



VIRTUAL
TITAN
YOUTH SUMMER CAMP

AT HOME ACTIVITIES

Arts & Crafts

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Aquatics

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**Rock Wall &
Outdoor Adventures**

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Sports

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FOLDED PAPER BRACELETS

Material Required:

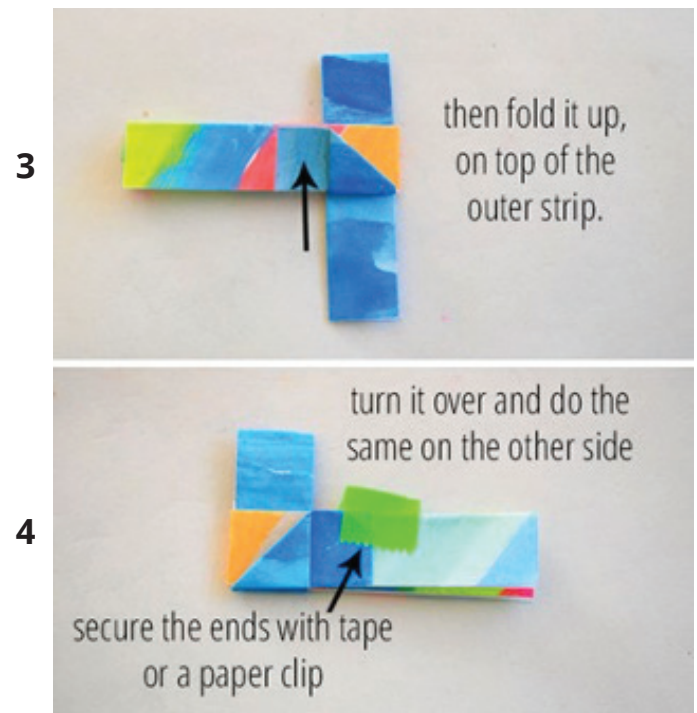
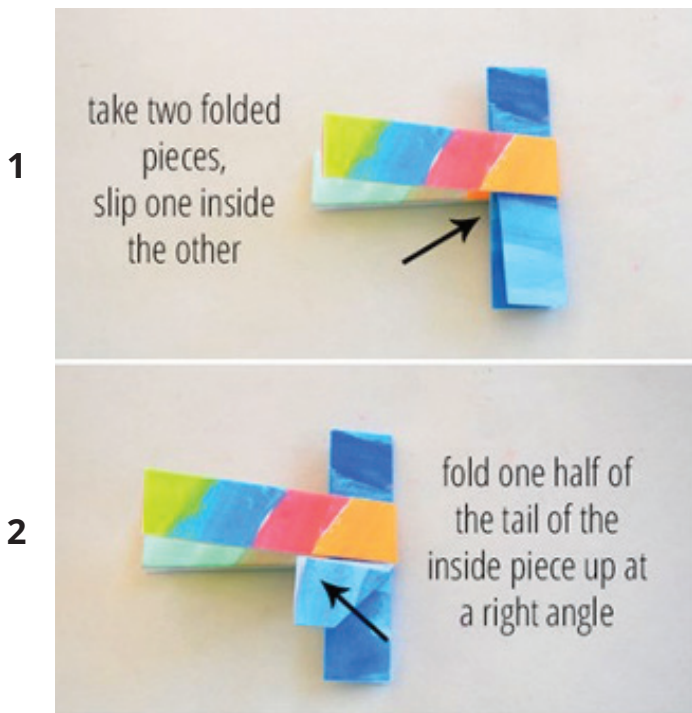
1. Scissors
2. Ruler
3. Pencil
4. Paper
5. Optional: Acrylic Paint

Source:

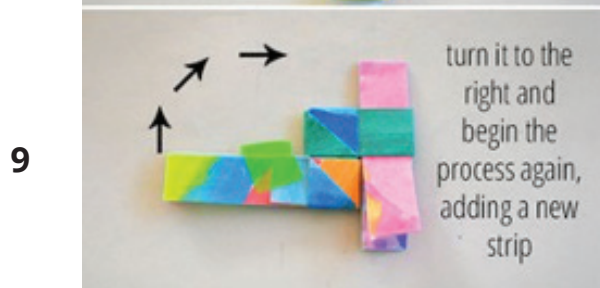
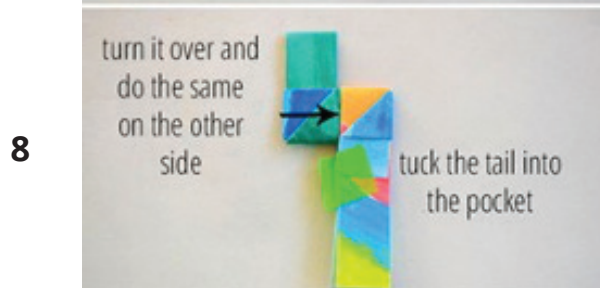
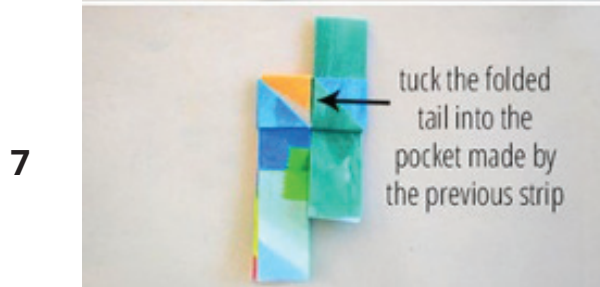
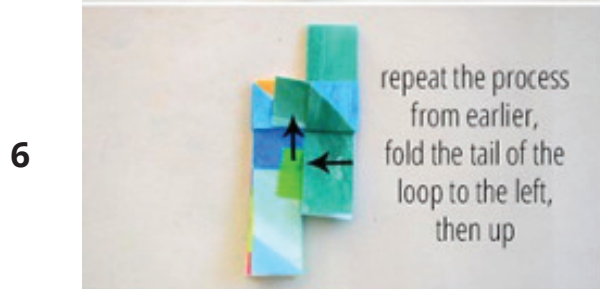
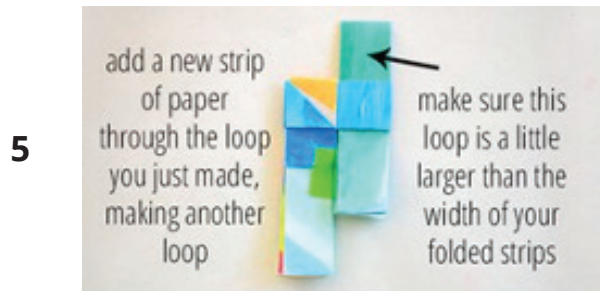
<https://bit.ly/3gX4aVq>

INSTRUCTIONS:

1. Optional: Paint your sheets of paper using your acrylic paint.
2. Cut 16-22 strips of paper that are 12cm x 3cm.
3. Follow pictures below for folding instructions



FOLDED PAPER BRACELETS



ORIGAMI FROG

Material Required:

1. Square paper

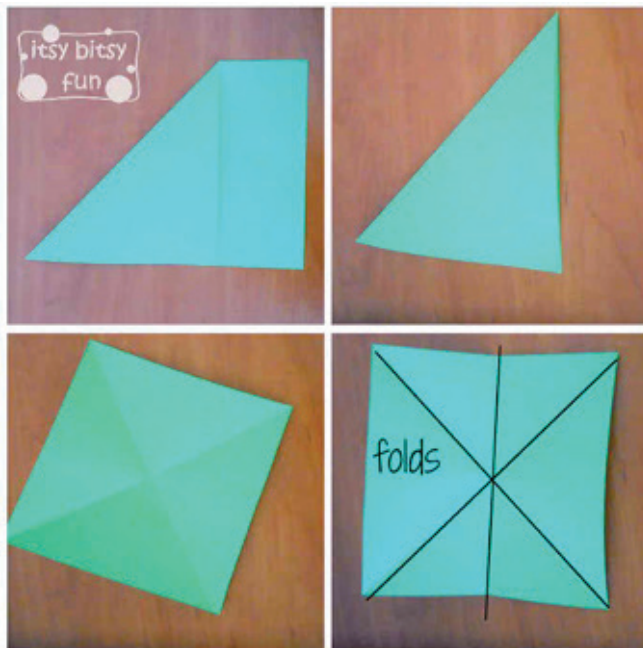
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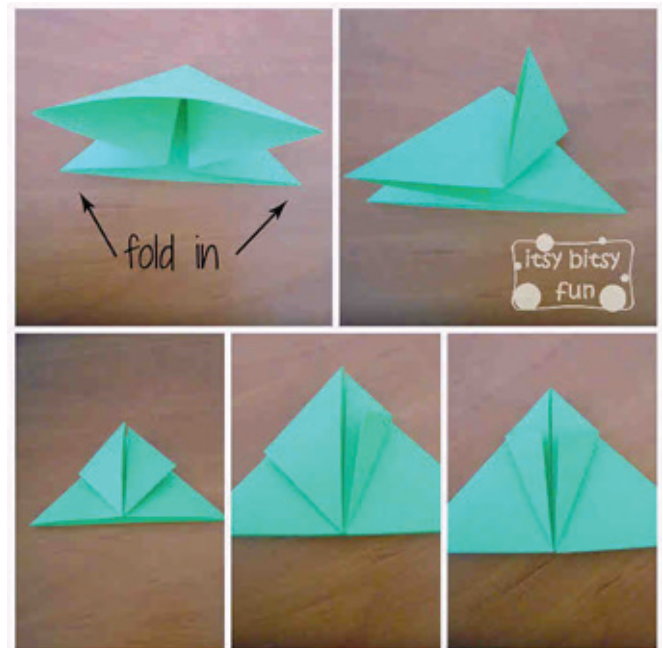
INSTRUCTIONS:

1. See pictures below for folding instructions:

1



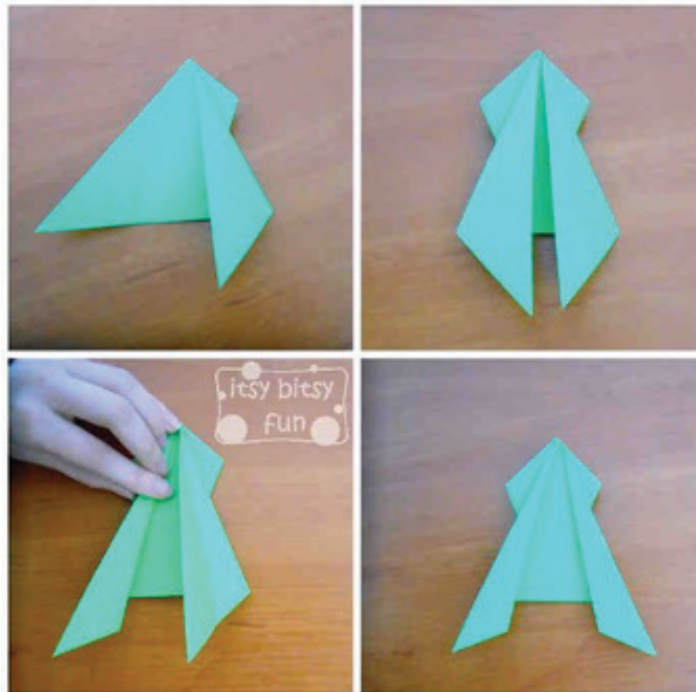
2



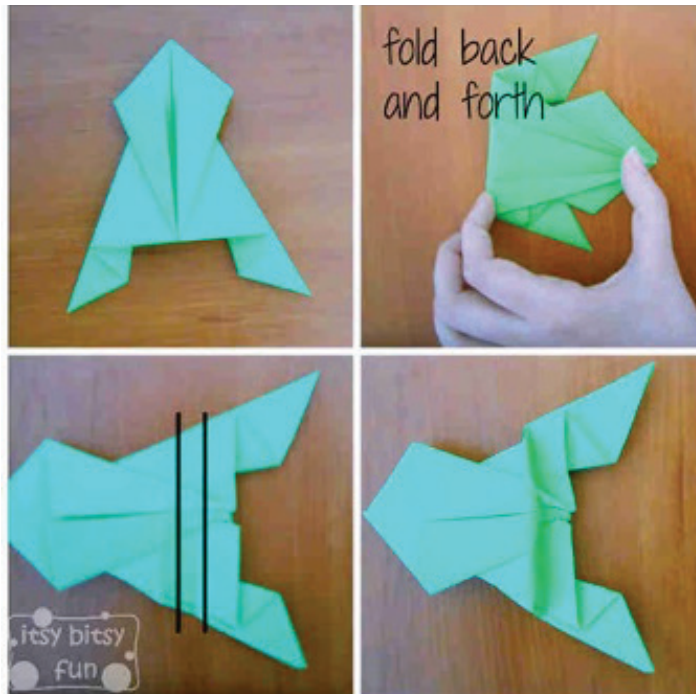


ORIGAMI FROG

3



4



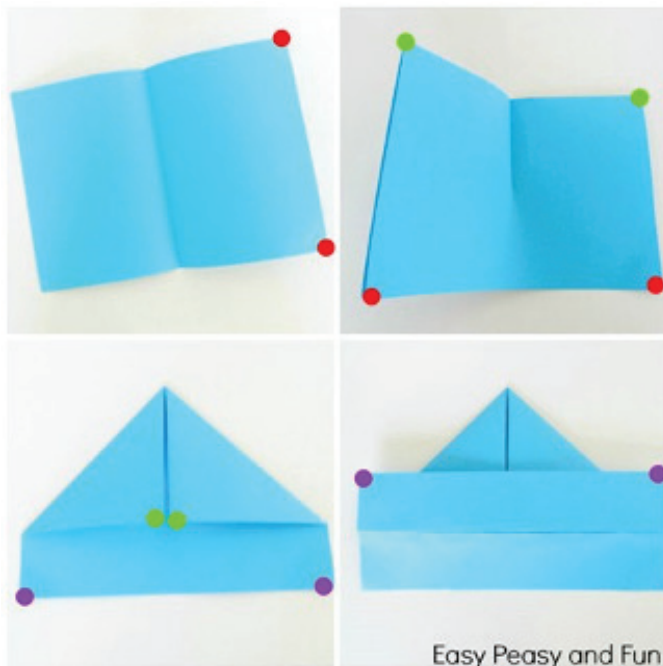
PAPER BOAT

Material Required:

1. 8.5 x 11 sheet of paper

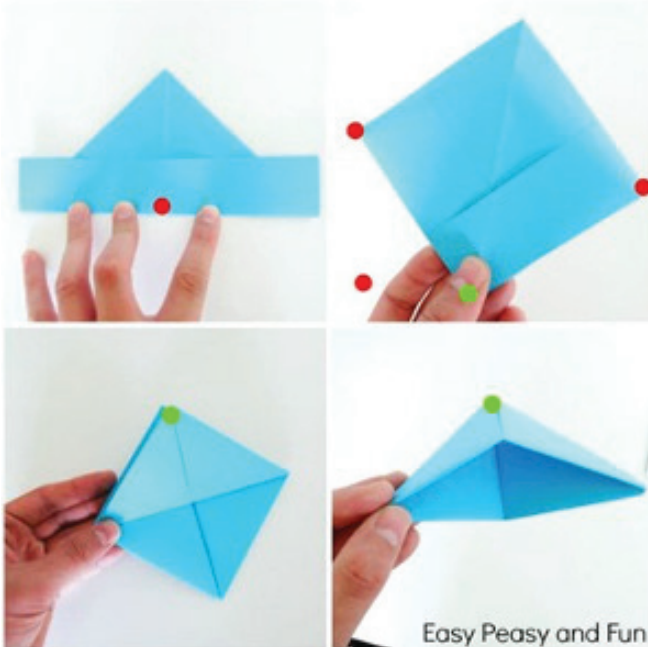
Source:

<https://bit.ly/32eEYWb>

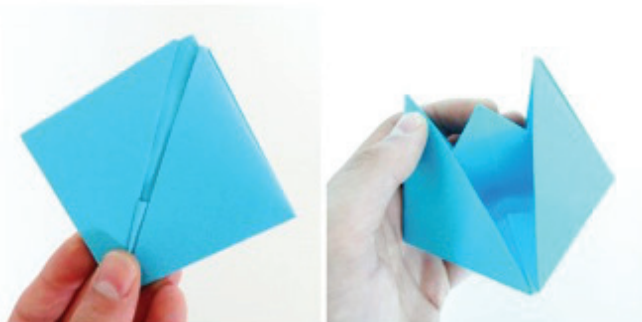
**INSTRUCTIONS:**

1. Fold the sheet of paper in half widthwise.
2. Fold it in half again lengthwise to create a crease to mark the center of the paper.
3. Bring the corners to the center so you get a triangle shape with a rectangle under it.
4. Fold the front rectangle upwards towards the triangle. Do the same with the back rectangle on the other side.

PAPER BOAT



5. Grab the center of the triangle and pull both sides to invert your triangle to create a square shape. Flatten.
6. Fold the front layer of the square up to create a triangle. Do the same on the opposite side with the back layer.



7. Pull the sides of the triangle outwards to invert it and form a square.
8. Pull the sides of the square outwards to form your boat.

ORIGAMI LUCKY STAR

Material Required:

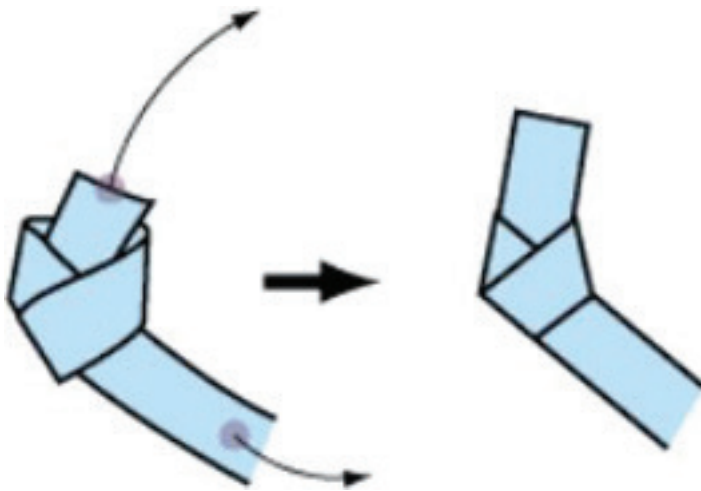
1. Strips of paper
(Suggested: 12in. x. 5in.)

Source:

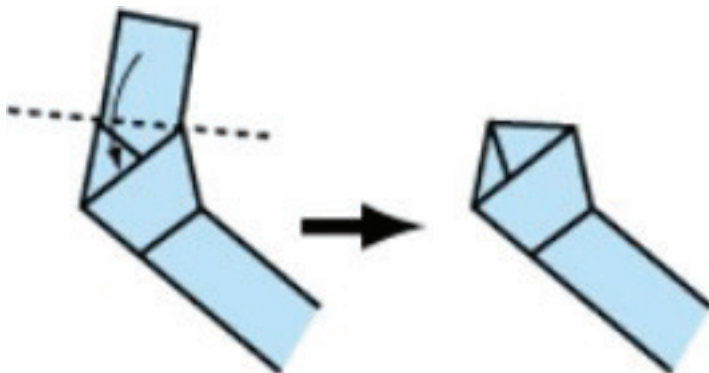
<https://bit.ly/3erAjsA>

INSTRUCTIONS:

1. Tie a "knot" in the end of your strip of paper. Pull gently and flatten.

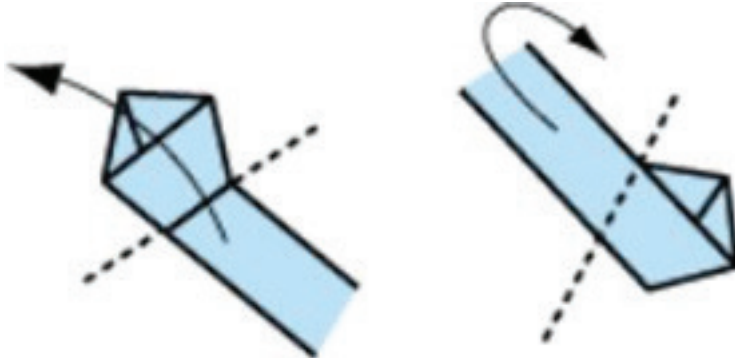


2. Fold the end of the strip down and tuck it into the knot.

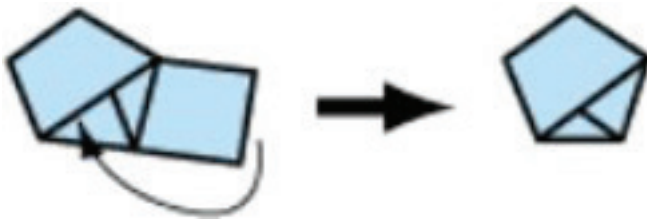


ORIGAMI LUCKY STAR

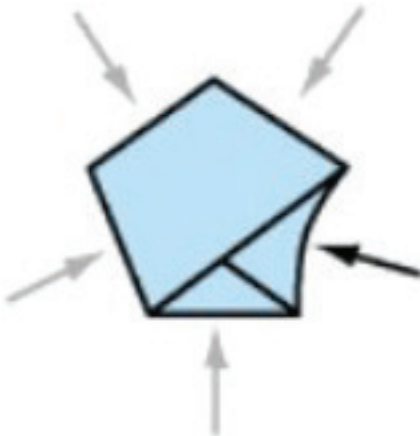
3. Wrap the long end of the strip around the pentagon you just formed, creasing gently as you go.



4. Keep wrapping until you get to the end of the strip.
5. Tuck the last bit of strip into the pouch. This will form a pentagon.



6. Using your fingernail, gently and slowly press into the center of each side of the pentagon to puff out the star.



ORIGAMI FISH

Material Required:

1. Square paper

Source:

<https://bit.ly/32dL49b>

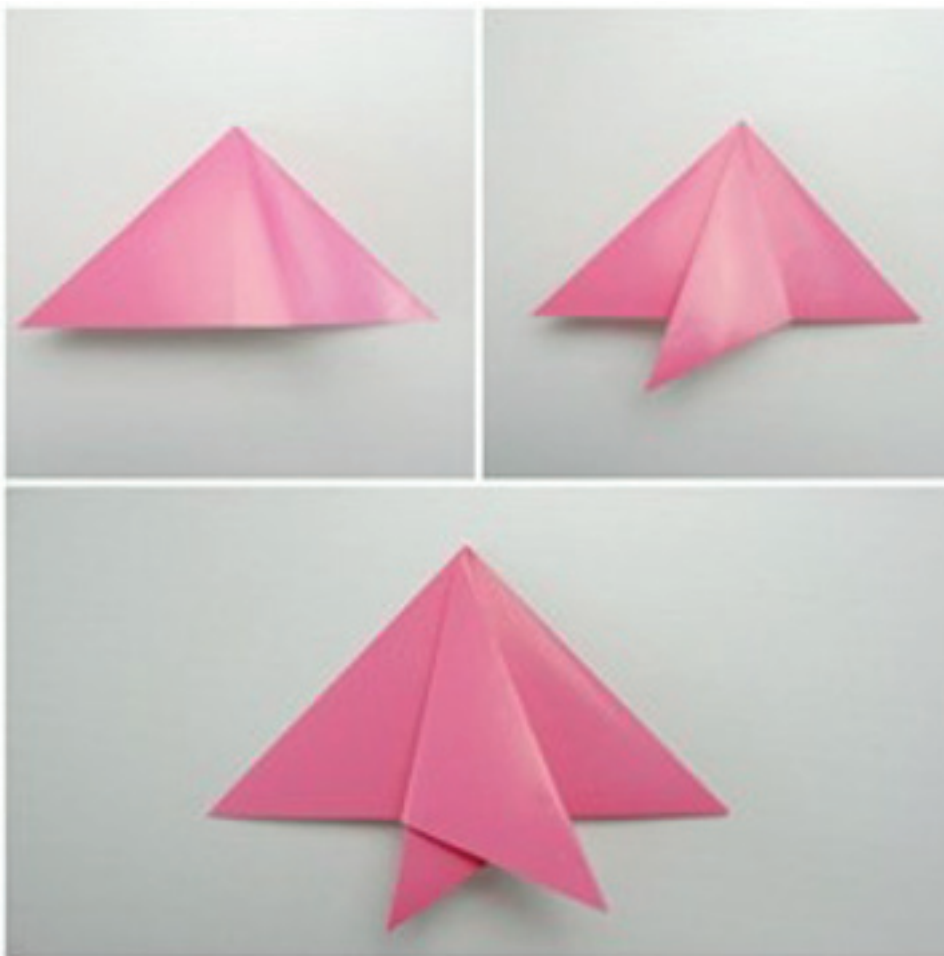
INSTRUCTIONS:

1. Fold your piece of paper diagonally (both sides) and in half (once).
2. Fold the creases following the half-fold inwards. This will form a triangle shape.



ORIGAMI FISH

3. Fold the right bottom corner of the triangle and fold it toward the center.
4. Repeat on the opposite corner to complete the fish tail.



ORIGAMI DOG

Material Required:

1. Square sheet of paper
2. Optional: Printable template

Source:

<https://bit.ly/3gOk4RQ>

*The website offers a printable template with different dog faces and folding lines

INSTRUCTIONS:

1. Fold the paper in half diagonally



ORIGAMI DOG

2. To form the ears of the dog, fold right corner of the triangle downwards. Repeat with the left corner.



3. Fold the last corner of the triangle upwards to form the dog's mouth.



4. If you used a blank piece of paper, color in the eyes, nose, and mouth of our origami dog.

ORIGAMI CAT

Material Required

Square Paper



Source:

<https://bit.ly/3gT0Vhy>

INSTRUCTIONS:

1. Fold the sheet of paper in half diagonally. This will form a triangle
2. Fold the triangle in half to create a crease.
3. Take the right corner of the triangle and fold it upwards from the center crease. Repeat on the left side.
4. Flip the sheet of paper over. Fold the point downwards to complete the head.
5. Color in the eyes, mouth, whiskers, and ears of your origami cat.

ORIGAMI COOTIE CATCHER

Material Required:

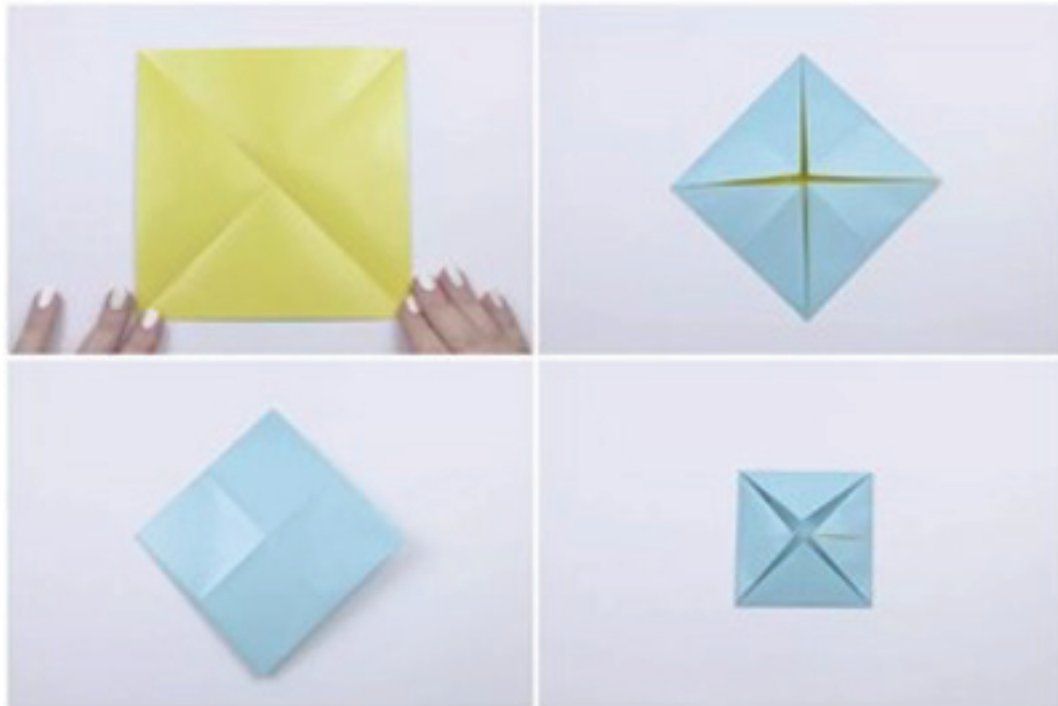
1. Square paper

Source:

<https://bit.ly/3j0Mzh2>

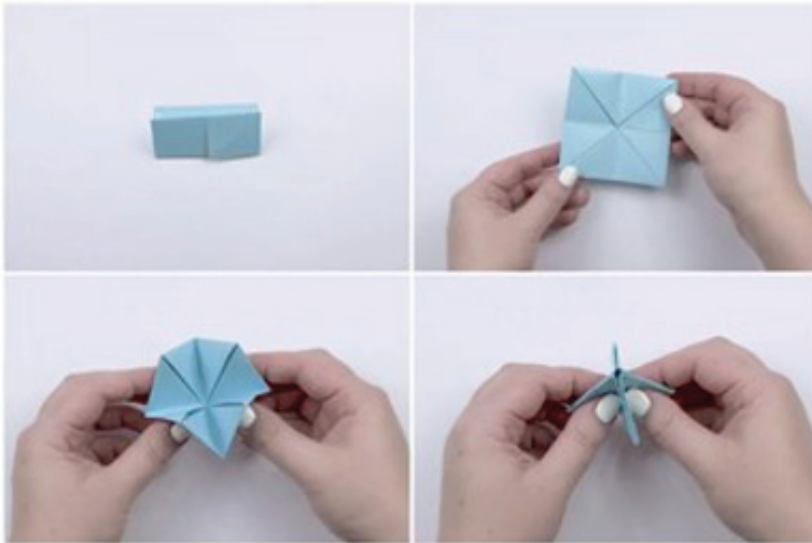
INSTRUCTIONS:

1. Fold your paper in half diagonally both ways to form an X.
2. Fold all four corners towards the central point of the X.
3. Flip over and fold all four corners to the central point.

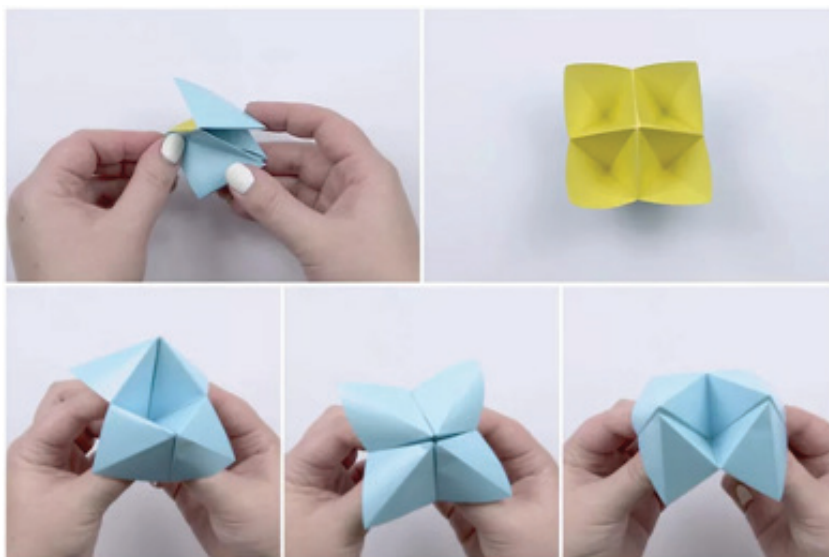


ORIGAMI COOTIE CATCHER

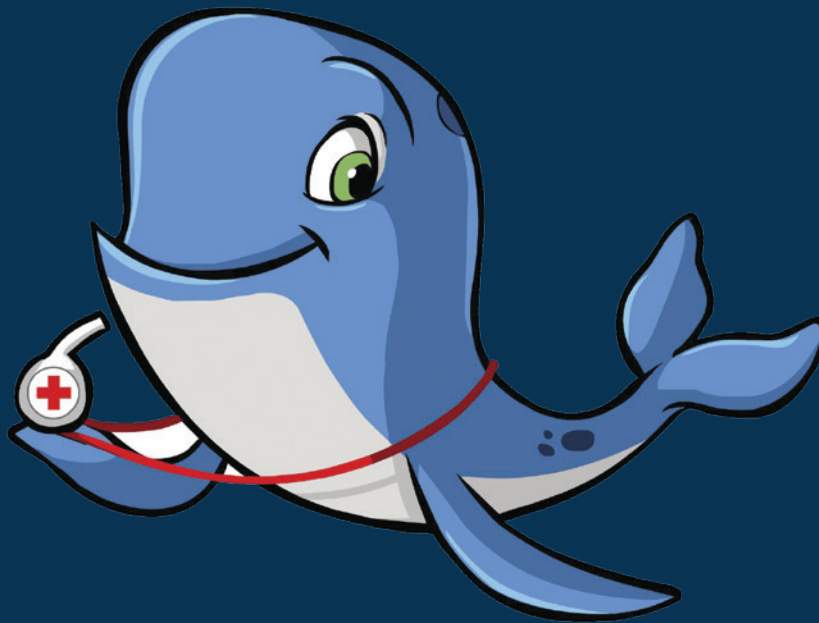
4. Fold the paper in half in both directions.
5. Pinch the corners of the paper to the center.



6. Pull out the flaps.
7. Color and decorate.



***The Red Cross provides
free activity guides and
online courses about water safety
on their website.***



<https://rdcrss.org/20z8b6l>

The National Park Services offers online programs to become a junior ranger. Follow these links and email your completed worksheets to yose_information@nps.gov to get a Yosemite Jr. Ranger badge.

ENGLISH <https://bit.ly/3erYeSm>

SPANISH <https://bit.ly/3frXq1o>



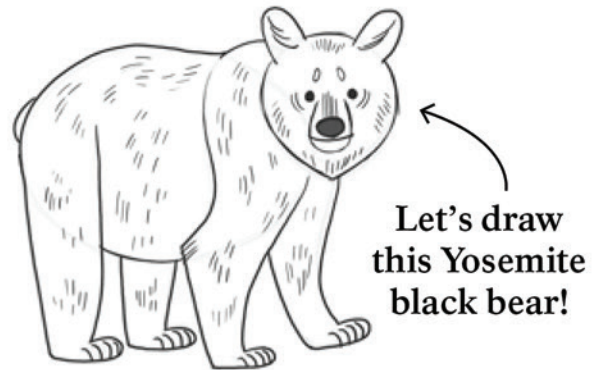
DRAW A BLACK BEAR

Material Required:

1. Paper
2. Pencil

Source:

<https://bit.ly/3eoraUM>



1



Start out with simple shapes.
Try to draw lightly for now. We're
going to draw over this at the end!

2

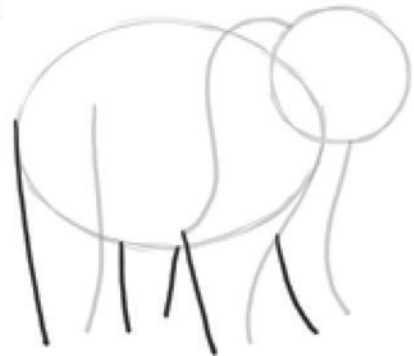


Add lines for the bear's legs.

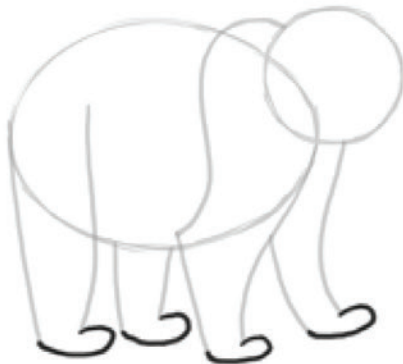
DRAW A BLACK BEAR

3

Draw an "s" shape for the bear's shoulder.

4

Draw in the rest of the bear's legs.

5

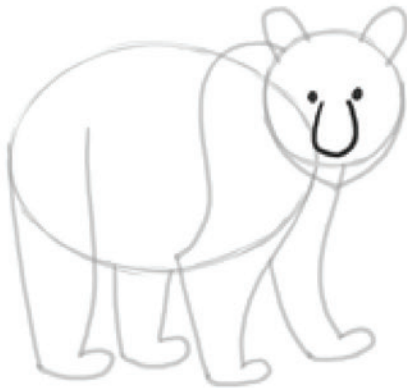
Draw four big bear paws!

6

Draw the bear's ears and the bottom of its head.

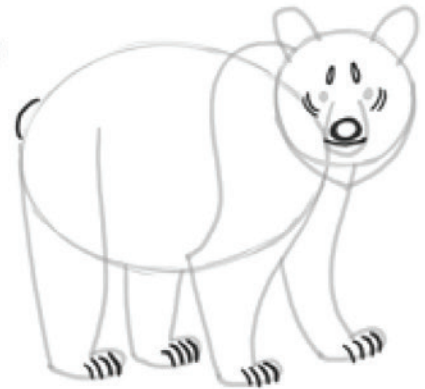
DRAW A BLACK BEAR

7



Give your bear a snout and two small eyes.

8



Add a few details, like a nose and claws.

9



Draw over your light lines. Give your bear some fur, and color it in if you'd like!

DRAW A PIKA

Material Required:

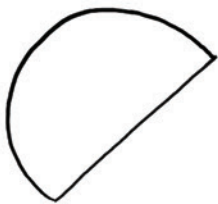
1. Paper
2. Pencil

Source:

<https://bit.ly/2DFYhNV>



**DRAW
WITH A
PARK RANGER**

**1**

Start out with a simple half-moon shape. Try to draw lightly for now. We're going to draw over this at the end!

2

Next, draw two lines for the front leg.

DRAW A PIKA

3

Draw three straight lines for the bottom of the pika's feet and the bottom of its head.

4

Draw a big curved line for the top of the head. Draw smaller curves for the top of the feet.

5

Draw two circles: one for the pika's ear and one for its mouth.

6

Add a circle for the eye, a half-circle for the other ear, and a straight line for the bottom of the head.

DRAW A PIKA

7

Add a few more details, then draw a couple of long lines for the flowers in the pika's mouth.

8

Draw some squiggly shapes for leaves and flowers. Add as many as you'd like!

9

Draw over your light lines. Give your pika some fur, and color it in if you'd like!

CIRCLE AROUND THE CONE

Skill

Agility

Material Required:

Cones

SET UP

1. Place one cone on the ground. This is your starting point.
2. Place a second cone 5 to 8 yards away from the starting cone. This is your finishing point.

INSTRUCTIONS

1. Stand 1 inch to the side of the starting cone (Imagine the cone is a clock. Stand at 3 o'clock).
2. Keeping your shoulders square to the finish point the entire time, in the clockwise direction, shuffle your feet as quickly as you can and circle around the cone.
3. After completing one circle around the cone, transition into a sprint and sprint as quickly as you can to the finishing point.
4. Repeat in the opposite direction.
5. **Recommended:** 3 sets of this exercise (1 set = 3x each direction)

IMPORTANT CUES

1. Stay on the balls of your feet when circling around the cone.
2. Keep your knees slightly bent and your stance narrow (feet inside your shoulders) when circling around the cone.
3. Stay tight to the cone as you circle around it.
4. Transition into the sprint as smoothly as possible.



5-8
YDS



HIGH-TO-LOW

Skill

Agility

Material Required:

Cones

SET UP

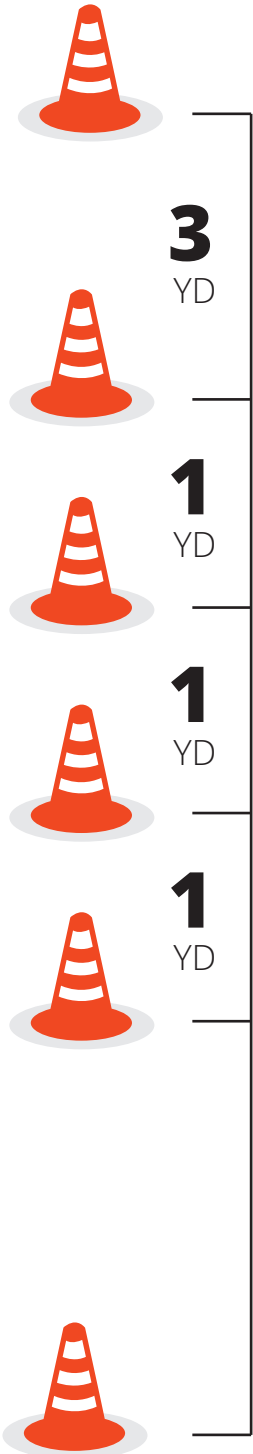
1. Place one cone on the ground. This is your starting point
2. Place a group of four cones that are approx. 1 yard apart on the ground. The cone closest to the starting point should be about 5 yards away from the starting point.
3. Place another cone 3 yards away from the last of the four cones. This is your finishing point.

INSTRUCTIONS

1. Stand by the starting cone.
2. Skip to cone #2.
3. From cone #2, sprint to cone #5.
Back pedal back to cone #2.
4. From cone #2, sprint to cone #4. Backpedal to cone #2.
5. Sprint to cone #3. Backpedal to cone #2.
6. Sprint to the finishing point.
7. **Recommended:** 3-5 sets (1 set = 1 full sequence)

IMPORTANT CUES

1. Stay on the balls of your feet.
2. Keep your hips square.
3. Keep your chin over your toes while backpedaling to stay balanced.
4. Transition as smoothly as possible between sprinting and backpedaling.



CONE SHUTTLE

Skill

Agility, Speed

Material Required:

Cones

SET UP

1. Create an "L" shape using three cones, with each cone 5 yards apart.

INSTRUCTIONS

1. Starting at cone #1, sprint to the outside of cone #2 and touch the cone.
2. Sprint back to cone #1 and touch the cone.
3. Sprint from cone #1, around the outside of cone #2, to the inside of cone #3. Touch the cone.
4. Curl around to the outside of cone #3. Sprint around the outside of cone #2 and back to cone #1.

IMPORTANT CUES

1. Go around the corners in a "bend" instead of a straight line.
2. Maintain speed through the curves.



————— **5** YDS —————



—————
5
YDS

3-CONE LATERAL WEAVE

Skill

Agility

Material Required:

Cones



Source:

<https://bit.ly/32btseh>
[Start at 1:55]

SET UP

1. Put three cones in a straight line, with each cone about 2 yards apart

INSTRUCTIONS

1. Start at cone #2
2. While facing forward the entire time, shuffle in and out of the cones in a figure-8 shape.
3. **Recommended:** Complete for time [ex. 30 seconds]

IMPORTANT CUES

1. Use short, choppy steps
2. Keep your knees slightly bent.
3. Keep your feet shoulder-width apart at all times.

