



51 High Street Bristol, CT 06010 | 860-584-6160 | ParksandRecreation@bristolct.gov

## April Vacation Camp

### Monday, April 13<sup>th</sup> - Camp Kickoff & Friendships

9:00 AM - 9:30 AM	Drop Off & Welcome Activities
9:30 AM - 9:45 AM	Morning Meeting
9:45 AM - 10:30 AM	Active Play Block 1
10:30 AM - 10:45 AM	Snack Break
10:45 AM - 11:30 AM	Themed Activity/STEM Project
11:30 AM - 12:00 PM	Quiet Choice Time/Table Games
12:00 PM - 12:30 PM	Lunch
12:30 PM - 1:30 PM	Arts & Crafts
1:30 PM - 2:15 PM	Group Game/Active Play Block 2
2:15 PM - 2:30 PM	Reflection & Wind-Down
2:30 PM - 3:00 PM	Pick Up

To learn more about the City of Bristol's Parks, Recreation, Youth and Community Services Department; visit us at [www.BristolRec.com](http://www.BristolRec.com)  
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### Monday, April 13<sup>th</sup> - Camp Kickoff & Friendships

#### Welcome

Welcome campers, rules for the day, overview of schedule.

#### Morning Icebreakers

**Name Toss:** Toss the ball around the circle until everyone remembers every name.

#### Active Play Blocks

**Freeze Dance:** Move and groove to the music and freeze when the music stops.

**Simon Says:** Listen to Simon and follow the rules to be the next leader.

**Minute to Win It:** Stack Attack – Stack as many plastic cups as possible in a pyramid, then unstack them as quickly as you can. Cup Blow – Blow a plastic cup across a table using only air from your mouth (no hands or feet allowed). Cookie Face – Place a cookie on your forehead and try to move it into your mouth using only facial muscles (no hands!).

**Misc.:** Playground, four corners, balloon volleyball, musical statues.

#### Themed Activity/STEM Project

**Marble Run:** Design tracks for marbles using tape and paper. Be the team with the longest track.

#### Arts and Crafts

**Partner Painting:** Grab a partner and switch canvases every 5 minutes until you have a completed painting.

#### Reflection & Wind-Down

Gratitude circle, calming music and stretching, and sharing the favorite part of the day.

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## April Vacation Camp

### Tuesday, April 14<sup>th</sup> - Science Explorers

9:00 AM - 9:30 AM	Drop Off & Welcome Activities
9:30 AM - 9:45 AM	Morning Meeting
9:45 AM - 10:30 AM	Active Play Block 1
10:30 AM - 10:45 AM	Snack Break
10:45 AM - 11:30 AM	Themed Activity/STEM Project
11:30 AM - 12:00 PM	Quiet Choice Time/Table Games
12:00 PM - 12:30 PM	Lunch
12:30 PM - 1:30 PM	Arts & Crafts
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### Tuesday, April 14<sup>th</sup> - Science Explorers

#### Welcome

Welcome campers, rules for the day, overview of schedule.

#### Morning Icebreakers

**Circle Up:** Sit or stand in a circle and share camper's name and favorite experiment.

#### Active Play Blocks

**Balloon Volleyball:** Work together to keep multiple balloons from touching the ground.

**Scavenger Hunt:** Solve STEM riddles and follow clues to unlock the next adventure.

**Supersized Tic-Tac-Toe:** Race against the other team to place your marker in the grid and be the first team to get 3 in a row.

**Misc.:** Playground, four corners, balloon volleyball, musical statues.

#### Themed Activity/STEM Project

**Sink or Float:** Test various objects in water to predict outcomes.

**Lava Lamps:** Mix oil, water, and Alka-Seltzer for a bubbling effect.

#### Arts and Crafts

**Experiment Painting:** Paint a reflection of the experiment completed earlier or of the best part of the day so far.

#### Reflection & Wind-Down

Gratitude circle, calming music and stretching, and sharing the favorite part of the day.

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## April Vacation Camp

### Wednesday, April 15<sup>th</sup> - Bowling Field Trip

9:00 AM - 9:30 AM	Drop Off & Welcome Activities
9:30 AM - 9:45 AM	Morning Meeting
9:45 AM - 10:00 AM	Bus Ride
10:00 AM - 12:00 PM	Bowling
12:00 PM - 12:15 PM	Bus Ride
12:15 PM - 12:45 PM	Lunch
12:45 PM - 1:00 PM	Quiet Choice Time/Table Games
1:00 PM - 1:30 PM	Arts & Crafts
1:30 PM - 2:15 PM	Group Game/Active Play Block
2:15 PM - 2:30 PM	Reflection & Wind-Down
2:30 PM - 3:00 PM	Pick Up

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### Wednesday, April 15<sup>th</sup> - Bowling Field Trip

#### Welcome

Welcome campers, rules for the day, overview of schedule.

#### Morning Icebreakers

**Two Truths and a Lie:** Campers share two facts and one fib, others guess the lie.

#### Arts and Crafts

**Marble Painting:** Use paint and marbles to create an abstract piece.

#### Active Play Blocks

**Stepping Stones:** Use paper or paper plates as "stones" to cross the room without touching the floor.

**Mirror Movements:** One leads and the rest follow. Don't be the last one to follow.

**Misc.:** Playground, four corners, balloon volleyball, musical statues.

#### Reflection & Wind-Down

Gratitude circle, calming music and stretching, and sharing the favorite part of the day.

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## April Vacation Camp

### Thursday, April 16<sup>th</sup> - Builders & Engineers

9:00 AM - 9:30 AM	Drop Off & Welcome Activities
9:30 AM - 9:45 AM	Morning Meeting
9:45 AM - 10:30 AM	Active Play Block 1
10:30 AM - 10:45 AM	Snack Break
10:45 AM - 11:30 AM	Themed Activity/STEM Project
11:30 AM - 12:00 PM	Quiet Choice Time
12:00 PM - 12:30 PM	Lunch
12:30 PM - 1:30 PM	Arts & Crafts
1:30 PM - 2:15 PM	Group Game/Active Play Block 2
2:15 PM - 2:30 PM	Reflection & Wind-Down
2:30 PM - 3:00 PM	Pick Up

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### Thursday, April 16<sup>th</sup> - Builders & Engineers

#### Welcome

Welcome campers, rules for the day, overview of schedule.

#### Morning Icebreakers

**Pass the Story:** One camper starts a story, and each camper adds a line.

#### Active Play Blocks

**Four Corners:** Use different locomotive movements to move around the room and when the music stops, you pick the luckiest corner.

**Human Knot:** When forming the knot, you first reach out with your right hand to grab someone across the circle, then reach out with your left hand to grab a different person's hand across the circle. Don't let go of any hands while you bend and twist to untangle the knot.

**Misc.:** Playground, freeze dance, balloon volleyball, musical statues.

#### Themed Activity/STEM Project

**Egg Drop Challenge:** In groups of 3-4, build a protective structure to prevent an egg from breaking when dropped.

**Paper Bridge Challenge:** Build a bridge from paper that can hold as many coins as possible.

#### Arts and Crafts

**Team Building Collages:** Groups build a city or structure collage using magazines.

#### Reflection & Wind-Down

Gratitude circle, calming music and stretching, and sharing the favorite part of the day.

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## April Vacation Camp

### Friday, April 17<sup>th</sup> - Art & Celebration

9:00 AM - 9:30 AM	Drop Off & Welcome Activities
9:30 AM - 9:45 AM	Morning Meeting
9:45 AM - 10:30 AM	Active Play Block 1
10:30 AM - 10:45 AM	Snack Break
10:45 AM - 11:30 AM	Themed Activity/STEM Project
11:30 AM - 12:00 PM	Choice Time/Prep for Showcase
12:00 PM - 12:30 PM	Lunch
12:30 PM - 1:30 PM	Arts & Crafts
1:30 PM - 2:15 PM	Camp Showcase
2:15 PM - 2:30 PM	Reflection & Wind-Down
2:30 PM - 3:00 PM	Pick Up

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### Friday, April 17<sup>th</sup> - Art & Celebration

#### Welcome

Welcome campers, rules for the day, overview of schedule.

#### Morning Icebreakers

**Highlights & High Fives:** Each camper shares one favorite memory or activity from camp and then gives a high five to the person next to them to share theirs.

#### Active Play Blocks

**Animal Parade:** Campers pick an animal and move across the room like that animal while the rest guess.

**Balloon Waddle Race:** Place a balloon between each camper's knees and race to finish without dropping it.

**Misc.:** Playground, freeze dance, balloon volleyball, musical statues.

#### Themed Activity/STEM Project

**Shape Pattern Stamps:** In groups of 3-4, build a protective structure to prevent an egg from breaking when dropped.

**Paper Bridge Challenge:** Build a bridge from paper that can hold as many coins as possible.

#### Arts and Crafts

**Finish Up/Free Art:** Finish any ongoing art or STEM projects.

#### Camp Showcase

Present crafts, STEM projects, or short performances to the group.

#### Reflection & Wind-Down

Gratitude circle, calming music and stretching, and sharing the favorite part of the camp.

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