



2020 Healthy KIDS Week

**Virtual Summer Camp
Activity Guide for Kids and Their Families!**

A program of the YMCA of Greater Kalamazoo.
1001 W. Maple St., Kalamazoo, MI 49008 www.kzooymca.org



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Your participation impacts funding for vital programs and services
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- ✓ Convenient
- ✓ Confidential
- ✓ Critical

10 minutes

10 questions

10 years impact



MICHIGAN
BE COUNTED
2020 CENSUS



2020 HEALTHY KIDS WEEK

August 24-28

Welcome to the YMCA of Greater Kalamazoo's 2020 Healthy Kids Virtual Camp!

In this bag, you will find supplies for TEN activities to do throughout the week. Each activity will be demonstrated throughout the week on our Facebook page www.facebook.com/KzooYMCA. See the back side of this card for a complete schedule. Follow along with our videos, or watch later at your convenience (on Facebook or at www.kzooymca.org/events/healthy-kids-week-virtual-camp-2020). Use this booklet for activities, instructions, ideas, and more!

Adults: Please carefully go through this bag and activities and note what needs your supervision.



SPONSORS





2020 HEALTHY KIDS WEEK VIRTUAL CAMP

Schedule of Activities

- Mon 10a - Healthy Kids Challenge
- Mon 2p - Sidewalk Chalk Obstacle Course
- Tue 10a - Mindfulness: *Breathe Like a Bear*
- Tue 2p - So Many Ways to Use a Stressball!
- Wed 10a - Breathwork: Rubber Ducky Race
- Wed 2p - Crazy Ball
- Thu 10a - Tennis Skills & Drills
- Thu 2p - Neighborhood Walk Scavenger Hunt
- Fri 10a - Time to Tie Dye!
- Fri 2p - STEM: The Incredible Hoop Glider



On schedule at:

www.facebook.com/KzooYMCA

Available within 24 hours at:

www.kzooymca.org/events/healthy-kids-week-virtual-camp-2020



HEALTHY KIDS CHALLENGE

ACTIVITY DESCRIPTION

Complete all activities in this booklet throughout the week for a fun prize! When you have completed an activity challenge, mark off or color in the box on the back side of this card. Complete at least *seven* of these activities and turn your completed card in to the Maple Y front desk to get a fun Healthy Kids prize!

SUPPLIES NEEDED

The activity card on the back side of this page
and a writing utensil



HEALTHY KIDS CHALLENGE

<p>MAKE</p> <p>a sidewalk chalk obstacle course with 5+ stations</p>	<p>READ</p> <p><i>Breathe Like a Bear</i></p>	<p>PRACTICE</p> <p>5+ activities with your stressball</p>
<p>MASTER</p> <p>blowing your rubber ducky across water</p>	<p>PLAY</p> <p>Crazy Ball for at least 5 minutes</p>	<p>TRY</p> <p>a tennis skill using a household item</p>
<p>FIND</p> <p>15+ items on a scavenger hunt walk</p>	<p>CREATE</p> <p>your own tie-dye t-shirt</p>	<p>EXPERIMENT</p> <p>to see how far your hoop glider can fly</p>



Mark off or color in the boxes as you complete each challenge!

Turn in your card to the front desk at the Maple YMCA (1001 W Maple St, Kzoo) by October 31, 2020 for a prize.

SIDEWALK CHALK OBSTACLE COURSE

ACTIVITY DESCRIPTION

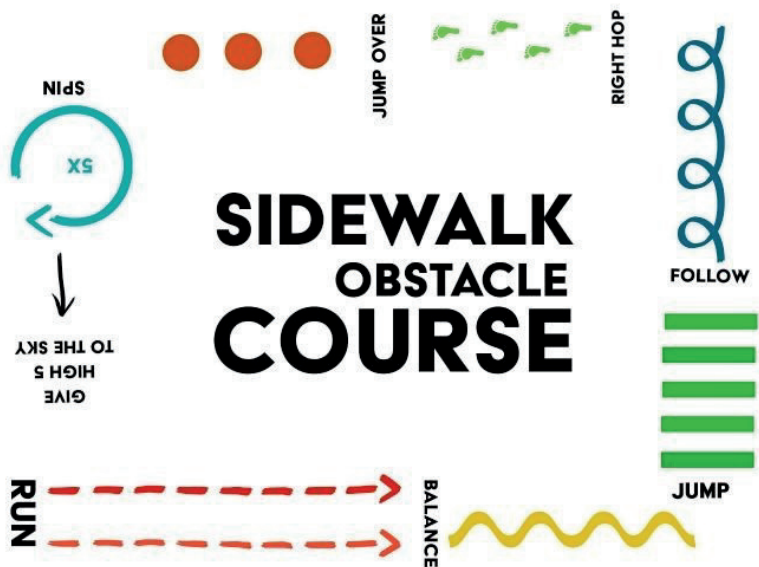
Association Health & Wellness Director Rebecca Lillie and our Kinder Campers will show you how to make an awesome obstacle course and give ideas of fun activities to include. All you need is some chalk and a *safe* concrete space – a sidewalk, driveway, or empty parking lot!

Some ideas for your course: running, hopping on one foot, spinning, dribbling a basketball (not included), jumping jacks, squats... the list goes on.

SUPPLIES NEEDED

Sidewalk chalk







MINDFULNESS:

BREATHE LIKE A BEAR

ACTIVITY DESCRIPTION

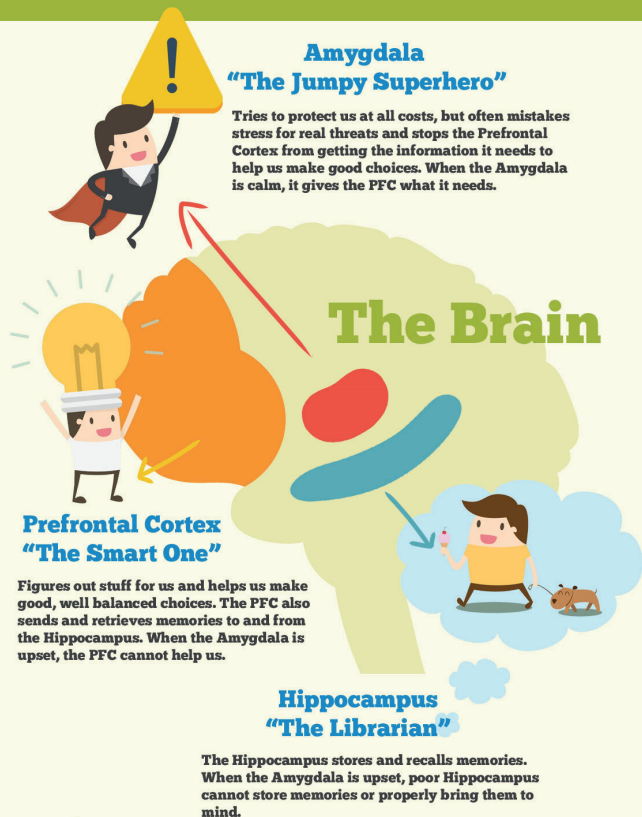
The Y's Early Learning department knows firsthand how important social-emotional learning is to our health and development - at any age. Join expert Nancy Mitchell from KC Ready 4s as she leads you through this book teaching fun mindfulness activities you can do anywhere, and any time, to calm your mind, body, and spirit.

SUPPLIES NEEDED

Breathe Like a Bear book



Mindfulness and the Brain – How to Explain It to Children



Mindfulness To The Rescue

Mindfulness helps us to calm down, and this, in turn, calms the amygdala so that it allows the information flow to the prefrontal cortex—that part of our brains that helps us make good choices. When we’re calm, we can more easily be mindful and make good choices.

SO MANY WAYS TO USE A STRESSBALL!

ACTIVITY DESCRIPTION

Join Don Seibert, Portage Youth & Family Director, as he demonstrates just how many things you can do with one little ball. Don will show you a range of activities and games that children can play by themselves or with their families. See the back side of this page for just some of his great ideas.

SUPPLIES NEEDED

Stressball



What**How to Play**

Bounce & Catch	Bounce the ball on the ground and see how many times you can catch the ball in a row.
Story Telling	Sit in a circle with your family. The person with the ball will begin a story with just the first sentence. They will pass the ball to someone else, who continues the story with one sentence. Continue until everyone adds 4-5 lines.
Hide the Ball	Everyone closes their eyes while one person hides the ball. Once hidden, everyone looks for the ball. Whoever finds the ball will be the next one to hide it for the group.
Self-Catch	Throw the ball in the air; catch with one or both hands. If you catch it 2x in a row, throw it a little higher. See how high you can get it and catch it 2x in a row.
Bucket Throw	Put a bucket a few feet away from you. Try to throw the ball in the bucket. If you can make it twice in a row, move the bucket back the length of your foot. Continue to move it back every time you can make 2 in a row.
Dance Party	Play some music and the person with the ball must dance for 10 seconds. They throw the ball to someone else, who must dance for 10 seconds. Continue for a few songs.
Hockey	Use a stick for a hockey stick and a box for a goal. Try to score a goal in the box. Play until you make 6 goals.
Milk Jug Catch	Cut off the top of a plastic gallon jug. Tape the edges of the jug to avoid rough edges. Holding the handle, try to catch the ball in the jug (with self or a partner).
500	Have a group of people make a big circle. The person with the ball will call a number of points (50, 75, 100, or 200) and throw the ball to the center. Whoever gets the ball earns the number announced. First to get 500 wins.
Family Talk	Sit in a circle with your family. Pick a topic to discuss. Only the person with the ball can talk. If someone would like to talk, they have to have the ball thrown to them.
Cup Roll	Secure a cup on one end of a table. Roll the ball and try to make it in the cup. Two people can set up cups at each end and take turns trying to make it in each other's cup. First one to get the ball in the cup 5 times wins.
Pyramid Toss	On a table, set up 6 cans forming a pyramid. Toss the ball and try to knock all 6 cans off the table in 1-2 throws.

BREATHWORK: RUBBER DUCKY RACE

ACTIVITY DESCRIPTION

An essential part of swimming and water safety is breathwork. Kat Cyr-Lopez, Portage Aquatics Director, demonstrates a fun way to practice this skill... with rubber duckies! You can use any container of water available to you (a backyard pool, a bathtub or sink, or even a big bowl of water) to use your breath to propel the duck across the water. Siblings at home? Have a race to the finish line!

Adult supervision highly recommended.

SUPPLIES NEEDED

Rubber Duck, Bendy Straw, and Water



Top 10 Water Safety Tips for Families

- 1. Never swim alone.**
- 2. Supervise children when they're in the water.**
- 3. Don't play breath-holding games.**
- 4. Always wear a life vest.**
- 5. Don't jump in the water to save a friend:
"Reach, Throw, Don't Go"**
- 6. Enter the water feet first.**
- 7. Stay away from pool drains.**
- 8. Stay within designated swim areas.**
- 9. Avoid using alcohol.**
- 10. Learn CPR.**



CRAZY BALL

ACTIVITY DESCRIPTION

Parents, watch out for this marker before it ends up on your walls! Blow up your beach ball and write fun or silly activities all over it. Toss up for yourself or play catch with others. When you catch the ball, perform the activity found underneath your left thumb.

Rebecca Lillie, Association Health & Wellness Director, will be demonstrating the game with our Jr. Explorers camp, and giving you ideas to include, such as: "dance for 30 seconds", "do your best dinosaur impression", "explain the game of UNO", "do 2 push ups", and "pose like a superhero". See the back side of this card for more ways to use a beach ball.

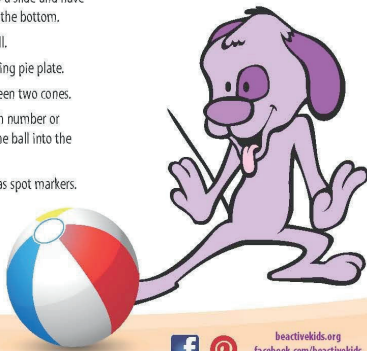
SUPPLIES NEEDED

Beach Ball and Permanent Marker



50 Things To Do with a Beach Ball

1. Throw the ball through a hanging hula-hoop.
2. Play catch.
3. Volley the ball with friends using different body parts.
4. Write colors, shapes, numbers, or letters, on the ball and shout the one you see when you catch the ball.
5. Sit on the floor with legs spread across from someone and push/roll the ball together.
6. Secure the ball between your legs and try to walk or move with it.
7. Create partner challenges to move the ball around personal space or general space in different ways.
8. Hang the ball from a tree as a target.
9. Put the ball in a mesh bag and kick it (while holding the other end of the bag).
10. Play musical beach balls.
11. Suspend off the ground in a mesh bag (or panty hose) to practice motor skills.
12. Place the ball on top of a cone and play t-ball.
13. Use as a bowling ball to knock over empty soda bottle pins.
14. Play beach ball hockey with a ball and a pool noodle.
15. Play "hot potato".
16. Using a towel, pair children up and have them toss the ball into the air and catch it on the towel.
17. Roll the ball around the room or over/under obstacles.
18. Pretend it is a heavy weight and lift it in different ways.
19. Squeeze the ball with hands, legs, arms, etc.
20. Hold the ball in your arms and move them from side to side.
21. Hit the ball to a partner using your head.
22. Use as a steering wheel.
23. Balance on body parts.
24. Throw or kick and chase.
25. Kick the ball against a wall.
26. Keep the ball on the ground and hit the ball on the side with your hand.
27. Practice movement concepts such as levels, directions, speeds or effort.
28. Create targets with colors and try to hit them with the ball.
29. Move the ball over the head and under and through legs.
30. Don't let the ball hit the floor by hitting with your hands (keep it up).
31. Balance the ball on your head and try to walk.
32. Try to juggle the ball.
33. Roll the beach ball down a slide and have someone else catch it at the bottom.
34. Hit the ball against a wall.
35. Throw the ball at a hanging pie plate.
36. Try to kick the ball between two cones.
37. Line baskets labeled with number or letter and try to throw the ball into the corresponding basket.
38. Use deflated beach ball as spot markers.
39. Use a deflated beach balls to carry loose parts.
40. Label the ball with different movements and when it is caught, perform the movement that you see first.
41. Play modified baseball with the ball and a cardboard tube.
42. Play modified kickball.
43. Divide the class into two or more groups and have the groups throw the ball back and forth over the rope.
44. Play relay games with the ball.
45. See how many times you can throw the ball up and catch it.
46. See how many balls you can carry without dropping any.
47. Try to spin the ball on your finger.
48. Balance on big serving spoon while walking.
49. Use it as a target or move it around by squirting with a hose.
50. Play crab soccer.



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beactivekids.org
facebook.com/beactivekids
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BASIC TENNIS SKILLS & DRILLS AT HOME

ACTIVITY DESCRIPTION

No racquet or tennis court needed! Matt Olsen, Youth Tennis Coordinator, will have some help from his kids demonstrating some basic tennis skills and drills that you can do from home, and he'll even give you ways to use household items to play tennis!

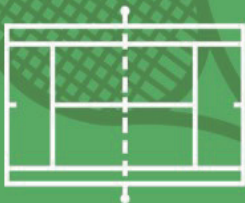
SUPPLIES NEEDED

Red Tennis Balls



TOP 10 REASONS TO PLAY TENNIS

the sport for a lifetime



YOUR BODY

Get Fit

Lose Weight, Burn Calories—An hour of singles play can burn 580-870 calories.

According to Dijk, et al. *BMJ* 350:1124 (2014)

Live Longer

Playing just 3 hours/week will reduce your risk of heart disease 56%.

According to a 2016 Harvard University study

Strengthen Heart, Muscles and Bones

Compared to other sports, tennis players have the lowest incidence of cardiovascular disease.

40-year study conducted by Johns Hopkins University

Develop Hand-Eye Coordination

Playing tennis involves several skills that all contribute to good hand-eye coordination. You can improve your agility, balance, coordination, reaction time and more.

Enjoy Family and Friends

Great for the whole family no matter what your age. With minimal equipment needed and plenty of courts nearby, it's easy to bring a friend or find one at the courts.

Develop Teamwork and Sportsmanship

From doubles play to team and league play, tennis develops your ability to communicate and work together.

Improve Social Skills

Tennis outperforms all other sports in developing positive personality characteristics.

According to a study by Dr. Jim Coan at Colorado University

YOUR BRAIN

Reduce Stress

Tennis helps you deal with physical, mental, social and emotional challenges, which increases your capacity to deal with stress.

Increase Brain Power

From alertness to tactical thinking, tennis enhances the neural connections in your brain. Kids who play tennis regularly get better grades.

According to a 2015 IRTA study

Learn to Solve Problems

Tennis is a sport that is based on evaluating angles, geometry and physics to get the best result, which translates into better problem-solving off the court.

In the late 1990s, several experts proposed that tennis, since it requires alertness and tactical thinking, may generate new connections between nerves in the brain and promote a lifetime of continuing brain development. This was supported in John Ratey's book, "Spark." Ratey was quoted in USA Today as saying, "A heart-thumping game of tennis can keep the brain in top shape."

YOUR LIFE

playtennis

Tennis is FUN! Get started TODAY!

Let TENNIS add years to your life – and life to your years!
Go to USTA.com or PlayTennis.com to find a place to play!



NEIGHBORHOOD WALK SCAVENGER HUNT

ACTIVITY DESCRIPTION

Movement and fresh air are essential to everyone's health, and a walk through your neighborhood is a great way to get both. Do what works for you. Take a leisurely stroll or make it a race to find the items as quickly as possible. Have older kids who love their phones? Integrate technology in a healthy way by having them take photos of each found item. Do whatever gets your family moving outside and having fun.

Join Devonie Block, Development Director, and her family as they show you what their neighborhood scavenger hunt looks like!

SUPPLIES NEEDED

List on back side of this card, plus a writing utensil and/or phone or camera





NEIGHBORHOOD WALK SCAVENGER HUNT

HOW QUICKLY CAN YOU FIND THESE ITEMS?

___ Blue House

___ Stop Sign

___ Dog

___ The #8

___ Black Mailbox

___ Basketball Hoop

___ Porch

___ Something Orange

___ Fence

___ Bug

___ Brown Door

___ Fire Hydrant

___ Flag

___ Recycling Container

___ Red Car

___ Garden or Flowers

___ Bench

___ Someone Walking



If taking photos, feel free to share a post of your child's finds to Facebook and tag the Y!



TIME TO TIE DYE!

ACTIVITY DESCRIPTION

OK, so this one is just fun. But fun is essential to healthy development, too! Join the Portage Camp Ahoma day campers as they show you how to transform your new Y t-shirt into a DIY creation! See back of this card for pattern examples.

SUPPLIES NEEDED

YMCA T-shirt, Fabric Dye, Plastic Gloves, Zipped Gallon Bag, Rubber Bands



SPIRAL



PINCH

TWIST

BAND & DYE

BULLSEYE

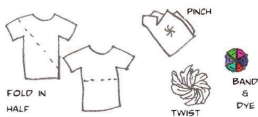


PINCH

PICK UP

BAND & DYE

DOUBLE SPIRAL



FOLD IN HALF

PINCH

TWIST

BAND & DYE

CORNER BULLSEYE



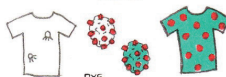
PINCH IN CORNER

PICK UP

BAND & DYE



DOTS

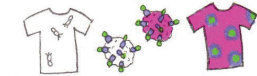


PINCH & BAND SMALL PIECES

DYE PIECES

DYE BACKGROUND

DONUTS



PINCH & DOUBLE BAND SMALL PIECES

DYE PIECES

DYE BACKGROUND

STRIPES



FOLD ACCORDIAN STYLE (BACK & FORTH)



BAND & DYE



RAINBOW



PINCH NEAR BOTTOM

BAND & DYE

START BANDS JUST BELOW BOTTOM HEM

CRUMPLE



CRUMPLE RANDOMLY

BAND & DYE

FOLDED SQUARE



FOLD SQUARELY

DYE EDGES

SHOBORI



ROLL AROUND OBJECT THAT CAN GET DYE ON IT (STICK, PVC PIPE)

SCRUNCH TO MIDDLE & DYE

FOLDED TRIANGLE



FOLD ACCORDIAN STYLE

FOLD TRIANGULARLY

STEM: THE INCREDIBLE HOOP GLIDER

ACTIVITY DESCRIPTION

Just like your muscles need exercise to stay healthy, so does your brain! Doing activities that use critical thinking skills is one way to exercise your brain and help keep it healthy. Join Corey Clark, School Age Child Care Director, as he leads campers through this fun STEM experience. See back side of this card for instructions. When you're finished, visit www.sciencebob.com for more fun experiments!

Adult supervision highly recommended.

SUPPLIES NEEDED

Index Card, Plastic Straw and/or Paper Straw
Scissors and Tape needed from home



How to make your Incredible Hoop Glider:

1. Cut the index card into 3 separate pieces that measure approx. 1 inch by 5 inches.
2. Take 2 of the card pieces and tape them together into a hoop as shown. Be sure to overlap the pieces about a 1/2 inch so that they keep a nice round shape once taped.
3. Use the last strip to make a smaller hoop, overlapping the edges a bit like before.
4. Tape the paper loops to the ends of the straw as shown (notice the straw is lined up on the inside of the loops).
5. That's it! Now hold the straw in the middle with the hoops on top and throw it in the air similar to how you might throw a dart angled slightly up. With some practice, you can get it to go farther than many paper airplanes.



How does it work?

Can we really call that a plane? It may look weird, but you will discover it flies surprisingly well. The two sizes of hoops help to keep the straw balanced as it flies. The big hoop creates “drag” (or air resistance) which helps keep the straw level, while the smaller hoop in at the front keeps your glider from turning off course. Some have asked why the plane does not turn over since the hoops are heavier than the straw. Since objects of different weight generally fall at the same speed, the hoop will keep its “upright” position.

How far are you able to get the hoop glider to fly? To further experiment, see if you can answer these questions, too: Does the placement of the hoops on the straw affect its flight distance? Does the length of straw affect the flight (you can cut the straws or attach straws together to test this)? Do more hoops help the hoop glider to fly better? Do the hoops have to be lined up in order for the plane to fly well?