

Together Time 4/7

Leaning Tower of Feetza

Get creative with your stacking skills here. Who's tower will stand tallest?



WHAT WILL I NEED?

Gather your shoes.
Yes, all of your shoes.

WHERE SHOULD I GO?

Gather in an open space.

PARENTS CORNER

These activities can lead to thoughtful and hilarious moments together.

INSTRUCTIONS (continued)

Leaning Tower of Feetza

First play as individuals and compare results. Then play as a group and beat a goal together!

Each person gathers their shoes.

Goal: Build the tallest free-standing “tower” of shoes in less than 4 minutes. You may only use your shoes.

Measure results and then work together to build a taller towers of shoes! Share your results with us.



Friendship Bracelets: V Pattern

Learn the basics of making bracelets and some fun variations!



WHAT WILL I NEED?

- String (up to 4 colors)
- Scissors

WHERE SHOULD I GO?

Find a quiet seated space to learn.

PARENTS CORNER

Warning. Your home may soon be filled with bits of string and bracelets!

If campers use tape, the tape may take paint off of surfaces.


girl scouts
of middle tennessee

INSTRUCTIONS (continued)

V-Pattern Technique

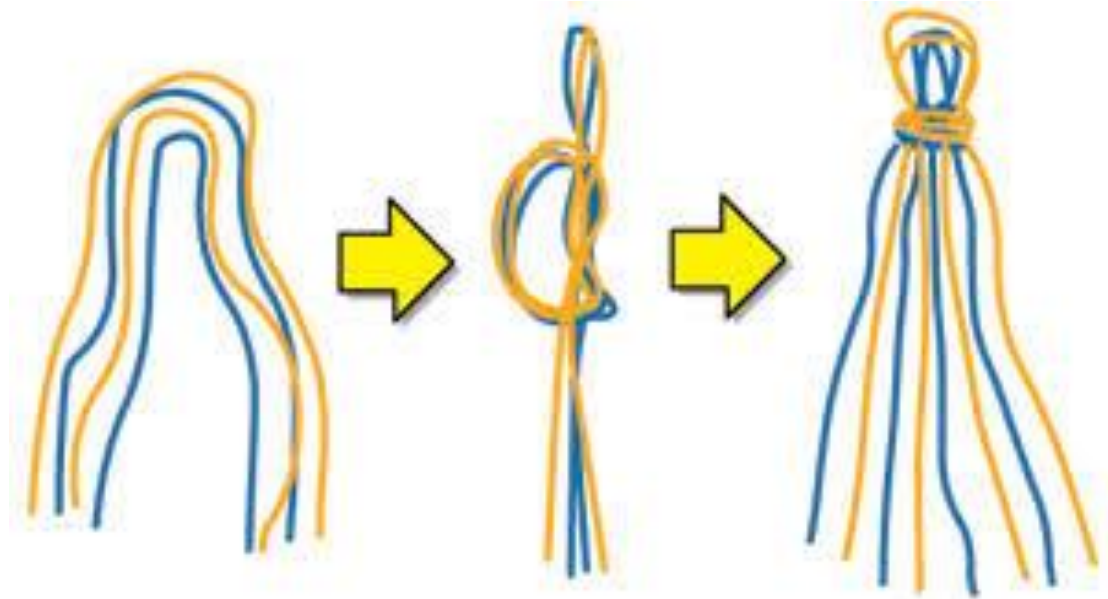
* Cut 6 strings (3 matching pairs of colors)

1. Gather all of your strings, and tie an overhand knot at the top, using all of your strings.
2. Fasten your knot to a clipboard, binder clip, or tape to a table or wall.
3. Separate your strings as shown in the video
4. The left inside color will wrap around the farthest left string and then the next color string using the 4 technique in the previous example.
5. The right inside string will wrap around the farthest right string and then the next color string.
6. With both strings of that color back in the center take one and wrap the "4 knot" around the other twice.
7. Swap Colors.
8. When finished gather all of your strings and tying an overhand knot using all of the strings together.

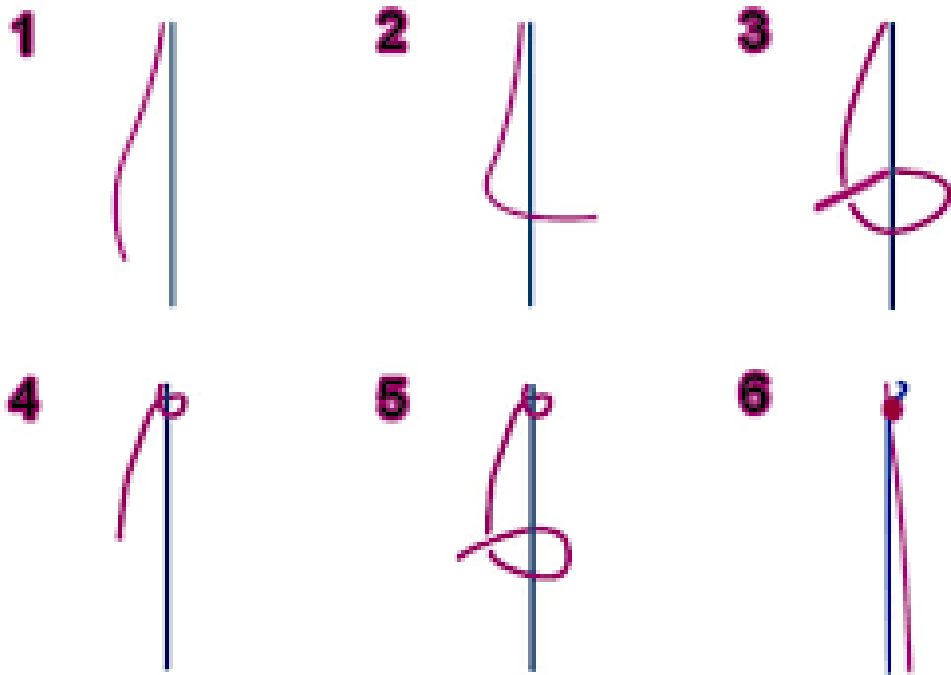


INSTRUCTIONS (continued)

How to Start Your Bracelet (V-Pattern)



Spiral Bracelet Technique



INSTRUCTIONS (continued)

V Pattern Example



Diagonal Example:



Slime!

This messy activity squishy, slimy, and so much fun!

WHAT WILL I NEED?

- ½ cup white glue
- ½ tsp baking soda
- optional food coloring & glitter
- Shaving cream (not gel version)
- Contact solution
- Bowl and spoon
- zip bag to store




WHERE SHOULD I GO?

This is a messy activity. Ask your adult to help you make a station outside, near a sink, at a table, or other space

PARENTS CORNER

This activity can be messy. Please monitor for skin reactions.


girl scouts
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INSTRUCTIONS

- 1) Squirt 3 to 4 cups of shaving cream into a baggie or bowl for mixing.
- 2) Add a couple of drops of food coloring (or leave slime white). Add up to a tbsp of glitter.
- 3) Add $\frac{1}{2}$ cup of white Elmer's glue and mix well. Make sure to mix all the way to the bottom.
- 4) Add $\frac{1}{2}$ tsp of baking soda and stir again.
- 5) Slowly add contact solution a little bit at a time (should be 1 tbsp in total)
- 6) Stir quickly until mixture thickens.
- 7) Knead dough with hands once it is similar to wet bread dough.
 - Store in airtight container or bag.



Kapers! “Dust Busters”

“Who ya gonna call?”
“Dust Busters!”



WHAT WILL I NEED?

- Dust spray
- Cleaning cloth
- Vacuum

WHERE SHOULD I GO?

This is a quick inside activity.

PARENTS CORNER

Campers will be handling cleaning products, and may need a review afterwards. This activity is a great reason to watch the Ghostbusters movie!

INSTRUCTIONS

Don your best Ghostbusters outfit (complete with a backpack) and get ready to catch that dust!

Mission: You have 30 minutes to work together to catch all of the dust in your home. Put on some throwback music or even the soundtrack to set the tone.

Be careful and use your supplies wisely. Dust likes to fly away and escape if you use too little spray or forget to vacuum.

Look for all surfaces AND all hiding places for dust and dust bunnies. Think about under furniture, on shelves, and other places.

Hurry! Before time runs out!



Animal Yoga

Meet Mojo and head outside for today's nature activities.

WHAT WILL I NEED?

- Towel or mat for yoga.
- Water bottle

PARENTS CORNER

These activities are designed to explore nature. Campers may need supervision when headed outdoors.



WHERE SHOULD I GO?

This activity is designed for outside. Enjoy the sun!
Find a calm space in the shade for yoga.

WHAT DO I ALREADY KNOW?

1. Have you ever tried yoga?
2. What are benefits to stretching or yoga moves?
3. List some safety tips for hiking or walking outside.



INSTRUCTIONS

Nature Scavenger Hunt:

Grab a water bottle and head out for at least 20 minutes to discover what is around you.

Can you find the followin?

*Spot 2 birds. Were they different species? Can you identify them?

*Find 3 different trees. Take pictures of the trees and their leaves. (You can ask a parent's permission to use an online Dichotomous key to learn about the type of tree)

*Find 3 different colors in nature.

*Spot a bloom or flower

*How many animal homes can you find?

“Take only pictures, leave only footprints.”



INSTRUCTIONS (continued)

Animal Yoga:

Stretching is important for building and improving muscle and strength in your body. Let's try some basic poses that reflect different animals.

Only hold stretches for 5-12 seconds. Never stretch in a way that hurts.

Repeat series of stretches 3 times.



INSTRUCTIONS (continued)

Downward Dog: Start on your hands and knees. Straighten and lift your knees (Now on hands and feet). Push your weight away from your hands and towards your feet.

Cow Stretch: Start on your hands and knees. Lift your head and tailbone as you arch your back. Think about pointing your nose to the sky and stretching your belly button to the floor.

Cat Stretch: Start on hands and knees. Round your back up to the sky as you tilt your head and tailbone to the ground. (Opposite of cow)

Frog Pose: Squat and touch your hands flat to the floor with your spine straight. Your arms should be between your knees. Angle your knees and toes outwards.

Clam pose: Start seated on the ground with your legs crossed. Uncross your legs and touch the bottom of your feet together. Try to stretch the side of your leg as close to the floor as you can.

