

Week 9 - The Great Outdoors

	Monday	Tuesday	Wednesday	Thursday	Friday
Parent Self-Care	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.
Breakfast 8:30am-9am	Discussion Question: Why do we not have wild animals as pets?	Discussion Question: Would you rather stay indoors for the rest of the day or spend the day outside in the garden?	Discussion Question: What would you say is your biggest strength?	Discussion Question: What's the best thing in your life?	Discussion Question: If you could change any rule, which one would it be?
Educational Time 9am-9:45am	How well can you balance rocks? Give this STEAM activity a try! How many can you balance? Rock Balancing STEAM Activity	Learn how to identify poisonous plants with these short videos! Leave Poison Ivy Alone! Botany for Kids 4 Tips to Outsmarting Poisonous Plants	Take a walk later today after you make your own Painted Walking Sticks for Kids	Create a twig boat. Can you make it carry weight? How much weight? How to make a twig boat	Rock Balancing STEAM Activity Learn about wild animals found in the United States with these fun videos! Wild Kratts - Exploring the American Wildlife in Winter Animal Sounds from the Wildlife of North America 25 U.S. Animals You Won't Find Anywhere Else

<p>Art & Music 10am-11am</p>	<p>Art: Balloon Splatter Painting * ages 3+</p> <p>Music: Listening: Top songs by Vivaldi 🎵 The Four Seasons - Antonio Vivaldi 🎵 Classical Music 🎵</p> <p>Song: Disney Sing Along Songs - The Great Outdoors</p>	<p>Art: Find and paint rocks/pebbles for tic-tac-toe.</p> <p>Example 1 Example 2 Example 3</p> <p>Music: Listening: Top songs by Vivaldi 🎵 The Four Seasons - Antonio Vivaldi 🎵 Classical Music 🎵</p> <p>Songs: Over the Meadow</p>	<p>Art: Paper Bag Lanterns or Kids "Rip and Stick" Camping Lantern Craft (using a recycled container)</p> <p>Music: Listening: Top songs by Vivaldi 🎵 The Four Seasons - Antonio Vivaldi 🎵 Classical Music 🎵</p> <p>Songs: There's Nothing Like The Great Outdoors</p>	<p>Art: Engineer Craft Stick Launchers - Quick & Easy STEM Activity</p> <p>Music: Listening: Top songs by Vivaldi 🎵 The Four Seasons - Antonio Vivaldi 🎵 Classical Music 🎵</p> <p>Songs: "Trolls Music Video" - CAN'T STOP THE FEELING! - Justin Timberlake</p>	<p>Art: Blow Painting with a Straw or Nature Prints</p> <p>Music: Songs: Sesame Street: Outdoors with Jason Mraz</p> <p>Disneyland Music - The Country Bears - The Great Outdoors</p>
<p>Screen Time 11am-11:30am</p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p>Suggested Websites: Nature Cat's Great Outdoors Mobile Downloads PBS KIDS</p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p>Suggested Websites: Generation Wild: A movement to get kids outside</p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p>Suggested Websites: Animals</p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p>Suggested Websites: Animal Diversity Web</p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p>Suggested Websites: Apps That Inspire Kids to Play Outside</p>
<p>Lunch 11:30am-12:30pm</p>	<p>Octopus Hot Dogs and Spider Dogs</p>	<p>Campfire Breakfast Burritos</p>	<p>Camper's Burger Packet Dinner (can be cooked in the oven)</p>	<p>Mac n Cheese Recipe for Camping</p>	<p>Walking Tacos</p>
<p>Independent Time 12:30pm-1:30pm</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional</p>

	screen time. This is a time for independence building and to give everyone a little space to themselves.	screen time. This is a time for independence building and to give everyone a little space to themselves.	screen time. This is a time for independence building and to give everyone a little space to themselves.	screen time. This is a time for independence building and to give everyone a little space to themselves.	screen time. This is a time for independence building and to give everyone a little space to themselves.
Physical Time 1:30pm-2:30pm	Cool off with these easy to make and inexpensive sponge bombs! How to Make Sponge Water Bombs for Outdoor Summer Fun	Take a walk to collect sticks/twigs and then create a stick maze.	Visit Martin Nature Park - take a copy of Nature Hunt Bingo with you or make your own!	Use chalk and the sponges from Monday to play a game of Sponge Darts!	Visit Will Rogers Park or Mryiad Botanical Garden - be sure to take the walking stick you made earlier this week!
Educational Time 2:45pm-3:30pm	Easy DIY Seed Bombs to make with kids Seed bombs. Creative activities for kids. Easy diy If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.	Create and then play paper plate memory game. If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.	Visit Martin Nature Park or DIY Simple bird kite If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.	Cool off with Ice Cream in a Bag! If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.	Visit Will Rogers Park or Mryiad Botanical Garden and soak up some sunshine! If child(ren) have finished the suggested activities, have them write in a journal, practice basic math facts, etc.
Family Time 3:30pm-4:30pm	You'll have a blast with this Family Camping Themed Charades . If you aren't abel to print it off, just write the ideas on scraps of paper.	How to Easily Make S'mores Indoors Oven smores	Martin Nature Park visit.	Set up a tent outside for a night of camping under the stars!	Will Rogers Park or the Myriad Botanical Garden visit.
Question of the Day Anytime 5-8pm	Have child(ren) respond to the question in a journal, by drawing a picture	Have child(ren) respond to the question in a journal, by drawing a picture	Have child(ren) respond to the question in a journal, by drawing a picture	Have child(ren) respond to the question in a journal, by drawing a picture	Have child(ren) respond to the question in a journal, by drawing a picture

	or by discussing with you. Question: What makes a nice friend?	or by discussing with you. Question: What makes someone smart?	or by discussing with you. Question: If you were a teacher, what would you teach your students?	or by discussing with you. Question: What's your favorite thing to do when you're outside?	or by discussing with you. Question: What do you love to eat for breakfast?
<p>Bedtime 3-6 years: 6-8pm 7-12 years: 7:30-9pm Teenagers: 8-10pm (keep in mind that teenagers need at least 9 hours of sleep)</p>					

Weekend Suggestions:

[10 No Prep Campfire Games \(With images\)](#)

[Glowing Bubbles for Kids](#)

[28 Activities You Must Add to Your Kids' Summer Bucket List](#) (includes Dollar Store Glow-in-the-Dark Ring Toss)