

L.I.T. Camp
Activities Guide
2020

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A Recipe For Integrity

Supplies: 30 Blanket Healthy Eating Plate Sheets, coloring supplies, something to write with

Directions: Everyone has their own unique tastes, and everyone is unique. In this activity, the goal is for the participants to create their own recipe for integrity. What do they think integrity is or what traits does integrity have?

Alaskan Baseball

Supplies: A ball and a large playing space

Directions: Split the group into 2 teams and designate a “batting” and a “fielding” team. The “batting” team lines up one behind the other. The “fielding” team spreads out around the play area. The first player on the “batting” team throws the ball anywhere they wish to in the playing area and begins circling his or her teammates. Each time this runner passes the front of the line a run is scored. The runner continues to run with the team calling out the count each time she/he passes the front of the line. The first member of the “fielding” team to get the thrown ball picks it up and the other team members line up behind him/her. The ball is then passed over their heads with each player touching it with both hands. When the last player in the line gets the ball she/he runs to the front of the line and yells stop. Now the other team becomes the “batting” team and the process repeats until a certain number of innings are played or certain number of runs are scored or maybe just until everyone is exhausted.

Animal Call Game

Supplies: Slips of paper with animal names on it. (2 goats, 2 dogs, 2 bears, etc.)

Directions: Prepare cards or slips with the names of animals written on them. Have 2 slips for each animal (e.g., 2 bears, 2 monkeys, 2 hummingbirds, etc.) and enough slips so that each

participant can get one. Instruct the group to find their mate by making the sound of or imitating the mannerisms of their animal.

Because I Said I Would (Commitment Cards)

Supplies: Index cards, something to write with.

Directions: Commitments are special and show that people are dedicated and willing to go the extra mile to accomplish something. In this activity, the goal for the participants is to come up with things to write on these index cards that they will commit to as they become leaders. For example, I will make an impact on the community by volunteering at soup kitchen Because I said I Would.

Blind Fold Mine Field Race

Supplies: 30 blind folds, random objects to use for the “mine field”

Directions: The participants will put their blind folds on before they begin going through the mine field. When a participant is going through the mine field, their teammates are expected to direct the blind folded person through the mine field without touching any of the mine field objects. Have the participants practice before the race. If the participant going through the mine field knocks into an object, the participant will have restart. The goal of this activity is for the participants to use communication and teamworking skills to complete this activity.

Capture The Chicken

Supplies: 2 Rubber chickens, pinnies to distinguish teams, cones to mark boundaries

Directions: Split the participants into 2 even teams. After defining the playing area (field space), split it in half by marking the full center line with cones (or with a big tug-of-war rope). Each side will be a mirror image of the other. On each side, use the cones to mark off an area that will be the prison (a circle that has a diameter of about 8 to 10 feet). On each side, use the cones to

mark off an area that will house the rubber chicken (usually a 5-foot by 5-foot circle). Place the rubber chicken in the middle of this circle. The object of the game is to steal the other team's rubber chicken and bring it over the center line to your side without getting tagged. Anyone who is on the other team's side, and is tagged by a member of that team, MUST go immediately to prison. To be saved from prison, someone from your team must make it all the way to you without being tagged, and then must walk you back (holding onto your clothing, hand, linking elbows...etc.), to your own side. You can only save one person from prison at a time, and both saver and "savee" must walk back to their own side before re-joining the game (no breaking away to steal the rubber chicken!). You are only allowed to have one person in the rubber chicken safe zone at a time, and that person can stay in the safe zone for as long as they want. If someone else enters the safe zone while you are in there, then you both go to prison. You cannot pass/throw the rubber chicken to another member of your team. If someone tries to steal the rubber chicken, and is caught before crossing the center line, then that person goes to prison, and the flag goes back inside the safe zone. If you want to, you can challenge someone to a "Tug-of-War." This happens when two opposing team members face off at the center line, links hands, and try and pull each other onto the other's side. If you are pulled across the line, then you go to prison. Each time a team successfully steals the rubber chicken, have the teams switch sides.

Catapult Paint

Supplies: Supplies needed for this activity will be included in the printout.

<https://fun-a-day.com/catapult-painting-art-activity-for-kids/>

Directions: Directions will be included in the printout.

<https://fun-a-day.com/catapult-painting-art-activity-for-kids/>

Charades

Supplies: Index cards with the phrases or words on them, a timer

Directions: The participants will be divided into two teams. A player from the first team selects an idea from the other team's container (or a phrase selected by the other team if not playing the written version). After reviewing the phrase, that player must act out the charade, while his or her teammates have 3 minutes to guess the correct answer. If they get it correct within the time limit, the team scores a point. A player from the opposing team then takes their turn and this continues until all of the ideas are used up. The team with the most points wins. You can decide to play up to a certain score or set a time limit for the game.

Color Personality Test ([Link to printout Color Personality Test in the References](#))

Supplies: 30 Print outs of the True Colors Personality Test, something to write with

Directions: The participants will take a true colors personality test. The participants will be asked a series of questions to answer. Once the participants answer all the questions, they will then tally their answers based on the choices A (Orange), B (Green), C (Blue), and D (Gold). Once they tally their answers the counselors will read each color's personality traits. Each color has its own unique traits associated with the color. This activity is meant for the kids to see if this fits their personality. All the colors have positive traits, nothing negative so the participants are to be complimented in a way and give them a feel-good moment about themselves.

Communication Error Game:

Supplies: Index cards with sentences on it for example (I rode on my bike and fell)

Directions: This fun activity is to build on their communication and teamwork skills. The participants will line up in a single file line. The last person in line who get an index card, which will have a sentence on it. The participant will tap the shoulder of the person in front of them.

That person will turn and watch the last person who act out the sentence. The person will then continue the tread and tap the shoulder of the person in front of them and act out what the last person showed them. This will continue on until the participants get to the first person in line. The first person in line will try to guess what the sentence or action is. The only rule is they are not allowed to talk. The first person in line will act out what the action was and the person who started it will reveal what the sentence on the notecard said.

Cooperative Musical Chairs

Supplies: 30 Chairs

Directions: Basically, the same rules as musical chairs, however the goal is to make sure all participants are not standing aka on a chair. Play the music and have the players walk around the perimeter of the chair circle. When the music stops, the players have to immediately sit on the chairs. Every player be sitting on the chairs with her/his feet off the floor. If they accomplish this, they have completed that round and may continue to the next one. Remove a chair and play the music again. Again, when the music stops, all players must sit down with their feet off the floor. Continue playing each round until the team can no longer sit in the chairs. (Then you can try again from the beginning!)

Create Your Own L.I.T. Hat

Supplies: 30 Ball Cap Hats, Fabric Paint Markers

Directions: Participants will be given a Ball Cap Hat and will be given the opportunity to design and get creative by creating a L.I.T. Hat. Quotes can be used, designs can be used as well, but most importantly creativity is encouraged. Everyone will get a chance to exhibit their hats with each other once they are completed. Any designs put on the hats must be appropriate, (Remember you are at L.I.T. Camp and you are to lead by example to others).

Create Your Own Self-Care List

Supplies: Pieces of paper and something to write with.

Directions: Self-Care is being encouraged more and more every day. Self-Care helps us with stress, tension, and helps us relax and ultimately to live a healthier life. In this activity, the participants will create a list of self-care that they think will benefit them. Self-care is encouraged to be positive activities or things nothing that has a negativity association with.

Create Stress Balls

Supplies: Up to 60 Balloons (Non-Water Balloons), 4 bottles of Corn Starch, Water, 30 Water Bottles

Directions: Take balloon and attach to a funnel to give it a wider spout. Add just a little bit of water to give the balloon some weight. Add 1 TBSP of corn starch, and then massage the ingredients together. Continue adding water and corn starch the same way until the balloon is full. Once balloon is full, pinch at the top and tie a knot.

Cup Challenge

Supplies: 100 solo cups, rubber bands, yarn (4 yards in the video but I recommended so everyone has enough yarn. 4 yards of yarn is what they used in the cup challenge.

Directions: Split the participants up into groups of 3. Have them take a string of yarn and loop it inside the rubber band and have the practice stretching the rubber in their groups. Both hands should have an end of the string of yarn. 3-4 strings per group. The groups are going to stack the solo cups into towers. The goal is to create the tallest cup tower without actually touching the cups. The groups will use the yarn to extend or stretch the rubber band around the cup and move it together to a spot and begin creating a tower. You can have them practice getting and move a

cup first before creating the tower. Once they get the hang of it, they can do tallest tower competition or a timed tower challenge.

Detective

Supplies: No supplies are needed for this activity.

Directions: One person in the group will be the “detective”. That person will be asked to leave the room and will be called back in once the rules are explained to the rest of the group. Once the detective leaves the room or area, the counselors will select one person in the group to be the suspect or the person. Once the person is selected, the group is responsible to answer only yes or no. The group must do their best to not look at the person who is selected as the suspect. The detective will be called back in and may ask each person one question each and tell the detective the group can respond yes or no so that will help the detective form questions. Once the detective thinks they know who the suspect or the person is they can make a guess. If it is right the game is over and a new detective can be selected. If the guess is wrong, the detective can continue to ask questions until the person is identified.

Do Your Own Self-Care Activity

Supplies: Supplies depend on the participants activity.

Directions: Participants can be creative and do their own self-care activity. If they want to play a game of basketball, go for it. If they want to go to for a walk, they can do that. If they want to do a meditation session, have at it. The participants are encouraged to be think and be creative.

Empathy Map Pinterest

Supplies: Supplies needed will be included in this link and printout.

<https://hope4hurtingkids.com/emotions/overcoming-emotions/the-empathy-map/>

Directions: Directions for this activity are in the printout

<https://hope4hurtingkids.com/emotions/overcoming-emotions/the-empathy-map/>

Falling Off The Log

Supplies: 1 Tug-A-War Rope

Directions: Basically tug-a-war except it isn't team based it is one on one based. The kids can be split into teams, but it is one on one. One camper versus another camper. Make sure the campers are not out matched, balance skill level, size level, strength level, and maybe age wise too. Be smart and don't hurt anyone. This activity is supposed to be fun.

Flip Activity Part 1

Supplies: 30 Carpet squares, a couple of long pieces of 2x4 wood

Directions: This activity will split up into two parts. This first part of the flip activity is to get the participants to understand the activity. Starting with the carpet squares, each participant will stand on a carpet square. Groups can be formed even groups preferred. The groups will form a single file line while standing on the carpet square. The counselors will tell the groups to flip the order of their lines without stepping off the carpet squares. For example, the person in the front of the line will go to the back of the line, the second person in line will be the second to last person in line, etc. The goal is to flip the order of the line without stepping off the carpet squares. Challenges can be added like having them be timed, race each other, or even make larger groups. The second activity with the 2x4 pieces of wood will be similar concept. Groups will stand on the 2x4 piece of wood in single file line. The group will have to flip the order of the line without

stepping off the piece of 2x4 wood. Groups can work together on this activity, the main thing is to not step off the 2x4 piece of wood.

Flip Activity Part 2

Supplies: 1-2 tarps

Directions: Need a tarp large enough for all participants to stand on and have at least a little personal space. For large groups consider multiple tarps.

Have all of the participants stand on the tarp and challenge them to flip the tarp over and, without stepping off of the tarp, all be standing on the other side of it.

Honesty Bingo

Supplies: 30 Random Honesty Bingo Cards, bingo chips

Directions: This version of Bingo challenges the participants to be honest. This version of bingo will have scenarios replacing the numbers. For example, one of the spaces could be “I am an outgoing person.” If the participant believes that they represent this, they will put a bingo chip on that space. The cards will have different scenarios, but the key is that they have to be honest with themselves and will test them.

Hula Hoop Pass

Supplies: 10 Hula Hoops

Directions: The participants will be split into groups, then two big groups and eventually can be one large group. The groups will grab hands as the person on the end of the line will have a hula hoop on the free arm. That person will pass the hula hoop to the next person and the group will go down the line. The groups will work together to make pass the hula hoop down the line. The goal is to teach teamwork and communication.

Human Knot**Supplies:** None

Directions: Groups of ten work for this activity. The group stands shoulder to shoulder in a circle. All reach one hand into the middle and take another player's hand. They then take a second hand, being sure they have two different people's hands. The group then tries to untangle themselves without letting go of each other's hands. The hands can be pivoted within each other. Various solutions are acceptable. For example: two separate circle, two interlocking circles, players turned into and out of single circle. The goal is to simply get unknotted. Challenges can be added to the game for fun like no talking or set a timer for groups to get unknotted or have a race between the groups. You can eventually do larger groups and maybe even one giant human knot.

Infinity Volleyball**Supplies:** Beach Volleyball

Directions: Let players get use to hitting the volleyball before starting any "game". This can be a game in itself with each team hitting the ball among their teammates. It also allows players to get the feel of hitting the volleyball. The game can be played with very few rules; simply ask the whole group to hit the ball back and forth over the yarn net as many times as possible. Allow each player to contact the ball as many times as needed with any part of his/her body if this helps the player to control the ball. Allow as many hits to a side as needed; no boundaries are used.

Jenga

Supplies: Jenga Sets

Directions: The participants will participate in a Jenga game. Every time a participant takes a Jenga block off the Jenga tower, they will share a fact about themselves. This is meant for the participants to get to know each other and for it to be an icebreaker.

Kickball

Supplies: Kickball

Directions: Basically, like baseball expect you use a kickball.

Kindness Checklist

Supplies: Paper, something to write with

Directions: This activity is meant for the participants to exhibit acts of kindness. Showing acts of kindness can make an impact on people and the community. For this activity, the participants will be asked to create a kindness checklist. Participants are encouraged to discuss with each other ideas and encouraged to go the extra mile. For example, one act of kindness would be to hold the door for an elderly couple going into a restaurant.

Kindness Rocks

Supplies: Kindness Rocks, Paint, Paper Towels, Paint brushes.

Directions: This activity is a great way for the participants to be creative and make an impact. For the kindness rocks, the participants are going to create kindness rocks that they think can make a difference in a person's day or even life. It could be a simple quote, or it could be a positive design. The goal is to make a difference in the community and spread these kindness rocks throughout the community

L.I.T. Contract Part 1

Supplies: 30 L.I.T Contracts, something to write with

Directions: This activity will be given two days to work on this activity. The first part of the activity is to introduce the participants to the activity. The L.I.T. Contract is an activity where the participants will create a contract for themselves as L.I.T. Leaders. In this contract they will create expectations for themselves as leaders, commit to this contract, and exhibit their L.I.T. leadership skills in school, in athletes, in extracurricular activities, and in the community. Give the participants time to think about what they want to put in their L.I.T. Contract.

L.I.T. Contract Part 2

Supplies: 30 L.I.T Contracts, something to write with

Directions: This is the second part of the activity. This time the participants will be given the chance to make any changes to their L.I.T. Contract. Once their L.I.T. Contract is completed, they may have the opportunity to share with the group their L.I.T. Contract. This contract is meant for the participants to set expectations for themselves and as leaders.

Lumey Sticks

Supplies: Sticks in the woods that fit the lumey sticks in the description. 2 sticks per participant.

Directions: Each participant makes or has been supplied with two lumey sticks, roughly eight to twelve inches long and approximately an inch in diameter (easily held in the player's hands). Partners sit facing each other on the floor or flat surface (ground), or at a narrow table or desks pulled together. The sticks are moved in unison by partners to a count of three. The sticks are held as if one were holding a candle, about halfway between top and bottom. Usually two or three basic patterns are introduced and then players are encouraged to create their own sequences

and patterns. Songs can be used for this activity (songs obviously have to be appropriate) an example is We Will Rock You by Queen.

Many Move

Supplies: The roped skis

Directions: The participants will be broken up into groups. The groups will stand on the roped skis and will be asked to move together in unity across the field and back. The goal is to teach them teamwork and communication to accomplish a task as a team.

Marshmallow Towers

Supplies: Marshmallows, Toothpicks

Directions: The participants will be broken into groups. The groups will be given marshmallows and toothpicks. The goal is for the groups to create a marshmallow tower. First time the groups will be given time to get an idea of how this activity works. After that the groups will have a race to create a marshmallow tower.

Meditation

Supplies: One of the counselors to lead the meditation session or have a tablet or phone with a meditation video

Directions: A self-care activity that helps stress, tension, that leads the participant to peace and relaxation. The participants will do a meditation to relieve and relax them.

Mirror Mirror Activity

Supplies: A paper with a mirror on the paper and something to write with.

Directions: This activity is meant to be encouraging and positive. The participants will be asked to write down things about themselves that is positive and encouraging about themselves. The leaders will then explain that these mirrors you will practice when you are at home or going

through a lot. The goal is for the participants to wake up in the morning and say these things to themselves in the mirror every day or remember to those that traits make them special and that they are important.

Respect Scenarios (What does it look like in different environments?)

Supplies: Index cards with different scenarios on like for example (You are walking down the hallway and notice a kid is carrying a ton of books and someone bumps into the kid and he drops his books all over the floor? He feels embarrassed and people are laughing at him, do you follow the crowd and laugh at him or do you help him pick his books up?)

Directions: During this activity, the kids will close their eyes and will just listen. The counselors will ask the scenarios and if give the response options and the kids will raise their hand for the response, they feel is right. The goal of this activity is to teach the kids about respect and how they should react to scenarios. Doing right thing isn't always the popular choice. For example, helping the kid pick his books up instead of joining everyone else who is laughing at him. Be the bigger person and do the right thing.

Safe From The Sharks

Supplies: Two or Three Pool Noodles

Directions: Players are divided into groups of three. Each group is to designate its players as #1, #2, and #3 (Use extras or one group of three as sharks). Players #2 and #3 from each group form a "safe" underwater cage by facing each other and joining hands or linking arms. Player #1 is the diver who wishes to avoid the sharks. The diver stands inside the cage. When the leader calls "change cages", the cage players raise their hands and all divers try to scurry for another cage. SHARKS must "toe touch" to begin each episode = all sharks touching toes of one foot with all other sharks. Call "Shark ready?" - "Toe touch." to bring focus and preparation for the next call.

YOU DO NOT HAVE TO WAIT FOR ALL TO BE READY. Waiting may lead to continuing delays. A shark can tag any diver not in a cage with the pool noodle given to each shark. A tagged diver changes places with the tagger (becomes a shark). It is important to allow each member of each group of three a somewhat equal chance to be a diver.

Silent Football

Supplies: No Supplies Needed

Directions: Players sit in a circle.

The commissioner explains how the game works. The commissioner starts the "football" by tapping on his right or left leg once, twice, or three times. If it's one tap on the right leg, the "football" goes one person to the right. If two, then two people, if three, then three people. Whoever receives the "football" must tap their leg in the same manner to pass the football on. (There is not really a football, it's imaginary - following the taps is what is important.) If a player wishes to pass the football further than 3 people, the player must point using their elbow and eye contact at the person they are passing it to.

The commissioner then gives the rules which are as follows:

- No laughing
- No pointing
- Must be aware of the "football" if it comes to you
- May not tap unless you have the "football"
- No talking unless asked to talk

The above provides a framework for the game but it is not what makes the game fun. Here is where it really starts to get good...

The commissioner explains that if anyone sees any other people breaking any of the four rules,

that person may raise their hand. The commissioner picks them by saying "Mr./Ms. _____".

The player raising their hand must address the commissioner by saying "Mr./Ms.

Commissioner..." and then give their complaint.

The commissioner then facilitates a discussion about the grievance done to the community by this breach in rules. If the person is found to be guilty, the commissioner can ask for the participants thoughts on what an appropriate punishment might be (i.e. sitting in the center of the circle, having to talk in a high/low pitched voice the rest of the game, etc). The creativity of the commissioner along with the participants is what makes this game good.

When the dispute is resolved (or before if the mayor wishes), players return to the game of silent football until another dispute arises.

The game is finished whenever the commissioner/counselors wishes. (For this game to work, players should know each other well so that "punishments" are not taken personally and that players are comfortable with one another that they can be silly/creative) Punishments are meant to be silly and appropriate. Be nice and enjoy!

Slipped Disc

Supplies: 1-3 Frisbees

Directions: Everyone lies down in circle on his or her stomach. A Frisbee is placed on one person's back. The challenge is to pass the Frisbee around the circle from back to back without it falling off. (Note: touching Frisbee with hands not allowed) Repeat with more Frisbees.

Solar Oven (Smores) Pinterest

Supplies: Supplies included in this link and will be printed out and provided to everyone

<https://nourishingmyscholar.com/solar-oven-smores/>

Directions: Directions will be in print out. <https://nourishingmyscholar.com/solar-oven-smores/>

T-Shirt Tower

Supplies: A couple of old T-Shirts

Directions: The goal of this activity is to fit as many people as possible on a single t-shirt.

Participants are encouraged to work together, be creative, and strategize. Additional t-shirts can be added. Break participants up into groups to make activity easier to understand, can make it more difficult with people if participants are up to the challenge.

Team Juggle

Supplies: 5 tossable items (e.g., balls, stuffed animals)

Directions: Have the group stand in a circle facing each other. Explain that you're going to form a juggling pattern and lob one of the tossables to a person across the circle from you. Have that person lob the tossable to a different person (don't toss to the person next to you) until everyone has received the tossable. The last person to receive the tossable will throw it to you completing the juggle. Emphasize that you need to remember who you are throwing to and who's throwing to you. After practicing the order of tosses another time or two try to get 5 tossables going at one time following the sequence that you've established.

This Or That

Supplies: A list of this or that questions/scenarios.

Directions: The participants will gather around in a middle section of an area. The scenarios/questions will be asked, and the participants will move to side or another or in the middle if they can't decide or don't have a preference. For example, are you more of a Star Wars fan or a Marvel fan?

Two Truths & A Lie

Supplies: 30 Slates, erasable markers to write on slates, erasers

Directions: The participants will be asked to come up with two truths about themselves and a lie. A participant will tell the group the three things they wrote, and the other participants will try to figure out the lie about the participant. Do a couple of rounds for each participant. Each round they are encouraged to come up with new truths and new lies.

Walk In My Shoes Activity

Supplies:

Directions:

Who Are Your Leaders?

Supplies: Random pictures of celebrities and or athletes. Try to mix and match with celebrities/athletes that are great leaders and who are not. For example, Captain America and Thanos.

Directions: The participants will be able to talk and discuss the pictures and about each person on the picture. The participants will ultimately decide who was a great leader or who isn't a leader. The goal is to associate leaders the participants are to be inspired by.

Yoga

Supplies: A tablet with a yoga video, towels, a quiet place to do this activity.

Directions: The counselors are encouraged to either take leadership in this activity or help the participants with this activity. This is another self-care activity as the participants will participate in a session of yoga. Yoga has physical, mental, emotional, and social benefits. This activity is meant to show the participants a kind of self-care activity.

4th of July Activities (Craft & Cupcakes)

Craft Supplies & Directions: Supplies needed and directions will be in the printout

<https://www.craftymorning.com/patriotic-wind-catcher/>

Cupcake Supplies & Directions: Supplies needed and directions will be in the printout

https://www.crazyforcrust.com/fireworks-funfetti-cupcakes/?utm_source=pinterest&utm_medium=social&utm_campaign=social-pug&utm_content=tribes&utm_term=723805834_29253738_13521

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<https://www.pegames.org/full-length/capture-the-flag/>

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