

SHERWOOD FOREST



Activity Booklet

Buder Box Activity Kits
July Session

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Welcome to July Stay Camp!

Get ready for our second installment of Stay Camp! As everyone's summer plans are changing we wanted to make some adjustments to Stay Camp that will give campers more options for participating. Please read through the following changes.

- **Introducing Evening Logs** – Our campers loved Morning Logs during June, so we're adding an evening session for campers who are not able to join in the morning. Both Morning and Evening Logs will continue to happen every day of July Stay Camp. Campers are encourage to come to both Logs if they would like!
Evening Logs will take place at **7:00 PM over Zoom** using the same meeting information as Morning Logs.
Link: <https://us02web.zoom.us/j/89129866429?pwd=OW1yUFV6N3FkYWwxN0lmUldUWllsdz09>
Meeting ID: 891 2986 6429
Password: 683655
- **No Cabin Time** – We will folding cabin activities into Evening Logs. Instead of campers only meeting with their cabin cohorts once a week, we decided to include cabin break-out groups during Evening Logs. This will give campers more opportunities to check in with their friends and peers.
- **Me Time, Tree Time** – We hope you loved reading *The Neverending Story!* For July, we want to explore the other side of story-telling: Writing! In your Buder Box, you have a kit called "Painting with 'Not Bob': Journal Edition". Each camper will get to decorate their own Journal on Day 2 of July Stay Camp. The journal will then be used during Me Time, Tree Time each night. Some nights we may have writing prompts or suggestions to help you get writing. Other nights we may just ask you to listen to some sounds of nature and journal whatever comes to mind.
Each night we will be posting a video of nature sounds recorded from our camp in Lesterville. This video will go live every day at 7:30PM on our website and YouTube page. We encourage everyone to tune in to journal with us.
- **Brown Girl Dreaming** – Although we are not posting chapter readings each day, we still want our campers reading! Each camper has received a copy of the book *Brown Girl Dreaming* by Jacqueline Woodson. This book is a memoir meaning it is based on the author's true life experiences. It is also written in poetry verse, making it a unique and interesting read. We hope you love reading it as much as we do!
- **Weekend activities** – We are adding activities on the weekend! Saturday and Sunday felt so empty to us, especially since we are usually doing fun camp things every day of the week during the summer. Weekend activities will go live at 10:15AM, the same time as during the week. They can be accessed on our website and YouTube page.
- **Last Day of Stay Camp is July 31st** – We have heard from many school districts that they will begin summer sessions and online learning in August. We recognize that getting ready for school this fall may look very different than in years past. As such, we want to make sure campers have the time and energy to adjust back into school mode throughout the month of August.

Week 1 Schedule

Week 1		July 13th - 19th	
Date	Activity	Start Time	
Monday, July 13th	Morning Logs	9:30 AM	
	Friendship Bracelets	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Tuesday, July 14th	Morning Logs	9:30 AM	
	Painting with Bob not Ross	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Wednesday, July 15th	Morning Logs	9:30 AM	
	Yoga	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Thursday, July 16th	Morning Logs	9:30 AM	
	Mafia	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Friday, July 17th	Morning Logs	9:30 AM	
	Bird Dwellings	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Saturday, July 18th	Morning Logs	9:30 AM	
	DIY Board Game	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Sunday, July 19th	Morning Logs	9:30 AM	
	Puzzle Me This	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	

Friendship Bracelets



Safety Considerations



This activity comes with a safety pin. Be careful not to poke yourself with the sharp tip. Ask an adult for help if you need assistance.

Materials

3 colors of Embroidery Floss

Safety Pin

Loom Wheel Cutout

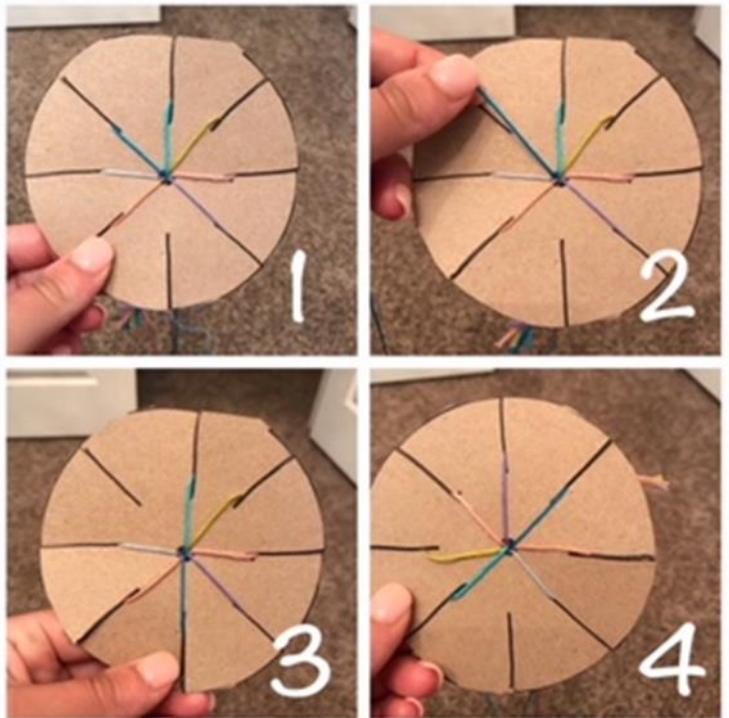
Cardboard (a cereal box is a good choice)

Scissors

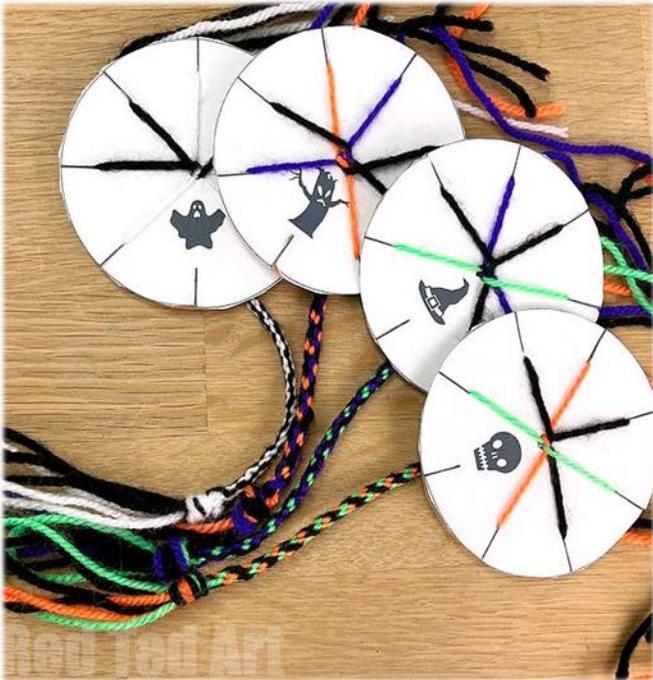


Instructions

1. Cut out a cardboard circle using the Loom Wheel in your activity kit.
2. Make a hole in the middle. Then cut 8 slits evening spaced around the outside of the circle. DO NOT CUT TO THE CENTER HOLE.
3. Cut 7 different strands of embroidery thread all the same size (approximately 2 feet). Take your 7 strands of thread and tie them together with an overhand knot at one end.
4. Thread your strands through the hole in the disc so that the knot is on one side and the rest of the thread is on the other.
5. Take one strand at a time and slot it through one of the slits around your disc. You should have 7 strands tucked in, with one "spare slot".
6. Take the 3rd strand to the LEFT of the spare slot. Lift it out of the slot, bring it across the other strands to place in the spare slot. This creates a new space.
7. Rotate your disc for this to point down and pick the strand 3 to the left and move it to the new spare slot. Repeat.

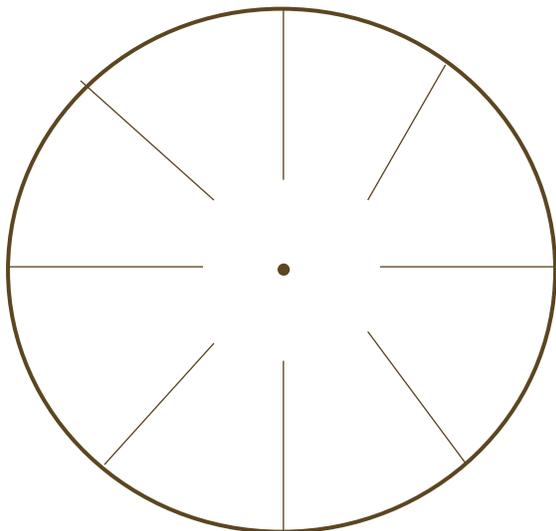


Your yarn friendship bracelet will begin to "grow" on the other side of the disc, give it a gentle tug every so often.



Your friendship bracelet will start to look like this! Keep going until it reaches the length that you want.

Once your bracelet is long enough, pull all strands out of the slots and out of the loom. Tie an overhand knot at the working end of your bracelet.



Use this template for making your loom wheel

Painting with “Not Bob”: Journal Edition



Safety Considerations



This project involves paint. The paint is washable, but caution should be taken. Wear an apron or old t-shirt and pants that you don't mind getting dirty.

Cover your work surface with paper or work on a craft table that can be washed or is allowed to have paint on it.

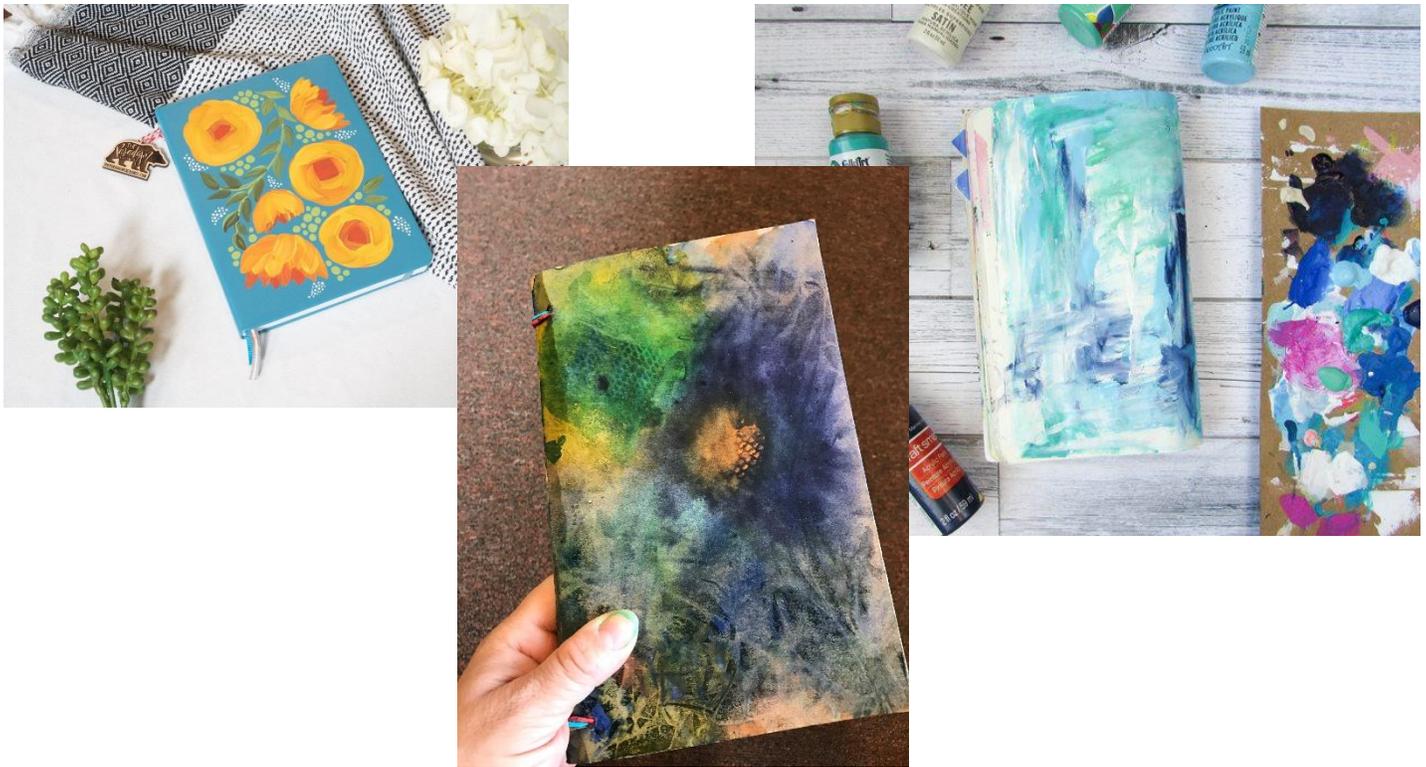
Materials

- Canvas Journal
- Art Supply Kit

Instructions

1. Tune in with Not Bob Ross for the latest in our painting adventures. But this time YOU get to do the painting!
2. Channel all your creativity for some journaling inspiration. Paint the front of your canvas journal with pictures or designs that will inspire you to fall in love with your journal and its possibilities.

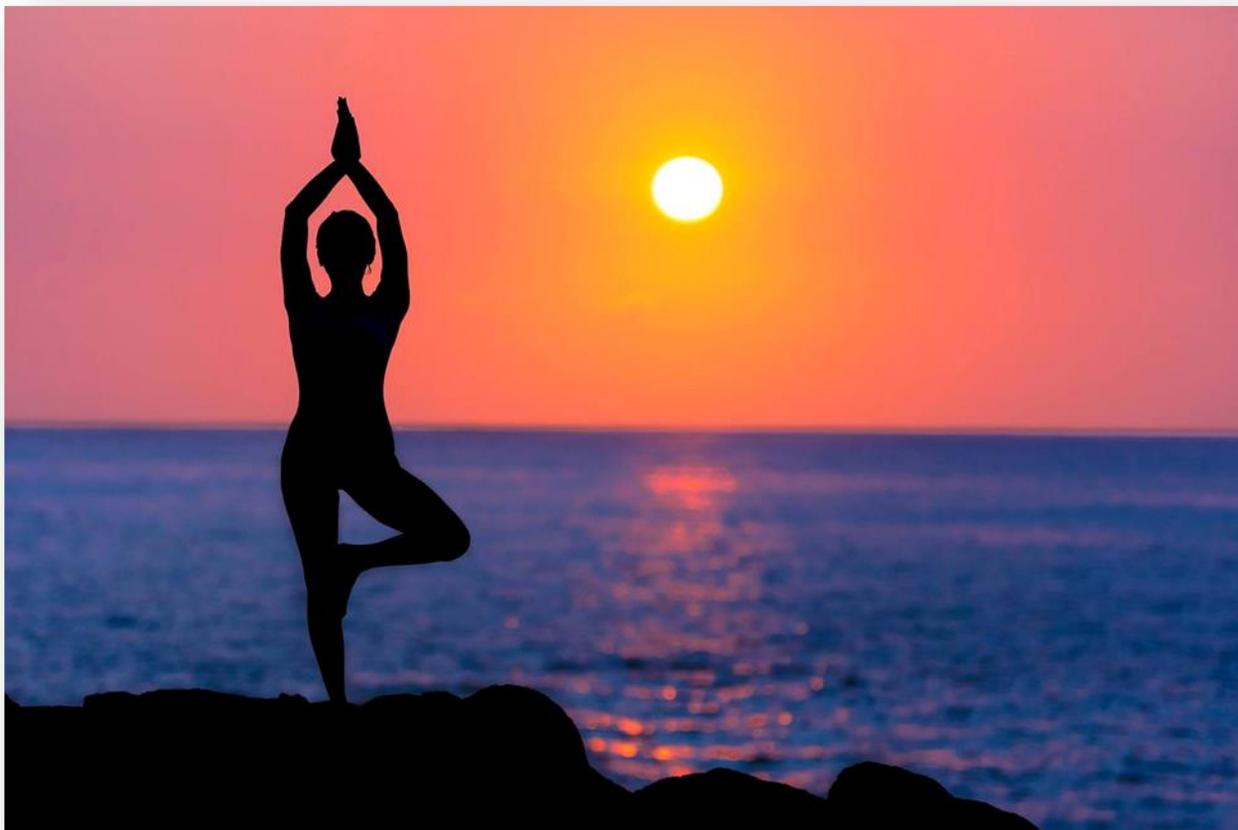
Here are some painting ideas to get you started!



Now What?

Throughout July, we will be using our journals to capture our thoughts and feelings. Your journal is a space made just for you to write stories, doodles, and brain dumps, anything you need it to be. Every day at evening logs we will provide a writing prompt if you need some help getting starting. Then we will move into Me Time, Tree Time where you can listen to soothing nature sounds while you journal.

Stay Camp Yoga



Safety Considerations



Yoga involved listening to your body. If any poses hurt or are uncomfortable, it is always okay to do a variation or wait for the next pose.

Do you ever feel overwhelmed? Ever need a moment to clear your head? Yoga is the perfect activity to help your mind and body feel good!

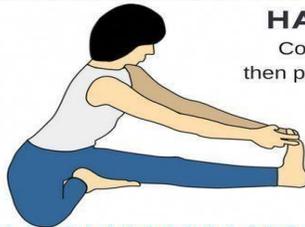
Materials

- Comfortable Clothes
- Water Bottle
- Yoga Mat

Here are some stretches and poses to get you started! Join us online every week for a guided yoga practice!

Let's Stretch!

TOP 10 FLEXIBILITY STRETCHES

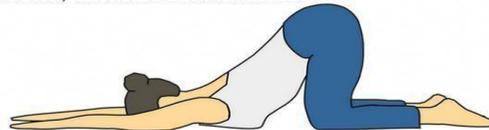


HAMSTRING STRETCH

Commence with knee slightly bent, then push knee straight as tension allows, push chest forward chest

THORACIC EXTENSION STRETCH

Reach forward with arms, push chest towards floor, arch back down, backside behind knees.



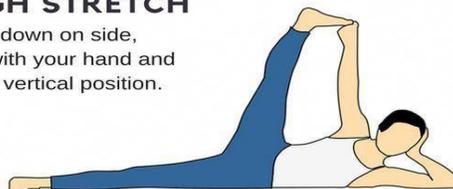
BACK STRETCH

Sit down, place your feet in a split position. Raise your hands and take a deep breath.



BACK THIGH STRETCH

Start by lying down on side, grasp your toes with your hand and raise your leg in vertical position.



SELENA JACKSON'S WWW.MYHEALTHYSMOOTHIE.COM

Common Poses

People tend to struggle the first time keeping their balance during certain yoga stances. It can be helpful seeing someone else do the pose while you try it out. Eventually poses will become more comfortable and you will be able to push your body within your limitations. Use these pictures for a reference but remember to take your time and listen to your body. It's all about growth.



CHILD'S POSE



DOWNWARD FACING DOG



REVOLVING LUNGE



REVOLVING TRIANGLE



EXTENDED TRIANGLE



STANDING FORWARD FOLD



CRESCENT



EXTENDED PIGEON



UPWARD FACING DOG



BOUND ANGLE



RECLINING BIG TOE HOLD



PLOW

Bird Dwelling



Safety Considerations



You will need adult supervision before attempting this project. This project involves using super glue, hammer and tiny nails. Be careful using the super glue.

The nails are tiny and can be difficult to hit with a large hammer, take all necessary precautions.

Materials

- Bird Feeder Kit
 - Wood Pieces
 - Hardware
 - Instructions

Instructions

1. Locate the instructions included in your Bird Feeder kit.
2. Assemble your bird feeder, being careful with the small hardware. For help on assembling your kit, tune into our activity video!
3. Once your Bird Feeder is assembled, grab your art supply kit and decorate it!
4. When you are ready to hang your Bird Feeder, fill it with small seeds and nuts. Sunflower seeds (with the shell) are perfect snacks for birds. You can also purchase bird feeder mix from most hardware or garden stores.



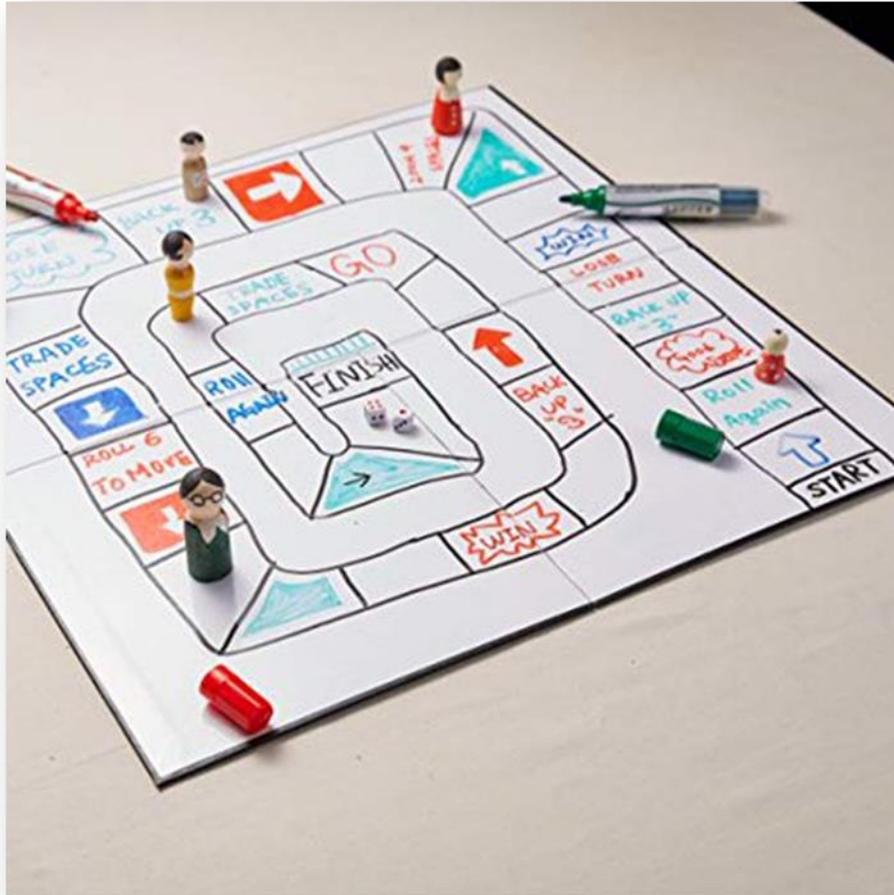
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Share pictures of your Bird Dwelling in action!

DIY Board Game



Safety Considerations



Depending on what supplies you use to make your board game, be careful with your mess. There are also small pieces in your kit. Keep them away from small children.

Materials

- 4 Player Pawns
- Pair of Dice
- Art Supply Kit
- *Cardboard Surface (Repurpose the biggest part of you Stay Camp Box, cut off the size you want your board game to be)*



Setup:

Decide the rules and objective of your game, first to the finish line or who collects the most money, etc.. If your game uses cards, use your art kit to design your cards. Cards are great for rewards or consequences if a player lands on a particular space. Be sure to make the rules clear to everyone and write them down when possible. When designing your board game, it's best if you work backward and sketch it out with a pencil before you use markers or anything permanent.

The History of Board Games

Board Games become a royal pastime among pharaohs in Ancient Egypt. One of the earliest games is called Senet. It became so valued in Egyptian culture that people were often buried with it in their tombs.

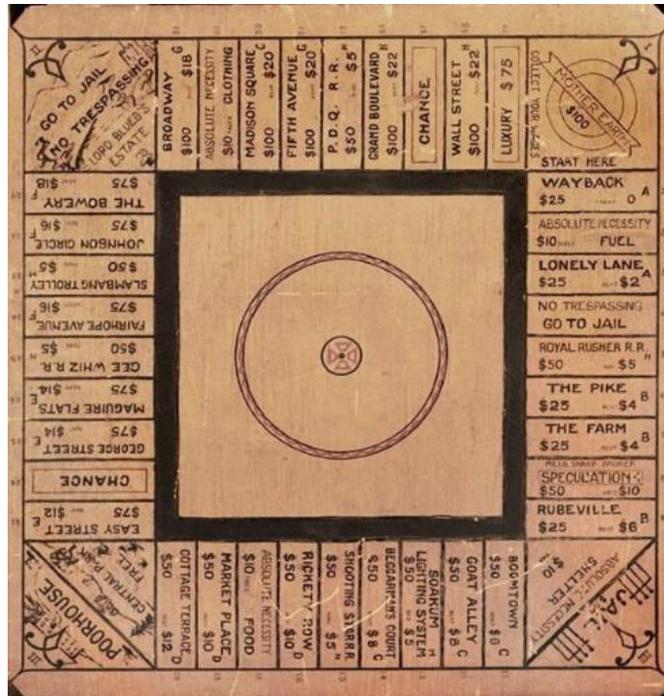


Dice – made from a large variety of materials, including brass, copper, glass, ivory, and marble. Roman dice look most similar to the ones we play with today.



Landlord's Game

The Landlord's Game was invented by Lizzie Magie, one of America's very first board game designers. The game board consisted of a square track, with a row of properties around the outside that players could buy. The game board had four railroads, two utilities, a jail, and a corner named "Labor Upon Mother Earth Produces Wages," which earned players \$100 each time they passed it... Sound familiar?



The Landlord's Game is an early version of MONOPOLY!

This game is based off of real life economic principles. Is there anything in your life that would make a fun game??

Puzzle Me This



Safety Considerations



Find a space where you make a little bit of a mess.

Materials

- 5x7Puzzle
- Arts Supply Kit

Instructions

1. Take out your puzzle kit from your Buder Box.
2. Brainstorm ideas – Get some inspiration from friends or family! You can also use google to help get a vision of your picture before you start drawing.
3. Draw your picture on a piece of paper first. Make sure it is exactly what you envisioned.
4. Draw your picture on your puzzle. Use any drawing and color materials you like. It may be help to draw in pencil first, then color of it.



Once your picture is done (and dry), pull the puzzles pieces apart and get your family to solve it with you!

Week 2 Schedule

Week 2		July 20th - 26th	
Date	Activity	Start Time	
Monday, July 20th	Morning Logs	9:30 AM	
	Tree Cookies	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Tuesday, July 21st	Morning Logs	9:30 AM	
	So You Think You Can Dance	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Wednesday, July 22nd	Morning Logs	9:30 AM	
	Yoga	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Thursday, July 23rd	Morning Logs	9:30 AM	
	Learning Spanish with Lol	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Friday, July 24th	Morning Logs	9:30 AM	
	Escape Room	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Saturday, July 25th	Morning Logs	9:30 AM	
	Stress Balls	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Sunday, July 26th	Morning Logs	9:30 AM	
	Yoga	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	

Tree Cookie Jewelry



Safety Considerations



This activity could get messy, so find a workspace where you can clean up easily.

Materials

- Art Supply Kit
- Tree Cookie Pendant
- Necklace Twine

Instructions

1. Decorate your tree cookie with whatever your heart desires! This could be a picture of camp, your favorite animal, or an image from a dream.
2. When your picture is perfect, thread the twine through the hole in your tree cookie. Tie the ends together and you've got yourself a necklace!

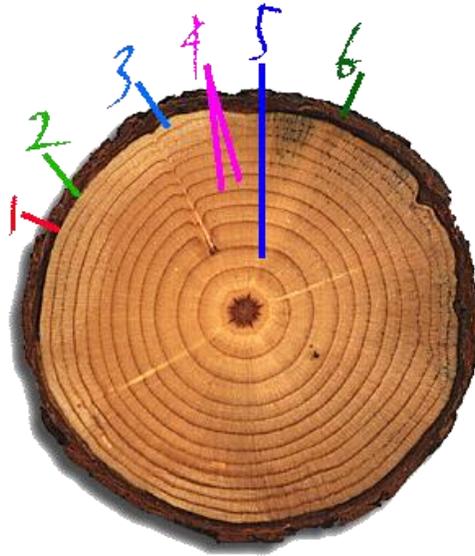


What is a Tree Cookie?

Tree cookies are cross sections of tree trunks or branches that foresters and teachers use to illustrate how trees grow. Tree cookies reveal the many different layers that make up a tree. And each layer can tell us something about the tree's life and the climate in which it grew.

What Can Tree Rings Tell Us?

The rings of a tree give us a lot of information about the age of the tree, its health, and the climate conditions during each year of its growth. Just for fun, count the number of rings on your tree cookie. How old was the tree?



Layer 1 is called the **cambium**. It is a layer or zone of cells, just one cell thick, inside the inner bark. The cambium produces both the **xylem** and **phloem** cells. This is where diameter growth occurs, and where rings and inner bark are formed.

Layer 2 is the **phloem** or inner bark. This layer carries sugar made in the leaves or needles down to the branches trunks and roots, where it is converted into the food the tree needs for growth.

Layer 3 is the **xylem** or sapwood. This layer carries the sap (water plus nitrogen and mineral nutrients) back up from the roots to the leaves. Sapwood gives a tree its strength.

Layer 4 is a **growth ring**. The lighter portion is called the "early wood" (because it grows in the spring), and the darker portion the "late wood" (which grows in the summer). Together, they represent one year of growth. (You can count the rings to see how old a tree is!)

Layer 5 is the **heartwood**. Heartwood develops as a tree gets older. It is old sapwood that no longer carries sap, and gives the trunk support and stiffness. In many kinds of trees, heartwood is a darker color than sapwood, since its water-carrying tubes get clogged up. The tree cookie at right, like many of its fellow young pines, has not developed heartwood yet.

Layer 6 is the **outer bark**. This layer protects a tree from insects and disease, excessive heat and cold, and other injuries.

Escape Room



Safety Considerations



If you are hiding or searching for clues, make sure everything is easily accessible and doesn't require you climb on anything or lift anything heavy.

We will also use scissors, so ask an adult for help if you need it.

Materials

- Pair of Scissors
- Lock and Key Cutouts

Setup

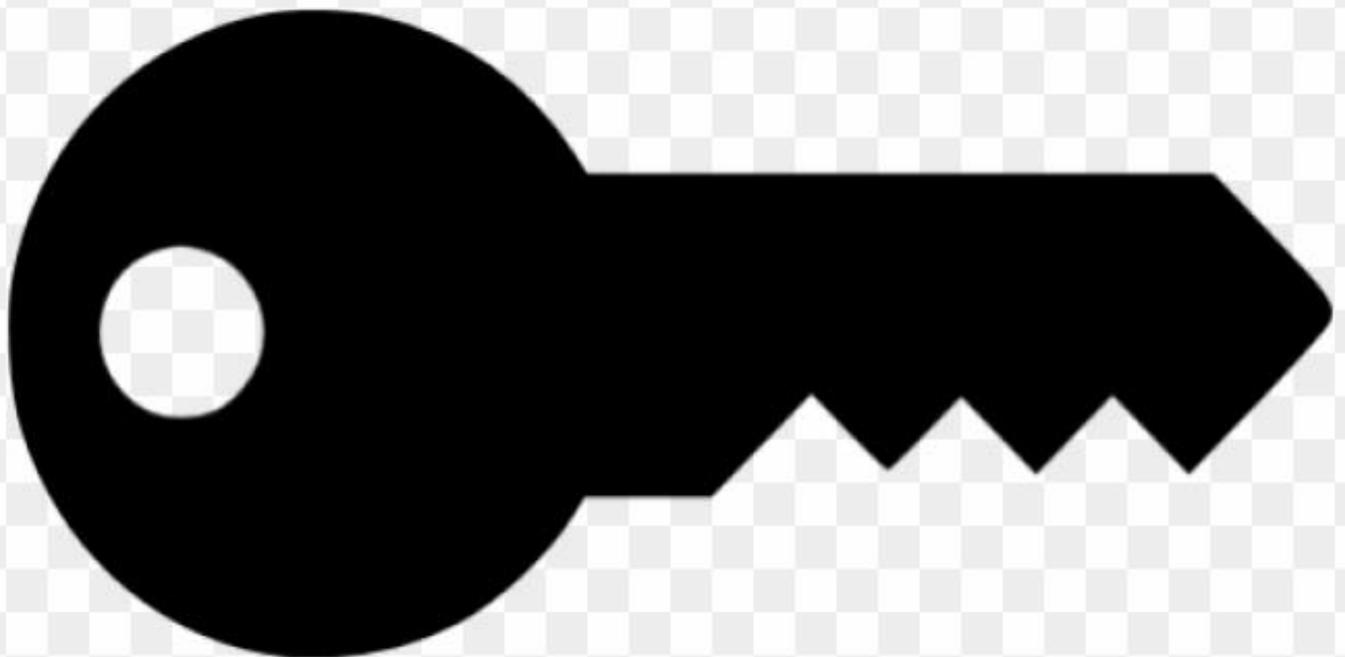
1. Cut out the Lock and Key pictures on the following page.
2. Take out the padlock cutout and place it on the door in which you have to escape through that way you can pretend it is locked.
3. Cut your key sheet into 4 pieces. For each piece of the key you must create a puzzle to reveal its location. Keep in mind that these puzzles should also give a hint to the next potential location of the next key piece.
4. Hide one piece of your key sheet near each of the puzzles you have to solve to receive a piece.
5. Ask a friend or family member to try to find and solve the clues. If they get stuck considering offering them hints.
6. When the escapee has found all 4 key pieces; they have to place them over the lock in order to pass through.



LOCK & KEY

Use the pad lock image on this sheet to decide your exit location. Simply cut out the padlock as one piece, then place the image on a door to label the exit of the escape room.

Use the door key image as items the escapee has to find around the Escape Room. Cut the key into 3 or 4 different pieces to hide around the room. Make sure you have puzzles or riddles to solve that reveals the location of the next piece. Once all pieces are found they must be put together in order to pass through.



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Puzzle Ideas

Idea #1 - Extract Numbers from Pictures

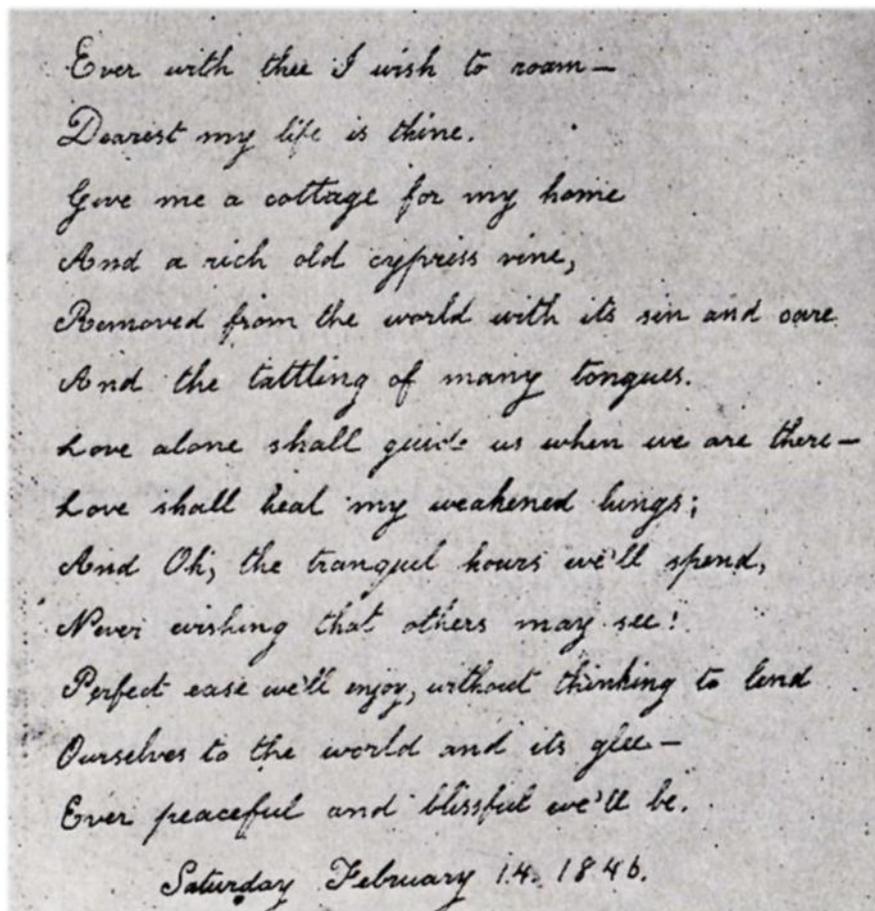
Gummy bear count: 6 red, 2 orange, 4 yellow, 5 green, and 4 white. Combine that with a hint elsewhere of "Red Orange Yellow Green" gummy bears leads to a code of 6245.



Idea #2 - Letters

This Valentine's Day poem is an acrostic. Read the first letter in each line to find out who it's addressed to.

You can hide information in passages of text that otherwise help fit the story or theme of the game. This one is incredibly flexible. There are a huge number of ways you can do this, including:



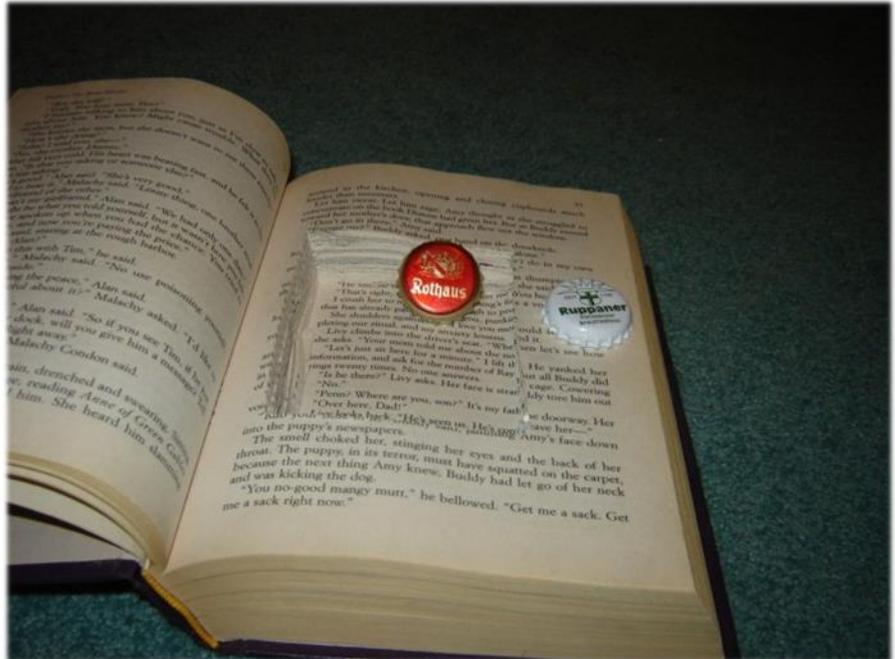
Highlighting or coloring certain words or letters in a text passage

Particular words in the text will refer to particular objects around the room, which will give players a particular selection or ordering.

Hide a message that's revealed if players read the words in a particular way, for example every 5th word, or reading down a particular line.

Idea #3 – Hide items within objects

This book can certainly hold some hidden objects. Not an immediately obvious location, but experienced room escapers will certainly ruffle through every book in the room.



Idea #4 – Just out of reach

The keys to a door are usually just out of reach and the players must use a long stick, a magnet on a string, or grabby tool. This concept is a great way to reveal the key location with ease, but the challenge is up to the escapee when it comes to retrieving the piece of the key. Also applies in general to any object that's out of reach via normal means, and the player must find some sort of method to extract the object out. Usually the object is a key. Make sure you and your key remain safe at all times.

DIY Stress Ball



Safety Considerations



This activity using Orbeez which are very small and easy to spill. Be careful with your Orbeez, so that you do not lose them all over your floor. Fortunately, they are non-toxic and bio-degradable, so if they do get somewhere unintentionally, they will not harm you or mother earth.

Materials

- Balloon
- Orbeez
- Old water bottle

Instructions

1. Pour your packet Orbeez into a large bowl. Your Orbeez will expand when we add water, which is why we need such a large bowl.
2. Fill the bowl with water and let it sit overnight. In the morning, you should be rewarded with a pile of bright, squishy water beads.
3. Grab your empty plastic bottle and fill with hydrated Orbeez.
4. Blow up the balloon to create space for the Orbeez, then twist the opening to keep the air from escaping.
5. Stretch the balloon opening over the top of the plastic bottle.
6. Let the balloon untwist, then turn the bottle upside-down to pour the Orbeez into the balloon.
7. Remove the balloon from the bottle, squeeze out the extra air and tie it off.



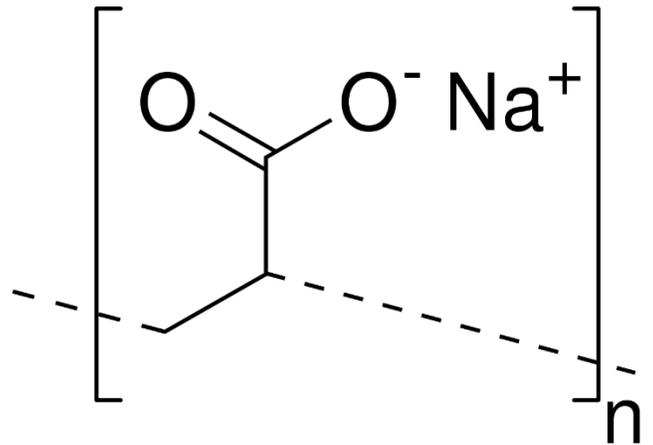
What are “Orbeez”?

When placed in water Orbeez swell, still retaining their circular shape, and are super fun for kids to play with.



How does this work?

Orbeez are made out of a superabsorbent polymer called Sodium Polyacrylate. The Sodium Polyacrylate polymer, shown below, contains a polar charge that allows it to combine with other liquids by forming hydrogen bonds.



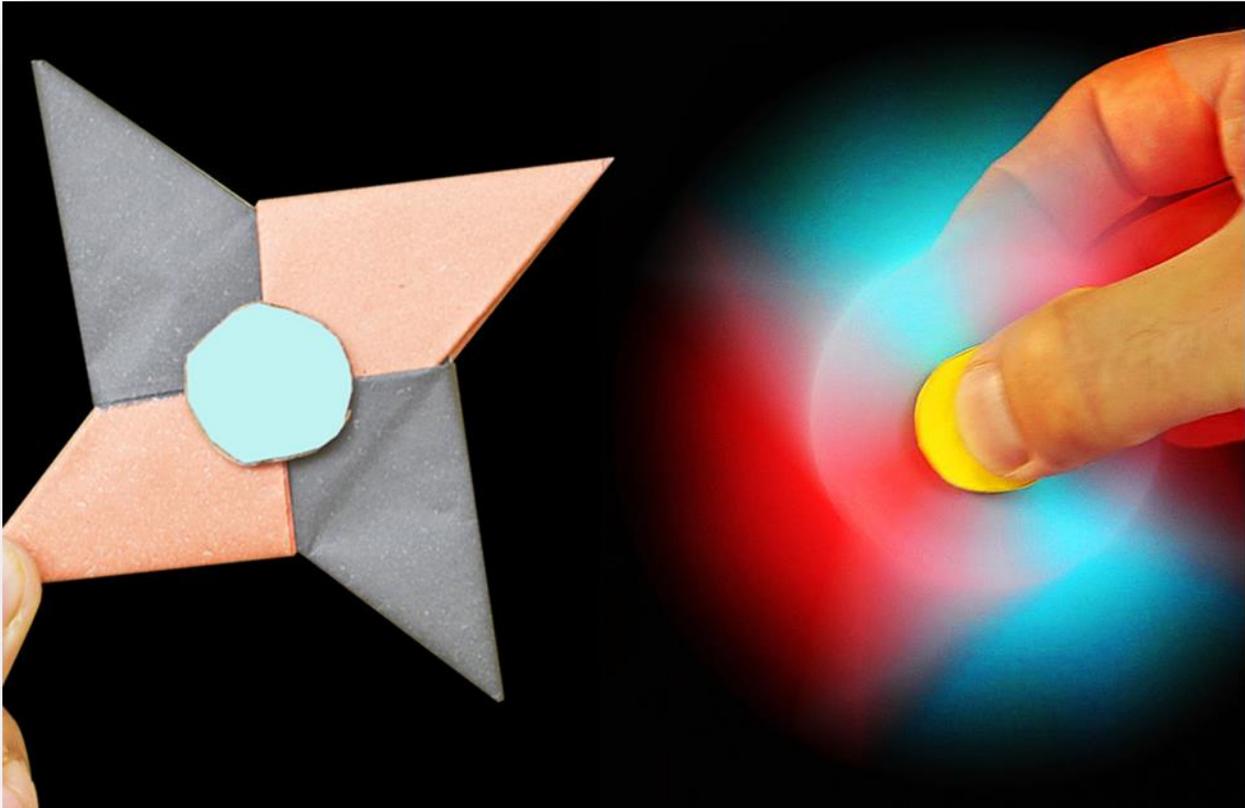
Why is this important?

Superabsorbent polymers are also used in many other fields today. The absorbent materials were developed in response to the need for increased field irrigation and water conservation in soil, as stated by the United States Department of Agriculture (USDA). To create the polymers, a wide range of materials were experimented with including: starch, carboxymethyl cellulose (CMC), acrylic acid, polyvinyl alcohol (PVA) and isobutylene maleic anhydride (IMA). However, the first commercial application of these polymers was in the 1970’s for various disposable hygienic products such as diapers. As mentioned earlier, a variation in this technology is used in the children’s toy Orbeez!

Week 3 Schedule

Week 3		July 27th - 31st	
Date	Activity	Start Time	
Monday, July 27th	Morning Logs	9:30 AM	
	Old School Fidgets	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Tuesday, July 28th	Morning Logs	9:30 AM	
	Quick & Easy Pinch Pots	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Wednesday, July 29th	Morning Logs	9:30 AM	
	Yoga	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Thursday, July 30th	Morning Logs	9:30 AM	
	Zumba Fitness	10:15 AM	
	Evening Logs	7:00 PM	
	Me time, Tree time	7:30 PM	
Friday, July 31st	Morning Logs	9:30 AM	
	Sherwood Night Live	10:15 AM	
	Evening Logs	7:00 PM	
	Closing Council Fire	7:30 PM	

Fidget Spinners



Safety Considerations



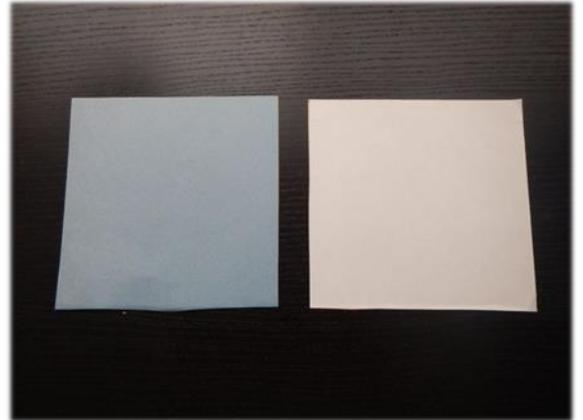
This activity requires the use of scissors, so you may need to ask an adult for help. Also be careful with your toothpick and glue!

Materials

- Cardboard (Piece of your Buder Box or a cereal box)
- Toothpick
- Glue
- 2 pieces of square paper

Setup

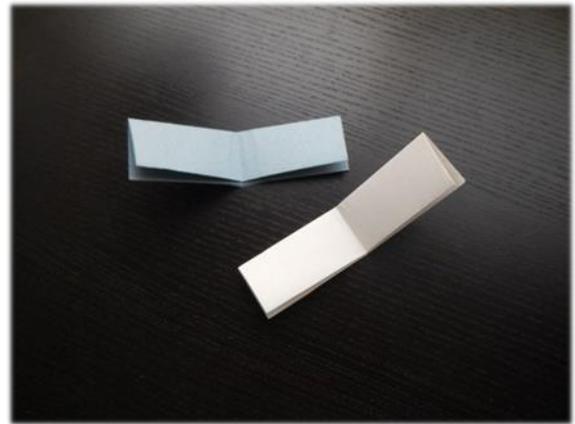
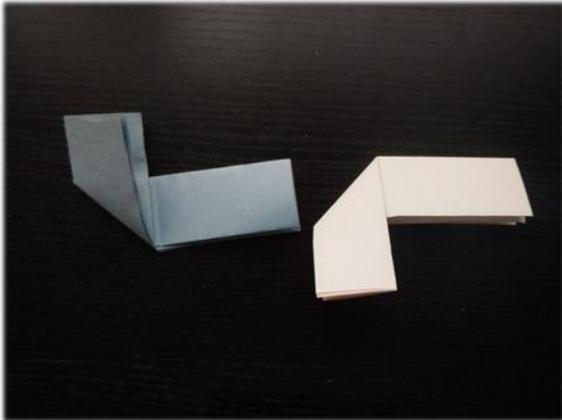
1. Start with preparing your 2 pieces of square paper. We are using construction paper, but you can use any type of paper you like. Cut each piece into a 6 inch square.



2. Fold each paper in half. Fold again length-wise.

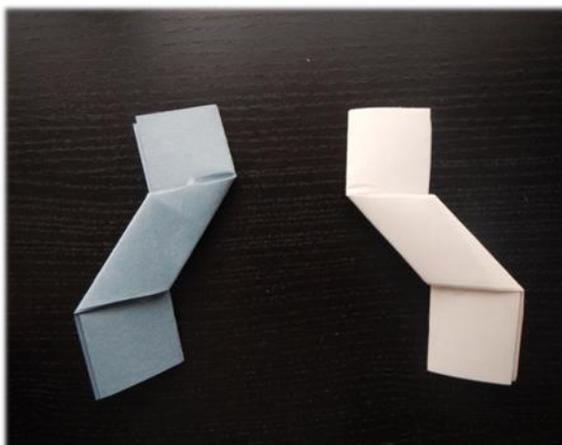
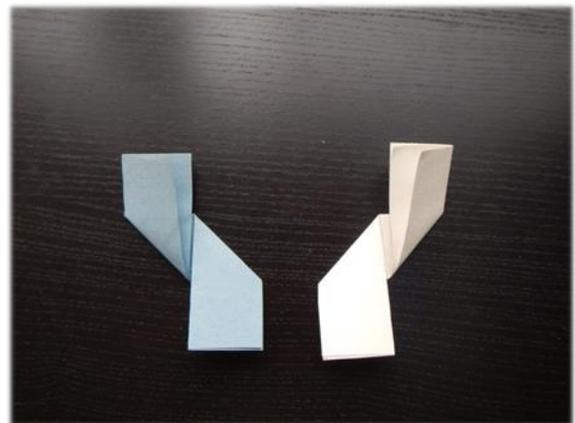


3. Fold each paper in half again, then unfold. You should see a crease in the middle of both folded pieces of paper.



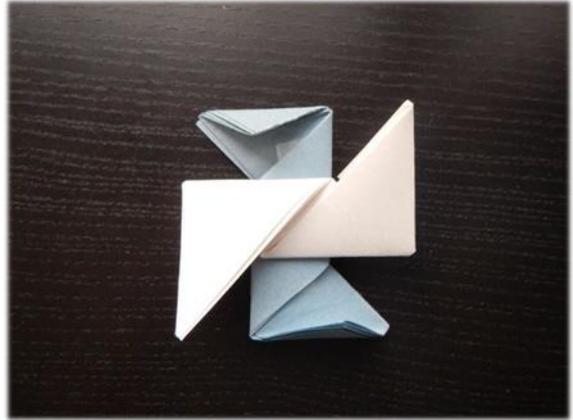
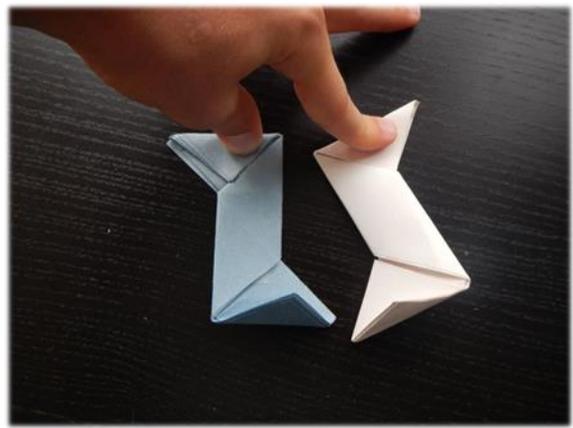
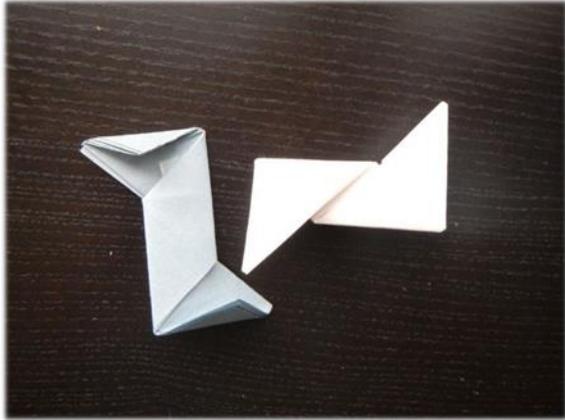
4. For one paper, fold the left half up, aligning the edge of the paper with the crease made in the previous step.
5. For the other paper, fold the left half down, again aligning the edge of the paper with the crease.

6. For each paper, fold the right side in the opposite direction that you did in the previous step.

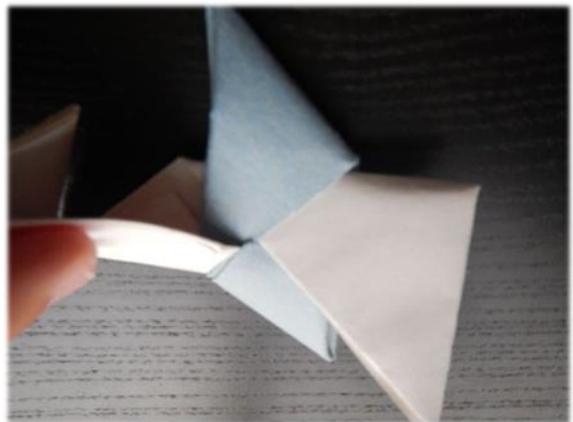


7. Flip the folded pieces of paper over.

8. Orient the papers like in the photo. Fold the top corners down diagonally.

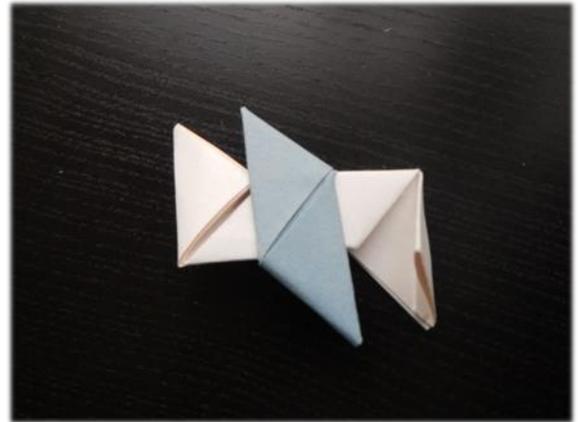
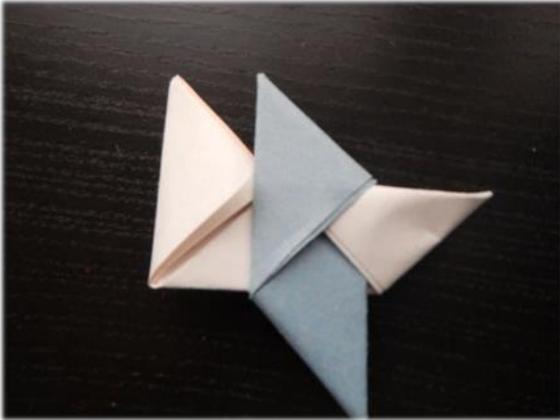


9. Tuck the uppermost flap into the one on the right.



10. Tuck the bottom flap into the left one.

11. Flip over.



12. Tuck the right flap into the space between the upper and lower flaps. Then do the same with the left flap.

You're almost done!



13. Take your Toothpick and poke it through the center of the fidget spinner and into one of the cardboard circles, add glue to hold the circle on the end of the toothpick.

14. Place the other end of the toothpick into the other cardboard circle, be sure to add glue. Allow the glue to dry. Use the cardboard circles as holding tabs, and spin awaaayyyy!!

Quick and Easy Pinch Pots



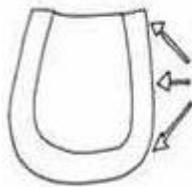
Safety Considerations



This project involves using clay, water, and your hands to create a pot. Wear an apron or old t-shirt and pants that you don't mind getting dirty; molding clay into objects can be a messy endeavor.

Materials

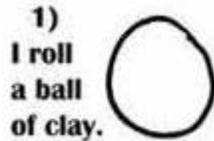
- Jar of Clay (2oz)



My goal, when first learning to form a pot (vessel), is to make the sides and bottom uniform (even) and not too thin.



This is not a good example. I do not want it thin in some places and thick in others. (Thin, uneven sides can weaken the pot and cause it to crack or break)



(I do not over roll or over work the clay because it causes drying and cracking. It makes the clay difficult to work with.)



I use a variety of lines and shapes to make interesting patterns.

Which clay sculpture techniques am I using?

Thank you for participating in Stay Camp this summer!

We are working on our plans for the school year as well as next summer. Please be on the lookout for emails or snail mail about Year-Round and Summer 2021 activities.