PARKS, RECREATION, YOUTH AND COMMUNITY SERVICES

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

April Vacation Camp

Monday, April 12th - 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
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Monday, April 12th - 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

Musical Hoops: Spread hula hoops around the room and play music as campers move around. When the music stops, call out a number and have campers work together to fit that many people into each hoop.

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

Minute to Win It: Pom-Pom Transfer: Use a spoon to transfer as many pom-poms as possible from one container to another before time runs out. 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

Marshmallow Catapult Challenge: Use craft sticks, rubber bands, and plastic spoons to build a simple catapult.

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 13th - 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
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Tuesday, April 13th - Science Explorers

Welcome

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Morning Icebreakers

Two Truths and a Lie: Campers share three statements about themselves, two true and one false. The group guesses which statement is the lie.

Active Play Blocks

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

Supersized Rock, Paper, Scissors: Campers compete in a giant tournament, using their whole bodies to act out rock, paper, or scissors.

Heads, Shoulders, Knees, Cone: Battle against another team to touch your head, shoulders, knees, or grab a cone before the other person.

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 14th - Super Movers

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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2:30 PM - 3:00 PM	Pick Up

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Wednesday, April 14th - Super Movers

Welcome

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Morning Icebreakers

Would You Rather? Read fun questions and have campers move to different sides of the room to show their choices. Encourage campers to share why they chose their answer.

Arts and Crafts

Paper Plate Marble Mazes: Campers design and decorate a maze on a paper plate using straws or strips of cardboard to create walls. Add a marble and challenge campers to tilt their plates to guide it from start to finish.

Active Play Blocks

Hula Hoop Pass: Teams stand in a circle holding hands and race to pass a hula hoop all the way around without letting go of each other's hands.

Number Dash: Teams must run to numbers in order that are scattered around the room. Fastest team wins bragging rights!

Copycat Challenge: One camper performs a series of movements while the rest of the group copies them. Gradually add more movements to see how many the group can remember and perform in order.

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 15th - 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 15th - Builders & Engineers

Welcome

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Morning Icebreakers

Telephone: One camper whispers a sentence into the next persons ear and it keeps going until it gets back to the first person.

Active Play Blocks

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

Team Tower Challenge: Teams work together to build the tallest freestanding tower possible using plastic cups. Add a time limit to make it more challenging!

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

Themed Activity/STEM Project

Paper Airplane Challenge: Campers design and build paper airplanes, then test which design flies the farthest. Encourage them to adjust their designs and test how changes affect flight.
coins as possible.

Arts and Crafts

Collaborative Mural: Give each camper a section of a larger picture to decorate. Put all the sections together to create one large mural that represents the camp group.

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 16th - 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 16th - Art & Celebration

Welcome

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Morning Icebreakers

Who Am I?: Give each camper an animal, character, or object card to hold on their forehead without looking at it. Campers ask yes-or-no questions to figure out what they are.

Active Play Blocks

Animal Action Relay: Teams race to the finish line using different animal movements, such as hopping like frogs, waddling like penguins, or walking like crabs.

Keep It Up Challenge: Campers work together to keep a beach ball in the air for as long as possible. Add more balls to increase the difficulty!

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.