



UNIVERSITY OF
SAN FRANCISCO

Koret Health and
Recreation Center



INSPIRATIONAL KIDS QUOTE

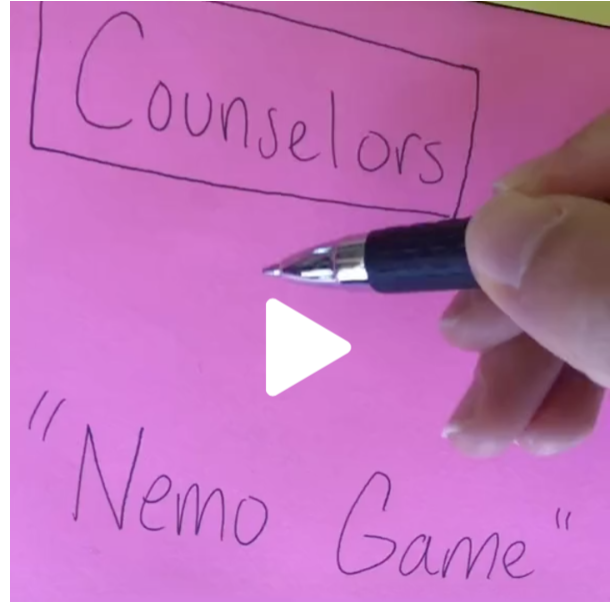


"When the sun is shining I can do anything; no
mountain is too high, no trouble too difficult to
overcome." - *Wilma Rudolph*

CAMP VIBES!



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



Which game should we play next? Camp Edition!

FUN ACTIVITIES

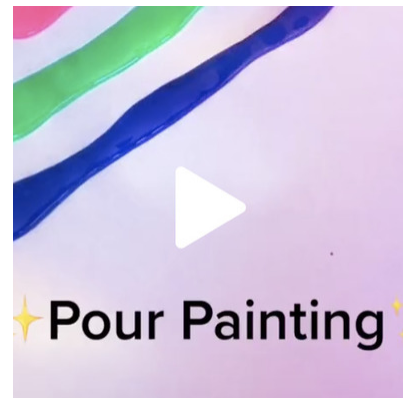
For Ages 5-7



Make Disney's famous dole whip!



Learn how to make sticky string!



How to use string and pour painting to make art!

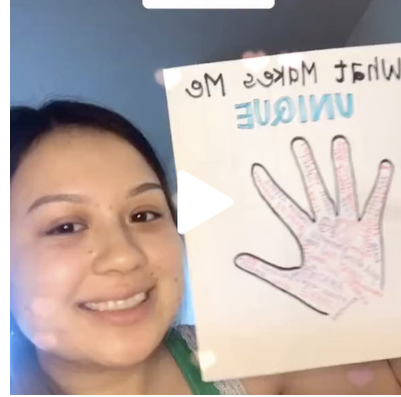
For Ages 8-10



One pan egg sandwich
your kids will love!



Check out this cool
science experiment-
skewer through a balloon!

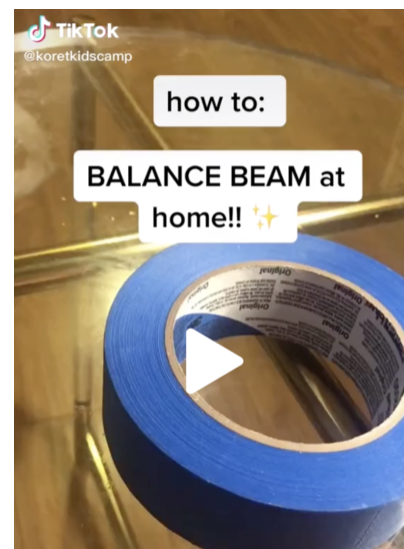


What makes you unique
art project!

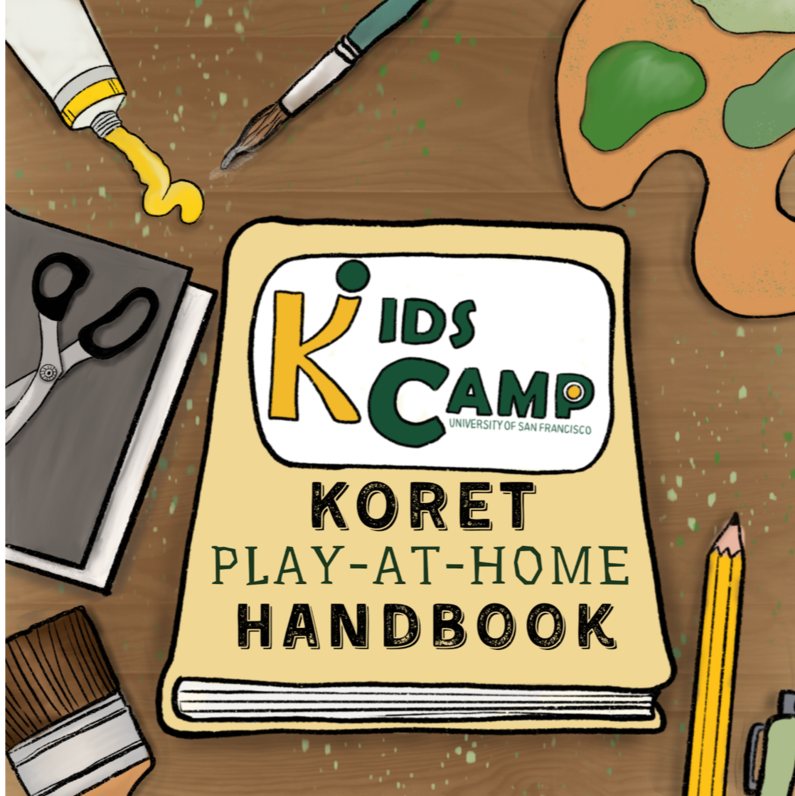
GAME OF THE WEEK

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 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, with their eyes closed and shoes off (so they can feel the tape), and jumping 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! We've added even more activities on our **Koret Play at Home Handbook!**

RIDDLES

Check back next week for the answers

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 ([jjjavier@usfca.edu](#)) and stay safe!

Join the conversation **#USFCA**



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Koret Health and Recreation Center

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[USFCA.EDU](https://usfca.edu)

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CHANGE THE WORLD FROM HERE

June 12, 2020

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