



## Summer Camp Videos and Supplies Needed

CATEGORY	TITLE	SUPPLIES NEEDED
Landsports	Basketball: Passing	Basketball or softball and sturdy outdoor wall
Landsports	Jump Rope: Tricks	Jump rope
Landsports	Soccer: Juggling	Soccer ball
Landsports	Tennis: Racquet Dribbles	Tennis ball and tennis racquet
Landsports	Fitness: Hops	None
Landsports	Baseball: Hand Toss	Baseball, softball, orange or a rolled up ball of socks
Landsports	Basketball: BEEF	Basketball and basketball hoop (optional)
Landsports	Soccer: Basic Passing	Soccer ball and 2-4 cones or bottles of water
Landsports	Tennis: Criss Cross	2 Tennis balls
Landsports	Baseball: Towel Swings	Towel
Landsports	Fitness: Squats	None
Landsports	Tennis: Frying Pan	Tennis ball and tennis racquet
Landsports	Basketball: Figure 8s	Basketball
Landsports	Soccer: Toe Touches	Soccer ball
Landsports	Basketball: Sitting Dribbles	Basketball
Landsports	Tennis: Hammer Heads	Tennis ball and tennis racquet
Landsports	Basketball: Crossover Dribble	Basketball
Landsports	Soccer: Bottle Dribbling	Soccer ball and 5-8 cones or bottles of water
Landsports	Basketball: Drop Catch	Basketball
Landsports	Tennis: Body Volleys	Tennis ball and tennis racquet
Landsports	Fitness: Straddles	None
Landsports	Basketball: Freethrows	Basketball and basketball hoop
Landsports	Soccer: Trapping	Soccer ball and sturdy outdoor wall
Landsports	Baseball: Pitching Drills	Mitt (baseball or softball) and wall or fence
Landsports	Baseball: Stealing Bases	Mitt or other object to use as a base

CATEGORY	TITLE	SUPPLIES NEEDED
Landsports	Baseball: Solo Swings	Baseball, softball, orange or a rolled up ball of socks
Landsports	Fitness: Bottom Kicks	None
Landsports	Basketball: Ball Circles	Basketball
WaterWorks	WaterWorks: Flip Tac Toe	2 Bottles of water, paper and pen or pencil (or chalk)
WaterWorks	WaterWorks: Water Balloon Piñata	Water balloons, wiffle ball bat or large stick, thin rope/twine and step stool (optional)
WaterWorks	WaterWorks: Water Car Races	Toy cars, super soaker/large water guns, and paper or wide tape
WaterWorks	WaterWorks: Frozen T-Shirt	Old t-shirt, water and freezer
WaterWorks	WaterWorks: Big Bubbles	Water, bowl, dish soap, sugar, measuring cups, whisk or fork and pipecleaners
WaterWorks	WaterWorks: Ice Bowling	10 Bottles of water, balloons, food coloring, biodegradable glitter (optional) and freezer
WaterWorks	WaterWorks: Slippety Slide	Plastic sheeting or a large tarp, stakes, dish or hand soap, scissors, garden hose (with water) and goggles (optional)
Food Fun	Experiment: Egg Drop	Tall glass of water, pie tin or unbreakable plate, empty toilet paper roll and an egg
Food Fun	Cooking: Rainbow Skewers	Skewers, chopsticks, or metal straws and washed fruit (pre-cut if needed)
Food Fun	Cooking: Apple Donuts	Cutting board, knife, small cookie cutter (optional), apple, cream cheese, food coloring and sprinkles
Food Fun	Cooking: Banana Sushi	Banana, blueberries, graham crackers, chocolate chips, nut or seed butter, knife, plate or cutting board and plastic zip-top bag
Food Fun	Experiment: Lemon Pennies	Lemon (pre-cut if needed), cup, dirty penny and a rag or paper towel
Food Fun	Cooking: Microwave Pickles	Cucumber, onion, sugar, vinegar, salt, celery seed and/or mustard seed (optional), cutting board, knife, spoon, measuring spoons, measuring cups, microwave-safe bowl, microwave, oven mitts, refrigerator and foil or plastic wrap
Arts and Crafts	Arts & Crafts: Cardboard Friendship Bracelet	Cardboard, pen or pencil, scissors, a circular object to trace, embroidery floss (ideally 7 different colors), and a ruler or tape measure
Arts and Crafts	Arts & Crafts: I AM Collage	Pens or markers; blank canvas, sturdy piece of paper or cardboard; glue, paintbrush, scissors and magazines
Arts and Crafts	Arts & Crafts: Squirt Painting	Cups, spoons or forks, squirt guns, water, water colors, water color paper and a thumbtack (or hammer and nail)
Arts and Crafts	Arts & Crafts: T-Shirt Revamp	Old t-shirts, pony beads and scissors
Arts and Crafts	Arts & Crafts: Spiral Friendship Bracelets	Embroidery floss, clipboard or tape, scissors and a button
Arts and Crafts	Arts & Crafts: Wall Hanging	Sturdy stick, cotton string/thin rope, ruler or tape measure, flavored drink mix, scissors, water and measuring cup
Arts and Crafts	Arts & Crafts: Tie-Dye	White t-shirt, tank top or sweatshirt; water, rubber bands, shirt dye, squeeze bottles, plastic or rubber gloves, plastic wrap, washing machine and dryer (or hang to dry)
Arts and Crafts	Arts & Crafts: Chevron Friendship Bracelet	Embroidery floss (an even number of different colors), scissors, tape and a ruler or tape measure
Arts and Crafts	Arts & Crafts: Stick Shapes	Sticks, scissors, glue; blank canvas, sturdy piece of paper or cardboard; paint, paintbrushes, plate, pencil and paper

CATEGORY	TITLE	SUPPLIES NEEDED
Arts and Crafts	Arts & Crafts: Bird Feeder	Birdseed, nut or seed butter, empty toilet paper roll, plate, butter knife and string/thin rope/twine
Song and Cheer	Call & Repeat Song: Flea Fly	None
Song and Cheer	Campfire Song: Rockin' Robin	None
Song and Cheer	Cheer : Happy Cheer	None
Song and Cheer	Campfire Song: Perfect Day	None
Song and Cheer	Call & Repeat Song: The Littlest Worm	None
Song and Cheer	Call & Repeat Song: Brown Squirrel	None
Song and Cheer	Cheer : Razzmatazz	None
Song and Cheer	Campfire Song: The Cat Came Back	None
Song and Cheer	Campfire Song: Green Grass Grows All Around	None
Song and Cheer	Call & Repeat Song: Funky Chicken	None
Song and Cheer	Campfire Song: Peace Like A River	None
S'more Camp	S'more Camp: Pajama Day	Pajamas
S'more Camp	S'more Camp: Fishtail Braids	Elastic hair bands
S'more Camp	S'more Camp: Hula Hoop Showdown	Hula hoop
S'more Camp	S'more Camp: ROYGBIV Day	A variety of rainbow colored clothes and fruit
S'more Camp	S'more Camp: Backwards Day	A variety of clothes and accessories
S'more Camp	S'more Camp: Tie-Dye Day	Tie-dye clothes and accessories (or make some using the video in the Arts and Crafts category)
S'more Camp	S'more Camp: Movie Star Day	Dress clothes, shoes and accessories
S'more Camp	S'more Camp: Happy Birthday Day	Birthday decorations, party favors and cake
S'more Camp	S'more Camp: Hat Day	Your favorite hat(s)
S'more Camp	S'more Camp: Sports Fanatic Day	Team sportswear or sports uniform
Yoga	Yoga: Strength	Mat or soft floor surface (optional)
Yoga	Yoga: Unity	Mat or soft floor surface (optional)
Yoga	Yoga: Gratitude	Mat or soft floor surface (optional)
Yoga	Mindfulness: Self Love	Mat or soft floor surface (optional)
Yoga	Mindfulness: I Wish You More	Mat or soft floor surface (optional)
Yoga	Yoga: Confidence	Mat or soft floor surface (optional)