

CAMP OZ ACTIVITIES GUIDE (JUNE 21-25)

Monday Art and Nature (8:45 – 9:45 AM)

This session is already broken up by age so the parent doesn't need to select any sessions for this time.

Monday Activity Break Outs (10:10 – 11:25 AM)

(please select one option)

- Option 1: Up Close Fossils with Royal Tyrrell Museum of Paleontology – Get up close and personal with fossils in this program from the Royal Tyrrell Museum of Paleontology! Using real fossils, videos and images, explore how fossils are discovered, excavated, and prepared for the museum from real-life experts. **Will require following and joining another Zoom link and then returning to Camp Oz's Zoom at its conclusion.**
- Option 2: SPIRIT Club Virtual Boxing – This exercise class from SPIRIT Club offers a fun, interactive way to increase your coordination, balance, endurance & overall strength by incorporating the basics of boxing into your fitness routine. There is no need for special equipment here to learn many of the same skills and techniques that boxers use to keep themselves in great shape. **Only requires a chair and some open space to move around. Wear active clothes and shoes!**
- Option 3: SPIRIT Club Virtual Zumba – Get ready to move and dance by following along with this fun, music-based exercise experience aimed to improve your cardiovascular endurance, balance, flexibility, and more, all while enjoying the many benefits of dance and movement. This class offers a fun, high-energy atmosphere that can help you get some good exercise in! **Only requires a chair and some open space to move around. Wear active clothes and shoes!**
- Option 4: Team Building Games – Get to know your fellow campers and build some great friendships through fun social games.

Tuesday Art and Nature (8:45 – 9:45 AM)

(please select one option)

- Option 1: Nature – Animal Bonanza: Join this session to explore animals through guessing games, live zoo cams and creating our own cute origami creatures. **Involves fine folding and following detailed instructions.**
- Option 2: Art – Mindfulness art: Take some time to relax and create stress-busting art projects with your fellow campers. In this session, campers will learn about mindfulness through a variety of activities, including making mandalas and breathing wands. **Involves working with scissors and tape.**

Tuesday Activity Break Outs (10:10 – 11:25 AM)

(please select one option)

- Option 1: Harbour Seals with the Maritime Aquarium – Get up close and personal and ask questions about one of Maritime Aquarium's cutest sea creatures, the Harbor Seal. **Will require following and joining another Zoom link and then returning to Camp Oz's Zoom at its conclusion.**
- Option 2: Destination Mars with the Challenger Center – Sign up to become a real astronaut and explore Mars with your fellow camper team of researchers. Since Mars is so far away from Earth, this challenge revolves around choosing the best moon to build a base and overcoming a solar storm emergency. Led by a Challenger Center flight captain, to successfully explore Mars' moons and complete the mission, campers must work together to protect the rovers and restore communication, analyze the data from their experiments, and select a moon to build a base. **Must sign in with a computer (no phones or iPads). Will require following and joining another website link and then returning to Camp Oz's Zoom at its conclusion.**
- Option 3: STEM Marshmallow Structures – Put your engineering and construction hat on to build grand structures out of mini marshmallows and toothpicks. Then test how high you can build with just spaghetti noodles, tape, string, and a marshmallow. **Will need sticky cleanup.**

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Wednesday Art and Nature (8:45 – 9:45 AM)

(please select one option)

- Option 1: Nature – Games: Say, act, or draw out nature clues for your fellow campers to guess in Catch Phrase, Charades or Pictionary styles. ****Requires using and reading from the Zoom Chat box****
- Option 2: Art – Tin Foil Sculptures: Sculpt your own personal superhero out of tin foil and decorate them to be ready to save the world! ****Involves cutting and shaping tin foil****

Wednesday Activity Break Outs (10:10 – 11:25 AM)

(please select one option)

- Option 1: The Works Motor Power STEM Project – What’s inside a motor and how does it work? Learn about motors from a Works Engineering Fun Museum staff while constructing your own Wigglebot robot to play with! ****Involves twisting and threading fine wires. Will require following and joining another Zoom link and then returning to Camp Oz’s Zoom at its conclusion.****
- Option 2: Wolf Pups 101 with the International Wolf Center – Ever wondered what it’s like to grow up as a wolf? Step into the shoes of our wolf care staff and follow our ambassador wolves through their first year of life. You will learn and watch all of the stages of pup development and what it takes to raise wolves here at the International Wolf Center! ****Will require following and joining another Zoom link and then returning to Camp Oz’s Zoom at its conclusion.****
- Option 3: Hands On Science – Join to create your own slime and create your own invisible ink. ****Requires a tupperware from home. Involves clean up****

Thursday Art and Nature (8:45 – 9:45 AM)

(please select one option)

- Option 1: Nature – Trivia: Test your knowledge of the great outdoors in a trivia showdown!
- Option 2: Art – 3D Campsites: Create a 3D campsite out of your camper box and add cool origami touches throughout. ****Involves folding, cutting, and clean up.****

Thursday Activity Break Outs (10:10 – 11:25 AM)

(please select one option)

- Option 1: Dolphin Game Show with the Dolphin Research Center – Take the plunge into anatomy, physiology and adaptations with the dolphins at Dolphin Research Center (DRC). Campers will participate in an interactive program with DRC staff and engage in some friendly competition to test their knowledge. They’ll also have the opportunity to ask a dolphin expert questions while learning how they can lessen their impact on the marine environment.
- Option 2: Tye Dye Shirts – Join this classic camp activity to create your own uniquely designed shirt to remember 2021 Camp Oz. ****Requires some utility buckets or bins from home. Needs a proper set up to keep clean clothes and a clean house.****
- Option 3: Food Projects – Join your fellow campers in a cooking adventure and bring out your inner chef! On the menu... frozen apple pops and rice krispie treats! ****Involves the use of a microwave and freezer. Will require some cleanup.****

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Friday Art and Nature (8:45 – 9:45 AM)

(please select one option)

- Option 1: Nature Stewardship – Nature is precious and needs kids like you to help protect it. Select this option to plant your own seeds and dreams of ways that you can make a difference **Involves clean up**
- Option 2: Art – Collages: Create beautiful pieces through the art of collage. **Involves cutting and clean up**

Friday Activity Break Outs (10:10 – 11:25 AM)

(please select one option)

- Option 1: Puppetry from Around the World with the Center for Puppetry Arts – Get a sneak peak at the work of master puppeteers from Japan and China while also following along with a hands-on puppet building project. Campers will learn about the puppetry traditions of Mali, Japan, and China with the aid of a Malian Water Spirit Rod Puppet, Japanese Bunraku Rod Puppet, and Chinese Hand and Shadow Puppets. **Involves folding and cutting, will require following and joining another Zoom link and then returning to Camp Oz's Zoom at its conclusion.**
- Option 2: Music Connections – Join Parry, a certified music therapist, for a fun hour of music based activities that build connections, promote well-being, and increase confidence.
- Option 3: Camp Crafts – Lanyards and More! Feeling extra crafty? Join this session to make some classic camp crafts from home! Campers will have the opportunity to make lanyards, decorate postcards to send to a loved one, and learn finger knitting. **Involves manipulating and tying string with two hands.**