

THEME DAY: CAMPING

Developed by Dannii Bernstein Mazor

www.littlecompass.co

SESSION 1

CAMPING / HIKING / THE GREAT OUTDOORS

- Set up a tent in your living room - sleeping bags, blankets, pillows, fairy lights. If you have blue sheets / material, add a 'river' near the entrance to your tent!
- Light up a "fire" on your screen at home for ambience
- Backpacks: grab a backpack each, and get kids to think of what 'essential items' they may need for camping or hiking.
- Make: Bug spray - Need: plastic spray bottle, some essential oils. Kids fill bottles part water, part essential oils, we used lavender and tea tree - if you're brave add some food colouring - have them squirt those pesky mossies away all over the bathroom walls.
- Make: Maps - <https://buggyandbuddy.com/going-bear-hunt-map-activity/>
- Make: Binoculars - Need: two toilet rolls, string, cellotape & wide tape. Paint toilet rolls with one thin layer paint, stick the rolls together with wide tape & cellotape either end of the string inside each roll.
- Prepare: Trail mix! (whatever you have at home: pretzels, m&m's, cheerios, dried fruit?) to bring with!

OUTDOOR ACTIVE



Strap on the backpacks, take hats and water, and off you go exploring your camping trail - don't forget your trail mix, maps and binoculars.

Added extra: Nature scavenger hunt outside.

SESSION 2

FIRE

- Fire Science: talking about fire safety, exploring the effects of oxygen, wind, salt & water on fire. Need: baking tray, 4 candles.
- Opportunity to teach kids 'Stop, drop & roll' as part of fire safety & watch an educational clip/song about it.
- Craft activity ideas: Handprint painting bonfires (photo); Popsicle stick tents (photo); Cupcake liner bonfire & smores (photo)
- Imaginative challenge for kids: DIY an indoor bonfire - toilet rolls, felt, stones, branches - whatever you have in your home/outside space.
- Make a snack: s'mores! Safely melt marshmallows with adult over candle/stovetop.

INDOOR ACTIVE

Cosmic Kids Yoga:
'Tallulah the Owl' (forest yoga)

'Logs for the fire' relay race! Use household items



SESSION 3

DARKNESS

- Opportunity to discuss why people might be/are afraid of the dark
- Dance party with glow sticks / glow in the dark body or face paint!
- Craft: Mod podge stained glass jars with coloured tissue paper to make 'lanterns', add tealight candle and safely - with adult - test them out in the dark.
- Game: Can You Catch A Star: Motor/sensory activity: fill a plastic bowl with beans and small plastic stars/glow in the dark stars / star-shaped beads. For 5+, get them to use kids chopsticks or tongs to catch the stars! For 2+, using their fingers or tongs.

SCREEN TIME

Movies: Yogi Bear Movie, Race for Your Life, Charlie Brown (Charlie Brown and Snoopy go to camp)
TV: Llama Llama - Camping Adventure, season 1, episode 13

BOOK

Don't Feed The Bear, Katherine Doherty
A Campfire Tale, Sarah Glenn Marsh
S is for S'mores, Helen Foster James
How To Catch A Star, Oliver Jeffers



FOOD IDEAS

Breakfast - Campfire french toast & chopped fruit salad
Lunch - Baked potato 'bar'
Snacks - Homemade trail mix & s'mores