

# Virtual Camp

## GUIDE



Welcome to Summer Camp Online!

We're so excited you're joining us for Camp Fire in a BRAND NEW way!

This virtual camp guide provides a look at all the activities we have planned for this summer. We have six weeks of fun ahead!

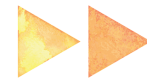
Every week for six weeks, starting Thursday, June 18, we will send out an email with three activities from our guide. Then the following Wednesday we will host an interactive activity on ZOOM.

Join us for one week, all the weeks, or do the activities at your own pace.

**Happy camping — WoHeLo!**

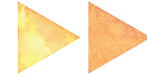


Interactive Zoom Activity 



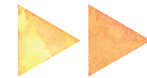
## WEEK 1

In-Tents!   
Grow Rock Candy  
Oven Smore's




## WEEK 2

Nature Walk Scavenger Hunt   
Easy Trail Mix  
Mixed Media Rainbow



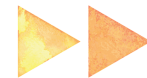
## WEEK 3

Rice Krispy Sculpture Show and Tell   
Painted Rock Tic-Tac-Toe  
Backyard Obstacle Course/Extreme Hopscotch



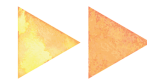
## WEEK 4

Haiku Workshop   
Lemonade  
Magic Milk Experiment



## WEEK 5

Flatbread Pizza Party   
Colorful Volcano  
Pressing Wildflowers



## WEEK 6

Dance Party!   
Homemade Popsicles  
Cloud in a Jar Experiment



## OVEN S'MORES

### INGREDIENTS

- 10 Large Marshmallows
- 10 Graham Crackers, halved (20 squares)
- 2 Milk Chocolate candy bars, broken into 10 squares

### DIRECTIONS

Preheat your oven to broil.

1. On a sheet pan add graham cracker halves (leave an inch of space or so around the graham crackers as the marshmallows will expand).
2. Top with a square of chocolate.
3. Top the graham crackers with a marshmallow, either jet puffed size or jumbo.
4. Place on a rack 5-6 inches below the top of the oven.
5. Leave the door open 3-4 inches so you can peek in.
6. Watch for 20-30 seconds for them to char and expand.
7. Remove from the oven and cover with additional graham crackers and serve.



## TRAIL MIX

### INGREDIENTS

- 1 cup or King size package of M&M's
- 1 cup raisins
- 2 cups Cheerios
- 2 cups Pretzel Sticks (broken)
- 2 cups peanuts (salted)
- 2 cups mini marshmallows
- 2 cups goldfish

### DIRECTIONS

1. In a large bowl, pour all ingredients.
2. Mix well.
3. Serve in an airtight container or portion into baggies.

### OTHER POSSIBLE INGREDIENTS

Yogurt covered raisins, cereal, granola clusters, dried fruits, sunflower seeds, pumpkin seeds, peanut butter chips, or cheese crackers



## RICE KRISPY TREATS

### INGREDIENTS

- 3 tablespoons butter
- 1 package Marshmallows (10 oz., about 40)  
-- OR -- 4 cups Miniature Marshmallows
- 6 cups Rice Krispies® cereal

### DIRECTIONS

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
2. Add Rice Krispies cereal. Stir until well coated.
3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

## LEMONADE

### INGREDIENTS

- 1 1/2 cup granulated sugar
- 1 cup water (cold), plus 7 cups to serve
- 1 1/2 cups Lemon Juice (from 8 medium or 6 large lemons)

### DIRECTIONS

1. Simmer 1 cup water and 1 1/2 cups sugar to dissolve the sugar. Cool to room temperature and chill.
2. Squeeze 1 1/2 cups fresh lemon juice and refrigerate.
3. To serve: combine 7 cups cold water, chilled sugar syrup and chilled lemon juice. Serve over glasses filled with ice and garnish with lemon slices.



## FLATBREAD PIZZA

### INGREDIENTS

(For single pizza)

- 1 pre-made flatbread
- 2 TBS pizza sauce or any spaghetti sauce
- 1/4 cup shredded mozzarella cheese
- Your FAVORITE Pizza toppings: pepperoni, onions, peppers, mushrooms, pineapple, sausage, etc.
- 2 TBS shredded cheddar cheese

### DIRECTIONS

1. Preheat oven to 375 degrees.
  2. Place Flatbreads on a cookie sheet or pizza stone.
  3. Place two tablespoons of pizza sauce on each pizza.
  4. Top with Mozzarella cheese.
  5. Top with favorite pizza toppings.
  6. Top with the cheddar cheese.
  7. Bake in the oven for 10-12 minutes until cheese melts and flatbread starts to brown.
- Allow to cool before serving.



## POPSICLES

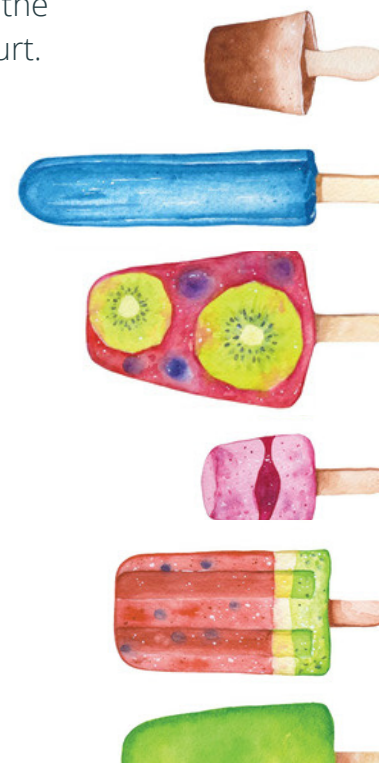
### INGREDIENTS

- 1/2 cup plus 3 tablespoons plain Greek yogurt
- 1 small organic banana, 1/2 sliced, 1/2 mashed
- 3-4 small organic strawberries, mashed
- 1 small organic kiwi, mashed
- 4 Dixie cups (or other small paper cups)
- 4 Popsicle or craft sticks

### DIRECTIONS

1. Cut 1/2 inch slices of the banana – one for every cup you're making – and place a banana slice in the cup, flat.
2. Push a popsicle stick into the banana slice slowly so that the stick stands up on its own.
3. Mash or dice the strawberries, kiwi, and the remaining banana and mix in with the yogurt.
4. Fill the cups with the yogurt and fruit mixture and bang them on the counter a few times to release the air bubbles.
5. Put the cups on a tray and freeze them for a few hours.

***Peel off the Dixie cup and enjoy!***







## GROW YOUR OWN ROCK CANDY

Science and sweets all in one!

### YOU NEED:

3 cups white granulated sugar  
1 cup water  
Food coloring  
Flavoring (optional)  
Wooden skewers/sticks  
Clothes pegs  
Cylinder shaped jars or glasses

### STEPS

Pour the water into the saucepan and bring to a boil. Start adding the sugar a 1/2 cup at a time, until it no longer dissolves.

Add a few drops of your flavoring if desired.

Take your mixture off the heat and allow to cool – around 15 minutes.

While the mixture is cooling, place some sugar on a plate and wet the ends of the wooden sticks. Let them dry for a few minutes until they are completely dry.

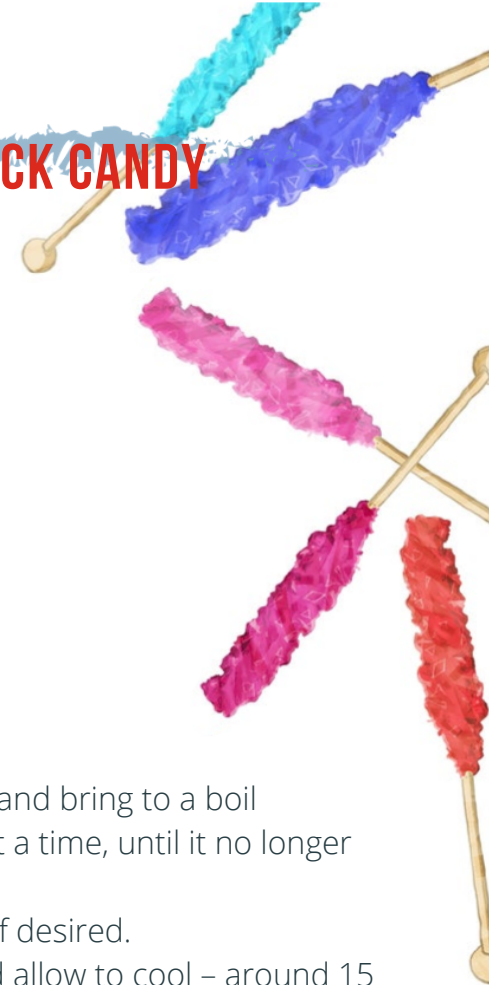
Set out your glasses/jars and add a few drops of food coloring and/or flavoring to the bottom of each.

Carefully add the sugar solution to each glass/jar and stir.

Take your sugared sticks and place a peg at the top of each and place into the glasses.

The crystals will start growing in 2 – 3 days and will fully form in 2 weeks.

When you are ready to remove them, gently break the top with a sharp object. Gently remove the skewer and hang it upside down until the excess liquid drips off and it dries.



## MIXED MEDIA RAINBOW

### YOU NEED:

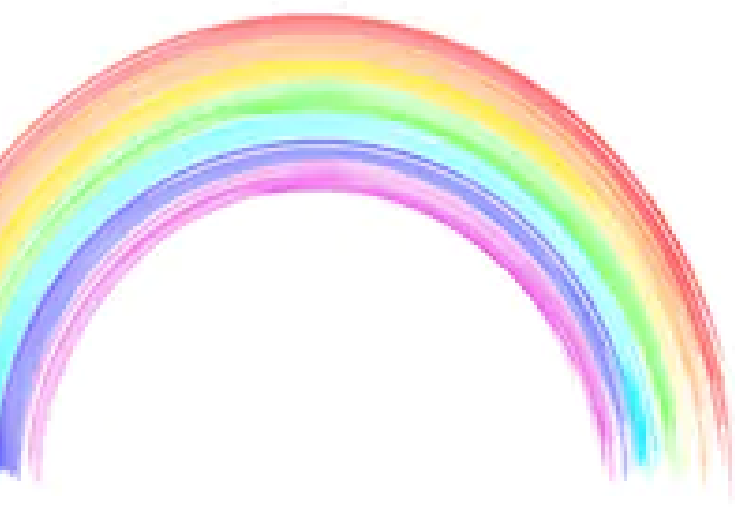
Paper  
Pencil, pen, or marker  
Glue  
Assorted rainbow colored pom-poms, confetti, pieces of tissue paper

### STEPS

First, draw an outline of your rainbow the size of your piece of paper.

Using a combination of the pom poms and tissue paper decorate your rainbow!

Next, hang the rainbows in your front windows for others to see!



## PAINTED ROCK TIC-TAC-TOE

### YOU NEED:

12- 2 inch round flat rocks,  
2-6 different colors of acrylic paint  
1 bottle of Black acrylic paint  
Paint brushes  
Clear coat spray (Optional)  
Paper plates or newspaper  
Card board or piece of wood to use as a board (Optional), could use sticks or string to create a board

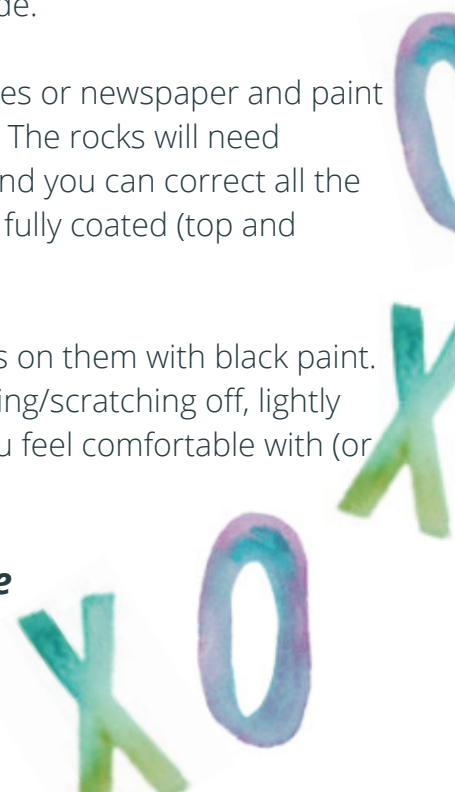
### STEPS

Start by collecting the rocks for your game pieces- round flat rocks work best. Once you've picked the best ones, clean them with dish soap and let them dry outside.

Once dry, put the rocks on paper plates or newspaper and paint them in any assortment of the colors. The rocks will need multiple coats of paint to fully cover and you can correct all the splotchiness later. After the rocks are fully coated (top and bottom), let them dry overnight.

The next day you can paint X's and O's on them with black paint. In order to keep the paint from chipping/scratching off, lightly spray them with a clear coat spray you feel comfortable with (or skip this step).

***Once the rocks are dry, you are ready to play!***



## COLORFUL VOLCANO

### YOU NEED:

Plastic cup

Water

3-4 Tbs of baking soda at least (or 4-6 to make it extra foamy and will do 2-3 eruptions)

1 tsp of dish soap

1/2 oz to 2 oz of washable paint depending on the intensity of the color desired

1 cup (8 oz) of Vinegar to start with per eruption

A shallow casserole dish or outside area for the "mess"

### STEPS

Start off by combining the "base ingredients" by putting water inside of the plastic cup. Fill it about 2/3 full. Then add the baking soda, dish soap, and paint. While you mix the base ingredients, find an area that you would like to do the eruption- this will get messy. If outside have the kiddos make a mound out of gravel or dirt for a "real" volcano experience. Once you have a mound, put the cup on top of it, and turn it into a mountain. How easy is that!

Give it a good stir just before adding the last ingredient. Now it's time for the eruption! Pour in the vinegar until it starts foaming over, pouring its lava all over the rocks.



## MAGIC MILK

### YOU NEED:

Full Fat Milk

Food Coloring- multiple colors

Dawn Dish Soap

Cotton Swabs

Shallow baking dish or pie plate

### STEPS

First, start by pouring your milk into a baking dish. You don't need a lot of milk just to cover the bottom and then some.

Next you want to fill the top of the milk with drops of color! Feel free to use as many colors as you have.

Now pour a bit of your dish soap into a small bowl, touch your cotton swab tip to the dish soap to coat it. Bring it over to your milk dish and gently touch the surface of the milk with the soapy cotton swab.

***Watch what happens next!***







## CLOUD IN A JAR

### YOU NEED:

A glass jar with lid  
About 1/3 cup hot water  
Ice cubes  
Hairspray

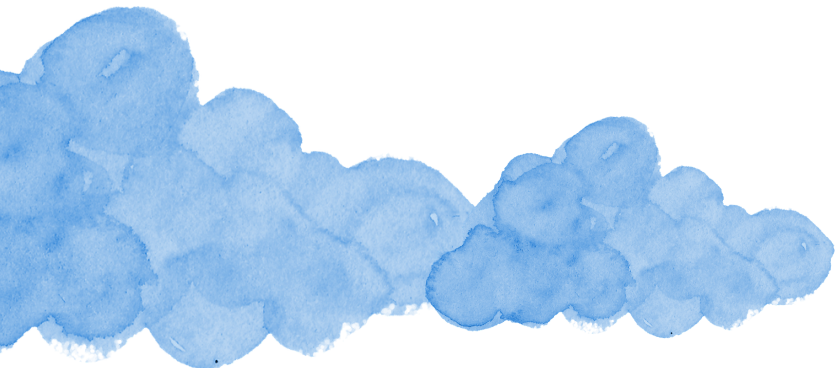
### STEPS

Start by pouring the hot water into the jar. Swirl it around a bit to warm up the sides of the jar.

Turn the lid upside down and place it on the top of the jar. Place several ice cube onto the lid, and allow it to rest on the top of the jar for about 20 seconds.

Remove the lid, quickly spray a bit of hairspray into the jar, and then replace the lid with the ice still on top. Watch the cloud form.

When you see a good amount of condensation form, remove the lid and watch the “cloud” escape into the air.





## IN-TENTS!

Set up camp (whether it's a tent or a blanket fort) and meet us on ZOOM! You can build your shelter inside or outside—it's up to you.

### YOU NEED:

- A tent

### OR

- sheets or blankets to make the shelter walls
- furniture or sticks to build the structure

Get creative and don't forget to be safe!

Ask your parents for help if you need it. Grab a snack and then join us to share about your building experience. You can also let us know how well your rock candy is growing.





## NATURE WALK SCAVENGER HUNT

There is a world full of wonders right outside your door!  
Take a walk through your own neighborhood to discover the exciting things you may find.



### YOU NEED:

- A pen
- Paper
- Camera (Optional)
- Sack to carry things

Start by making a list of things to find, or use the list provided in the source page.

Things to look for on your nature walk:

Plants– leaves, flowers, buds, etc...

Insects/insect homes – butterflies, ladybugs, & spiderwebs

Birds –including nests & feathers

Animal tracks

Seeds & nuts – pine cones, acorns, etc...

Cloud spotting – don't forget to look up at the sky!

Take a scavenger hunt list with you and make it a game to see how many items you can find!



## BACKYARD OBSTACLE COURSE

Turn your own backyard into an obstacle course! Gather any items you have around the house to start.

### YOU NEED:

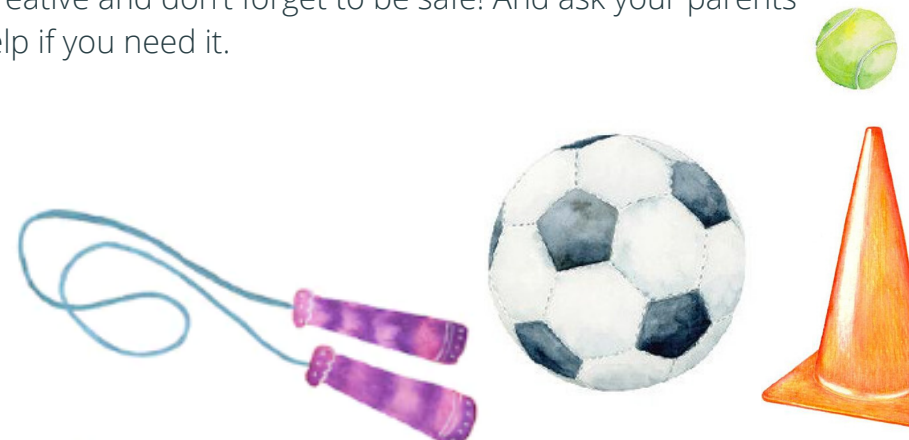
All items are optional- use what you have!

- Boxes
- Rope
- Cones
- Balls- any sizes
- Jump rope
- Buckets
- Bean bags

With the items you have, your ready to begin! place things around the yard that prompt you to jump over, crawl under, spin around, and throw. Once it is set, it's time to try it out- you might even time yourself!

Change the order as much as you'd like, the possibilities are endless.

Get creative and don't forget to be safe! And ask your parents for help if you need it.



## EXTREME HOP-SCOTCH

Hop, skip, jump, twirl!

### YOU NEED:

- Side-walk Chalk

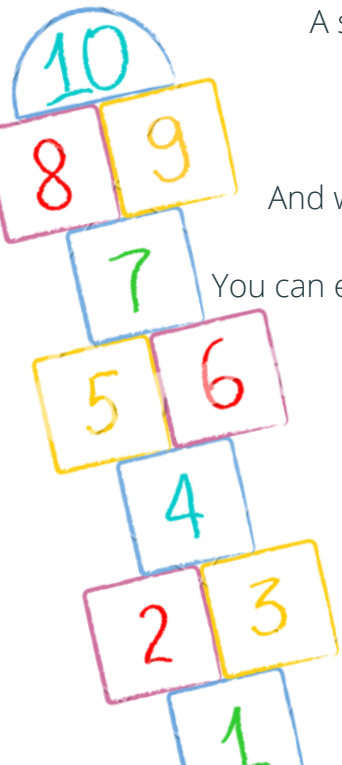
Start by finding a clear spot on the sidewalk or driveway.

Instead of drawing your normal hopscotch path, draw circles, triangles, squares, diamonds- and choose activities to perform when you land on each.

For instance-

A circle for a twist  
A square means touch your toes  
A diamond equals a jump  
Then skip three times  
Draw lines to hop between  
And walk backwards to the start again!

You can even add whistling and singing a song to make it more challenging.



## HAIKU WORKSHOP

Haikus are short traditional Japanese poems made up of 3 lines. They typically are written about nature and are structured like this:

Line 1: 5 syllables

Line 2: 7 syllables

Line 3: 5 syllables

Here is an example of a haiku:

### “The Old Pond” by Matsuo Bashō

An old silent pond  
A frog jumps into the pond—  
Splash! Silence again.

How to start writing your haiku:

1. Pick a topic. Select one specific season, item in nature, or something else you are going to write about.
2. Think about what is different about your last line. What observation do you want to make?
3. Start writing. Don't forget to count the syllables as you read to make sure you've got the right pattern.

Have fun writing as many as you like and then share some of them with us on ZOOM or email them to us—we'd love to read them! It's always fun to take a nature walk and write haiku about the things you see along the way. You can always break outside of the box and write a funny haiku too!



## PRESSING WILDFLOWERS

Alaska has some of the most beautiful wildflowers that grow- Fireweed, Bluebells, Lupine, Columbines. As summer fades quickly, flower pressing helps to keep it around a bit longer! Start by collecting flowers in a place where you have permission.

### YOU NEED:

- Flowers
- Paper Towels
- Cardboard or newspaper
- Several heavy books
- A warm dry room to make your press
- Table or cupboard



Step 1- Arrange the flowers carefully on the sheets of paper towel. Give each flower enough room, and remember it will press dry just as you have arranged it.

Step 2- Start with a piece of cardboard or four layers of folded newspaper on a flat, hard surface. Lay a paper towel with flowers on top of it. Put another sheet of paper towel and then cardboard or folded newspaper on top of it.

Go on adding layers of flowers between paper towels and cardboard or newspaper until you have a stack no more than 6 inches high. Finish with a cardboard or newspaper layer.

Step 3 - Carefully place the heavy books on top of the stack. Leave the flowers alone for two weeks. Then peel the paper back gently and check that the flowers are flat and dried. If they are not, leave them for another week.



## DANCE PARTY!

In celebration of the final week of virtual summer camp, we would like for you to join us on ZOOM for a dance party. Come dressed as your favorite animal and be ready to get your groove on!

Have a song that you'd like to request? Email your song requests to [marketing@campfireak.org](mailto:marketing@campfireak.org) and we will add them to the playlist!

If you prefer to do this activity on your own, just make a playlist with your favorite songs and get dancing!

### *LET'S BOOGIE!*





# Sources

## ▶▶ Recipes

- **Easy Trailmix-**  
<https://www.momentswithmandi.com/easy-kids-trail-mix-recipe/>
- **Rice Krispy Treats-**  
[https://www.ricekrispies.com/en\\_US/recipes/the-original-treats-recipe.html](https://www.ricekrispies.com/en_US/recipes/the-original-treats-recipe.html)
- **Lemonade-**  
<https://natashaskitchen.com/lemonade-recipe/>
- **Flatbread Pizza-**  
<https://www.eatingonadime.com/homemade-flatbread-pizza/>
- **Popsicles-**  
<https://rufflesandrainboots.com/5-minute-dixie-cup-popsicles/>

## ▶▶ Crafts & Experiments

- **Rock Candy-**  
<http://cookiescupcakesandcardio.com/?p=5929>
- **Painted Rocks Tic Tac Toe-**  
<https://runwildmychild.com/tic-tac-toe-rocks/>
- **Magic Milk-**  
<https://littlebinsforlittlehands.com/magic-milk-a-classic-science-experiment-for-kids/>
- **Colorful Volcano-**  
<https://preschoolinspirations.com/easy-baking-soda-and-vinegar-volcano-eruption-for-kids/>
- **Cloud in a Jar-**  
<https://www.giftofcuriosity.com/weather-science-how-to-make-a-cloud-in-a-jar/>

## ▶▶ Outdoor Activities

- **Nature Walk Scavenger Hunt-**  
<http://www.gracegigglesandnaptime.com/nature-walk-savenger-hunt/>
- **Backyard Obstacle Course-**  
<http://myfourps.blogspot.com/2011/07/backyard-obstacle-course.html>
- **Extreme Hopscotch-**  
<https://lifeasmama.com/10-sidewalk-chalk-ideas-thatll-keep-kids-enterained-for-hours/5/>
- **Pressing Wildflowers-**  
<https://www.fs.fed.us/wildflowers/kids/activities/preservewildflowers.shtml>

