painting!

Pizza with Angel

Pizza supplies

- 1. Bowl
- 2. Measuring cup
- 3. Measuring spoons
- 4. Pizza cutter (or knife)
- 5. Pizza pan (or cookie sheet)
- 6. Pizza dough
- 7. Favorite pizza sauce
- 8. Favorite pizza toppings

Steps to make a pizza

- 1. Create a clean space
- 2. Gather ingredients/ supplies
- 3. Make pizza dough
- 4. Bake pizza dough 8-10 min
- 5. Chop toppings (if needed)
- 6. Get pizza from oven
- 7. Place sauce on pizza
- 8. Sprinkle cheese on pizza (optional)
- 9. Place your toppings on pizza
- 10. Bake for 15-20 min until the crust is golden brown

Pizza dough directions

- 1. Mix flour, baking powder, and salt together in a bowl
- 2. Stir in milk and olive oil until a soft dough forms
- 3. Turn dough onto a lightly floured surface and knead
- 4. Shape the dough into a ball
- 5. Cover dough with an inverted bowl and let sit for 10 min
- 6. Roll dough onto a baking sheet
- 7. Bake in the oven for 8 min at 400

Different Dietary Options

Get your favorite gluten free bread and add pizza sauce, cheese, and your favorite pizza toppings and place it in the oven for about 5-10 minutes

If you have a lactose allergy feel free to not add any cheese

If you do not have the supplies to make the pizza dough feel free to use the gluten free option with your own bread.

Pizza dough ingredients

- 1 ¹/₃ cups all- purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup milk
- 2 tablespoon olive oil

Tile Spot It!

See how many of these items you can spot in the tiles below.

Bonus point if you see a tile you've made!

• 5 hearts

- a superhero
- the word "camp" 5 times

- a musical instrument
- a college logo
- someone's name

the word "cookie"

- an animal
- the numbers 0 6



CHALK GAMES: Steps & Supplies

Supplies:

- Beanbag
- Chalk

Alternate Supplies:

- Beanbag alternatives: Stones, Buttons or Small plastic toys
- Difficulty Drawing: Yard Stick/Stick and Tape
- Scooter, Bike, Skateboard

Steps:

When drawing campers can either draw their own course with the chalk or have a parent, guardian, or friends help. They can also tape the chalk to a yard stick or stick to help reach.

Hopscotch

1. Campers can either draw their own course with help of others or other supplies. Use your imagination and draw the boxes to be jumped in in various colors and shapes.

Avoid the Shark

- 1. With different colors of chalk, draw "beaches" various distances apart.
- 2. Use blue chalk to draw water and shark fins between the beaches
- 3. Campers will jump from beach to beach to avoid the "sharks" in the "water."

Bullseye

- 1. Use various colors of chalk and draw concentric circles with a bullseye in the middle.
- 2. Within each circle, write point values.
- 3. Throw the beanbag or alternative (rocks/toys) towards the bullseye 3 times.
- 4. Write down the point values and add them up.
 - a. If campers are having trouble bending over, it may be easier to draw on a concrete wall or wall that you are allowed to draw on with chalk.

Tic-Tac-Toe

2v2

2 ways to play

1:

- 1. Throw a rock or bean bag onto the tic tac toe board and where the bag lands are where the campers draw x (or o).
- 2. First one that gets three in a row wins!

2:

- 1. Can also just be a normal one person against the other taking alternative turns where they want to go. Marking either their x or o.
- 2. First one that gets three in a row wins!

Chalk Maze

- 1. Campers design their own web of squiggly lines, circles, and other lines with chalk to design a maze.
- 2. Campers can go through the maze with their wheelchair, walking, running, cycling, scooter, skateboard, etc.



July 13 – July 18, 2020

Alpha-breaths with Amanda: Session 2

Music Monday with Tom and Jerry: Week 7

Challenge: Show and Tell with Tanna

Make Popsicles with Cole (PDF on Page 38 - 40)

Cooking Activity: Homemade Tortillas with Angel (PDF on Page 41)

Photo Challenge with Kenzi and Madi

Mud – A short film by Camp TLC

Aranzazu Grace with the Program Team

Campfire Song #7: The Story of Rindercella

Outside with Alyce: Week 7

Animal Connection with Ms. Mcleod: Week 7

Make Paper Airplanes with Tanna (PDF on Page 42)

Explore the H-E-B Caribbean Sea exhibit at the Texas State Aquarium

Lean how to play <u>Never Tells with Rope Works' Jay Whitley</u>

Check out coloring pages from our friends at Whataburger

Story Time: Week 7 with Amanda

Popsicle Recipes & Supplies

Supplies Needed

- Dixie Cups
- Popsicle Sticks
- Blender
- Freezer

Alternate supply options/other adaptations to consider:

- Molds: Popsicle mods, Ice Cube Trays, Small Baking Tins, Small Yogurt Containers
- Sticks: Spoons (plastic or metal)

Fruit Recipes:

Blueberry & Raspberry Popsicles

- 11/2 cups vanilla pudding, yogurt, or ice cream
- 1/4 cup blueberries
- 1/4 raspberries
- Blend everything and then pour into molds and freeze.

Cantaloupe Popsicles

- 1 cup cantaloupe
- 2 cups white grape juice
- Blend everything and then pour into molds and freeze.

<u>Kiwi Popsicles</u>

- 4 Kiwi
- 11/2 cups juice (grape or pineapple)
- 1-3 tsp. sugar (optional)
- Blend until smooth. Add sugar to taste. Pour into molds and freeze.

Lemonade Popsicles Recipe

• Mix your favorite batch of lemonade, whether fresh squeezed or made from a mix. Then freeze

Mixed Berry Popsicles

- 11/2 cups grape juice (white or purple)
- 1 cup berries (strawberries, blueberries, raspberries)
- Blend everything and then pour into molds and freeze.
- To make layered popsicles, just fill with a small amount of berry mixture and freeze. Do this with each berry until the molds are full between each layer.

Raspberry Popsicles

- 1 cup raspberry juice
- 1/2 cup raspberries (optional)
- Blend until smooth. Pour into molds and freeze.

Raspberry Yogurt Popsicles

- 2 cups yogurt
- 1 cup raspberries
- 1/2 cup blended oatmeal (optional)
- Blend everything and then pour into molds and freeze.

Strawberry Banana Popsicles

- 1 (3 oz.) package strawberry gelatin
- 1 cup boiling water
- 1 banana
- 1 cup yogurt or ice cream. Blend well and pour into molds.
- Dissolve gelatin in water. In a blender, mix gelatin mixture, banana and yogurt. Pour into molds and freeze.

Strawberries & Cream Popsicles

- 1 cup strawberries
- 1/2 cup vanilla ice cream or yogurt
- 1 cup of milk
- 1 Tbsp. sugar
- Blend until smooth. Pour into molds and freeze.

Watermelon Popsicles

- 1 cup watermelon
- 1 cup orange juice
- 1 cup water
- Blend the ingredients until smooth. Pour into molds and freeze.

Sweet Treat Recipes:

Cookies & cream popsicles

- One box of Oreo cookies (approximately 24)
- 1 quart of vanilla bean ice cream, softened
- 1 cup Oreo cookie crumbs
- Fill your popsicle molds with 1 Tbsp. of softened vanilla ice cream.
- Drop one cookie in each mold
- Top with an additional Tbsp. of ice cream
- Drop in another cookie and fill with remaining ice cream until the entire mold is full (note: I banged mine on the counter a few times in order to get rid of any air pockets/gaps).

- Add popsicle sticks and freeze until solid, 4 hours or so.
- One frozen, carefully remove each popsicle from its mold and roll each in Oreo cookie crumbs. Wrap individually in parchment paper and keep in freezer until ready to eat!

Rocky Road Fudgesicles

- 1 package (3 oz.) cook and serve chocolate pudding
- 2 1/2 cups milk
- 1/2 cup chopped peanuts
- 1/2 cup mini chocolate chips
- 1/2 cup marshmallow crème
- Cook pudding and milk until slightly thickened and bubbly. Let cool for 20 minutes, stirring a few times. Divide chocolate chips and peanuts between cups. Stir marshmallow creme into pudding. Pour into cups. Insert Popsicle sticks and freeze.

Sneaky Healthy Recipes:

Mango Orange Carrot Popsicles

- 1 1/2 cup diced mango (fresh or frozen)
- 1/2 cup orange juice
- 1/2 cup carrot juice
- Blend everything and then pour into molds and freeze.

Sneaky Spinach Popsicles

- 1½ cups milk
- 1 cup fresh spinach
- ¼ cup honey
- 2 bananas
- Blend everything and then pour into molds and freeze.

Strawberry Beet Popsicles

- 11/2 cups strawberries (fresh or frozen)
- 1/2 cup beets (cooked and cooled)
- 3/4 cup apple juice
- 1 tsp lemon juice or balsamic vinegar
- Blend everything and then pour into molds and freeze.

Tortilla Supplies and Instructions

The following supplies will yield a dozen or more tortillas.

Tortilla supplies

- Bowl
- Measuring cup
- Measuring spoons
- Clean surface
- Rolling pin (anything cylinder shaped to roll out the tortilla)
- Comal (flat pan)
- Spatula

Tortilla ingredients

- 3 cups all purpose flour
- 1 ½ teaspoon salt
- 1 teaspoon baking powder
- ¹⁄₃ cup oil
- 1 cup warm water

Tortilla Instructions

- 1. <u>Mixing the dough:</u> stir together flour, salt, baking powder. Create a well to add the oil and the warm water. Stir thoroughly until a dough begins to form. Kneed it well.
- 2. <u>Rest the dough:</u> form the dough into a ball and place on a lightly floured surface, cover it with a clean washcloth and let it sit for about 10 minutes.
- 3. <u>Form the dough balls:</u> pinch off pieces of dough and roll it in your hands to form a ball the size of a lime
- 4. <u>Roll out the tortilla</u>: For each ball of dough you will use a rolling pin to roll out the dough ball into a tortilla
- 5. <u>Cook the tortilla:</u> heat a comal (flat pan) over medium heat. Add the tortilla and cook it for about 30-60 seconds, watch it carefully, when bubbles begin to form it is time to flip it to cook the other side for about 30 seconds.
- 6. <u>Repeat steps 4 and 5 for remaining balls of dough</u>
- 7. Serve warm and Enjoy!!!

Paper Airplane Game Steps and Supplies

Supplies Needed

- Construction paper, cardstock, or printer paper
- Cardboard, large paper, or paper tablecloth
- Scissors or box cutter
- Marker

Alternate supply options/other adaptations to consider:

- Optional supplies:
 - o Markers, coloring pencils, or crayons for decorating airplanes
- Adaptations:
 - o You can stand as close or far from the target as you would like
 - o You can make the targets larger if needed
 - o Can be done seated or standing

Activity Description/Steps:

- 1. Using construction paper or cardstock, fold a paper airplane. There will also be a printable cutout for a paper airplane (multiple folding techniques).
- 2. You can decorate it like a plane, bird, etc. and create as many paper airplanes as you wish!
- 3. Cut different size holes into large cardboard, large paper, or a tablecloth with the help of an adult. (Make sure the paper airplanes can fit through each hole when cutting)
- 4. You can label each hole a different point value. The smallest hole will be worth the most and the largest will be worth the least.
- 5. Place or hang up your target and try to fly your airplane through the targets with the most points!
- 6. You can play on your own or compete with others!

Check out this awesome website for paper airplane folding instructions and printable material! <u>https://www.foldnfly.com/#/1-1-1-1-1-1-2</u>



July 20 – July 25, 2020

Alpha-breaths with Amanda: Session 3

Music Monday with Tom and Jerry: Week 8

Challenge: Nature Drawing with Cole

Make Play-dough with Cole (PDF on Page 44)

Cooking Activity: Almond Flour Cookies with Angel (PDF on Page 45)

Star Breathing with DCH Child Life

CNN: Aranza-News Week 8

Aranzazu Grace with the Program Team

Campfire Song #8: MILK Song

Outside with Alyce: Week 8

Animal Connection with Ms. Mcleod: Week 8

<u>Get Moving: Play Skee-ball with Tanna</u> (PDF on Page 46 – 47)

Explore the National Parks

Make Your Own Dinosaur Shadow Puppet and Screen

Watch Skylight Videos from the American Museum of Natural History's Hayden <u>Planetarium</u>

Story Time: Week 8 with Keith, Chairman of the Board

Homemade Play-dough Steps & Supplies

Supplies:

- 1 cup all-purpose flour
- 1/2 cup salt
- 2 teaspoons cream of tartar
- 1 cup water
- 1.5 tablespoons liquid cooking oil
- Food coloring
- 6-8 drops of essential oils of your choice
- Saucepan

Alternate Supplies:

- Airtight container
- Wax Paper
- Ziploc Bag

Steps:

- 1. In a saucepan, stir the flour, salt, and cream of tartar together.
- 2. Add in the water, cooking oil, and food coloring (if only doing one color) and mix until smooth.
- 3. Turn on the heat to medium-low and stir until the mixture forms a ball.
- 4. Once the mixture has reached playdough-consistency, remove it from the heat and allow it to cool for 3-4 minutes.
- 5. Knead in the essential oils of your choice. If you're adding colors after, divide the dough into balls (for how many colors you want).
- 6. Store in an air-tight container.

Almond Flour Cookies Steps and Directions

Recipe will yield about a dozen or more cookies depending on size.

Almond flour cookie supplies

- 1. Bowl
- 2. Measuring cup
- 3. Measuring spoons
- 4. Spoon (for mixing dough)
- 5. Cookie sheet
- 6. Non-stick cooking spray

Almond flour cookie ingredients

- 1 cup almond flour
- 3 tablespoons of powdered sugar
- ¹/₈ teaspoon salt
- 3 tablespoons butter (softened)
- ½ teaspoon of vanilla extract

Almond flour cookie directions

- 1. Preheat oven to 350 degrees F
- 2. Mix all ingredients together in a bowl
- 3. Apply non-stick cooking spray to cookie sheet
- 4. Scoop balls of dough about the size of a quarter or however big you would like your cookie to be and arrange them about 1 ½ inches apart
- 5. Use a fork or your thumb to flatten the cookie
- 6. Bake cookies for 8 to 10 minutes
- 7. Allow cookies to cook
- 8. Enjoy with a cup of coffee or milk!!

Skee-Ball Steps and Supplies

Supplies Needed

- Cardboard
- Tape
- Scissors or box cutter
- 2-4 same height baskets (laundry baskets)
- Paper
- Marker or pen
- Balls (skee ball sized- tennis balls, wiffle ball, plastic balls etc.)

Alternate supply options/other adaptations to consider:

- With only one basket you can set up cardboard with different sized holes over the basket.
- You can make sock balls to use
- Adaptations:
 - o Can stand as close or far to ramp as needed
 - o Can be performed sitting down
 - o Can set up on a higher surface

Activity Description/Steps

- 1. Set up this activity in a space that provides plenty of room. We will have a printable score card as well!
- 2. Cut the cardboard with the help of an adult to create a small ramp that is equal the height of the baskets.
- 3. Label each basket with a different point value using paper and a marker. The farthest basket can be the most points and the closest can be the least points.
- 4. Set up your baskets behind your ramp in a line. Stand as close or far from the ramp as needed and roll your ball up the ramp to ring a basket!
- 5. You can play on your own or compete with family or friends seeing who will have the most skee ball points!



Name of Player		
Round #1 Points		
Round #2 Points		
Round #3 Points		
Round #4 Points		
Round #5 Points		
Total Points:		



July 27 – August 1, 2020

Emoji Puzzles with Karina

Music Mondays with Tom & Jerry: Week 9

Challenge: Cooking with Tanna

Art Activity: Ice Painting with Cole (PDF on Page 49)

Fine Motor Fun with Lauren

Create a Postcard from Camp

CNN: Aranza-News Week 9

Aranzazu Grace with the Program Team

Campfire Song #9: Alligator

Outside with Alyce: Week 9

Animal Connection with Ms. Mcleod: Week 9

Get Moving: Nature Stretches with Tanna

Make your own container garden

Learn from Smithsonian geologist, Dr. Liz Cottrell, at the National Museum of Natural <u>History</u>

Go on a mindful walk with Cosmic Kids

Story Time: Week 9 with Lillian

Ice Painting Steps & Supplies

Supplies

- Food Coloring
- Ice cube trays
- Water
- Paper
- Cookie Sheet

Steps

- 1. Fill the ice cube tray with water.
- 2. Using the food coloring, one drop at a time, let the campers' experiment with different color combinations so that each cube will be a different color. Stir each cube well.
- 3. Set the tray in the freezer and, before closing the door, set a popsicle stick upright in the center of each cube compartment.
- 4. Freeze until solid.
- 5. Once frozen, pull each cube out and, holding the end of the popsicle stick for handles, paint away on the paper (if painting inside, set the paper in a cookie sheet).



August 3 – August 8, 2020

Sing Along with Dr. Boston

Music Mondays with Tom & Jerry: Week 10

Challenge: Trail Mix and Nature Hike with Cole

<u>Cooking Activity: Make Biscuits with Noelle and Fields.</u> <u>Camp Aranzazu's Vice-Chairman of the Board</u>

Make a Bird Feeder with Tanna (PDF on Page 51)

Cooking Activity: Pancake Bites with Angel (PDF on Page 52)

Bouncing Bubbles with Haidee (PDF on Page 53)

CNN: Aranza-News Week 10

Aranzazu Grace with the Program Team

Campfire Song #10: The Jellyfish

Outside with Alyce: Week 10

Animal Connection with Ms. Mcleod: Week 10

Get Moving: Ping Pong Games with Cole

Check out the Rockport Center for the Arts' Online Three Amigos Exhibition

Take a look at the importance of sunscreen with the Children's Museum Houston

Make a Cardboard Rover

Story Time: Week 10 with Fields

Goodbye, Campers!

Bird Feeder Steps and Supplies

Supplies

- Popsicle sticks
- Scissors
- Hot glue gun and hot glue or wood glue
- String or twine
- Bird seed or make your own
 - o Can use...
 - Sunflower seeds
 - Chopped plain peanuts
 - Cracked corn
 - Dried fruit

Activity Description/Steps:

- 1. Lay out many popsicle sticks flat beside one another to create the base for the bird feeder.
- 2. Hot glue two popsicle sticks across the ends of each side of the base popsicle sticks.
- 3. Add hot glue dots to the four corners of the sticks and add two more sticks in the opposite direction of the previous two.
- 4. Continue to build the walls of your bird feeder by alternating which direction you place the two popsicle sticks.
- 5. Create a perch by adding one popsicle stick in the middle of the base with half of it off the base.
- 6. Once deep enough tie twine or string around the last two popsicle sticks glued and tie together above the feeder to hang from a tree or on your porch.
- 7. Add bird seed and hang for birds to enjoy!
- 8. You can also make your own bird seed if you do not have any!

Pancake Bites Supplies and Directions Yields 24 mini cupcakes

Pancake Bites supplies

- 1. Bowl
- 2. Measuring cup
- 3. Measuring spoons
- 4. Whisk
- 5. Mini cupcake pan (or regular cupcake pan depending on size desired for pancake bites)
- 6. Oven mit

Pancake Bites ingredients

- 1 ½ cup flour
- 2 tablespoons sugar
- 2 ½ teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¾ cup milk
- 2 tablespoons syrup
- 2 tablespoons butter melted
- 1 egg lightly whisked
- 1 teaspoon vanilla extract

Optional

- ½ teaspoon ground cinnamon
- 1 cup Chocolate chips

Pancake Bites directions

- 1. Preheat oven to 400 degrees F
- 2. Spray mini cupcake pan with nonstick cooking spray
- 3. In a bowl you will stir together the flour, sugar, baking powder, baking soda, and salt then add the milk, syrup, melted butter, egg and vanilla extract. Once all ingredients are mixed you can add in chocolate chips if desired.
- 4. Bake for 8-10 minutes
- 5. Serve warm or room temperature with syrup. Enjoy!

Bouncing Bubbles Supplies & Steps

Supplies needed:

- 4 tablespoons water
- 2 tablespoons sugar
- 1 tablespoon Dawn concentrated dish soap or great value 3x grease fighting
- Cotton glove or sock
- Bubble wand
- Mixing bowl

STEPS:

Mix all ingredients together, stir until sugar dissolves and then have fun blowing bubbles.

To make bubbles bounce you need to wear soft cotton glove or sock, gently blow bubbles, and let them softly bounce on your hand.