INSPIRATIONAL KIDS QUOTE

“When the sun is shining I can do anything; no mountain is too high, no trouble too difficult to overcome.”
- Wilma Rudolph

CAMP VIBES!

Shoutout to our Week #1 Campers! We miss you!

Which game should we play next? Camp Edition!

FUN ACTIVITIES

For Ages 5-7

Make Disney’s famous dole whip!
Learn how to make sticky string!
How to use string and pour painting to make art!

For Ages 8-10

One pan egg sandwich your kids will love!
Check out this cool science experiment — skewer through a balloon!
What makes you unique art project!

GAME OF THE WEEK

Balance Beam

Materials Needed:
Blue tape.

Set Up:
Use the blue tape to set up different balance beams, such as straight line, zig zags, spirals, looped, and even ones that have spaces in between.

How to Play:
Participants will line up and take turns trying to balance on the blue tape balance beams. Variations: See who can walk the fastest, walk it heel-to-toe, backwards, and even with their eyes closed and shoes off (so they can feel the tape), and jump in between beams.

How to Win:
Don’t fall off the balance beam!

KORET PLAY AT HOME HANDBOOK

Here’s even more games for you and your family to play at home! How about even more activities on our Koret Play at Home Handbook!

RIDDLES

1. What word is spelled wrong in all dictionaries?
2. What is light as a feather but even the strongest man can’t hold it for long?
3. How do you make the number one disappear?

Answers from previous week: A stamp; A glove; A sad zebra

CLOSING REMARKS

Follow the Koret Health & Recreation Center (@usfkoret) on Instagram to keep in touch with us! Share ideas for our next newsletter with the Rec Sports Manager (jyjavier@usfca.edu) and stay safe!

Join the conversation #USFCA

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