



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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DUCT TAPE WALLET

Material Required:

1. Duct Tape
2. Scissors
3. Ruler
4. Utility Knife
5. Flat surface to cut on

Source:

<https://bit.ly/2Op6nMM>



1. Build the main body of the wallet

- a. Tear off 4 strips of duct tape that are 9 in. long. Layer them sticky side up with $\frac{1}{2}$ in. of overlap between each piece.



- b. Repeat step 1A. Stick one sheet of tape to the other, with a $\frac{1}{2}$ stagger from the top.

DUCT TAPE WALLET



- c. Fold the edges over. Trim the ends of both sheets so it is 8.5 in. x 6 in.



2. Make a large credit card pocket.

- a. Tear two 5 in. strips of tape. Layer them using the same methods from Step 1.
- b. Stick two more 5 in. strips to the back and fold them over just as you did in Step 1.



3. Make two smaller credit card pockets.

- a. Tear two 9 in. strips of duct tape and stick them back-to-back. Cut this into two pieces so each is 4 in. wide.
- b. Tear a strip of duct tape in half lengthwise to make a trim for the pockets. Fold the trim over and cut off the extra edge.

DUCT TAPE WALLET



- c. Tear a strip of duct tape in half lengthwise to make a trim for the pockets. Fold the trim over and cut off the extra edge.



- 4. Assemble the pockets.**
 - a. Lay the three pockets on top of each other, with the largest on the bottom.
 - b. Use a strip of tape to secure the left side of the pockets together.

DUCT TAPE WALLET



5. Assemble the wallet.

- Lay out the main fabric with the side UP that you want to be on the OUTSIDE of the wallet.
- Attach pockets to the upper right of the main fabric with a 9 in. strip of duct tape that is torn in half lengthwise.
- Fold the wallet in half to secure the ends with strips of tape that have been torn in half lengthwise. Trim off extra tape.
- Add a final strip of tape across the bottom of the wallet.

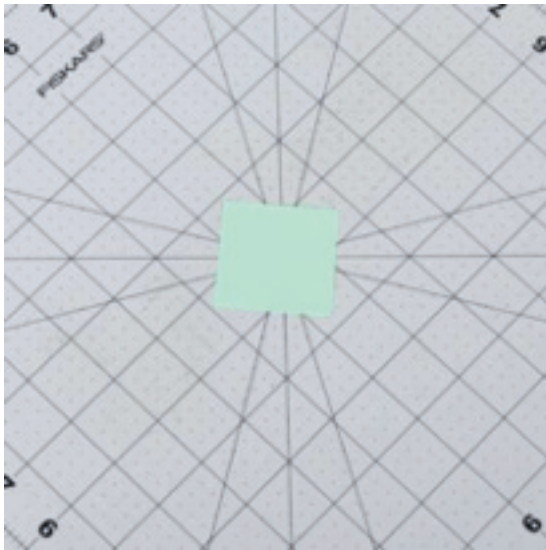
DUCT TAPE ROSE

Material Required:

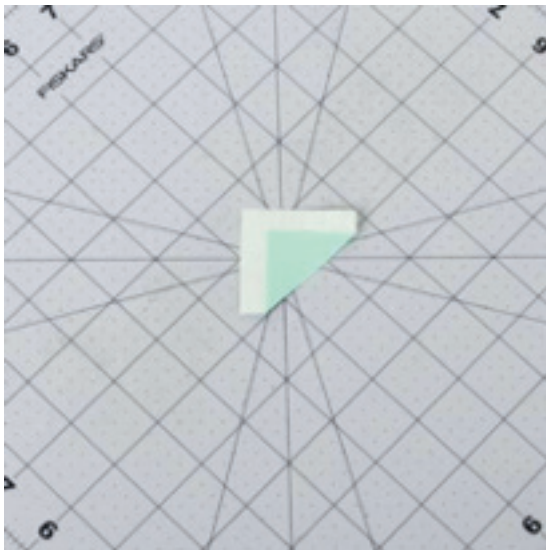
1. Duct Tape
2. Scissors

Source:

<https://bit.ly/307lhwL>

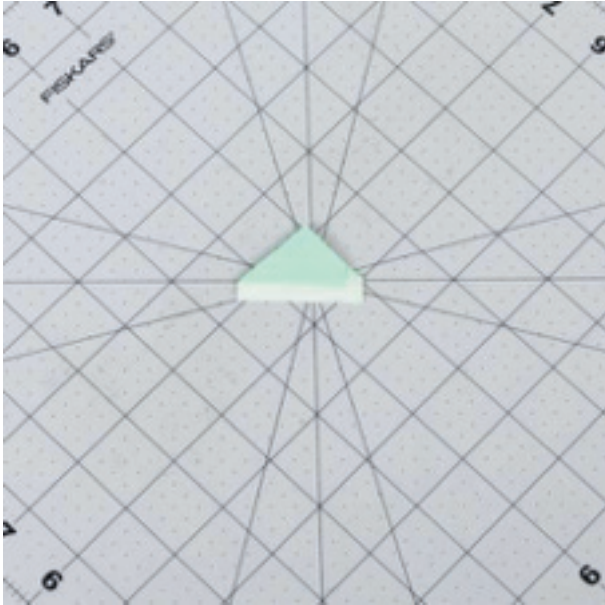


1. Cut a duct tape square.

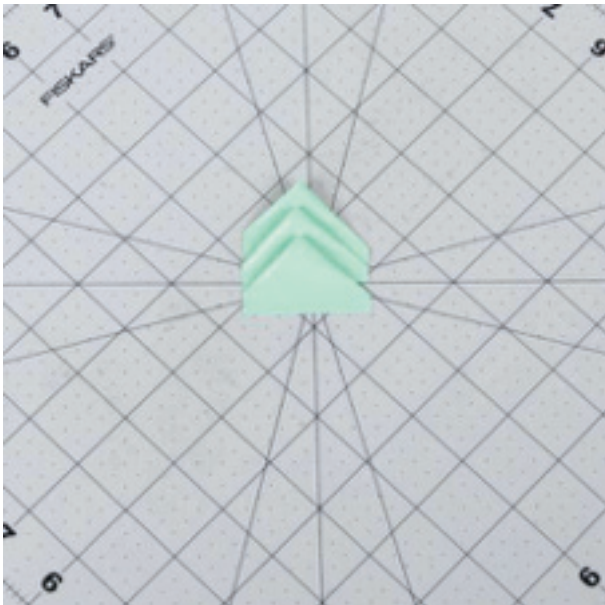


2. With the sticky side up, fold over the side so there is some stickiness showing on the side and bottom in an "L" shape.

DUCT TAPE ROSE

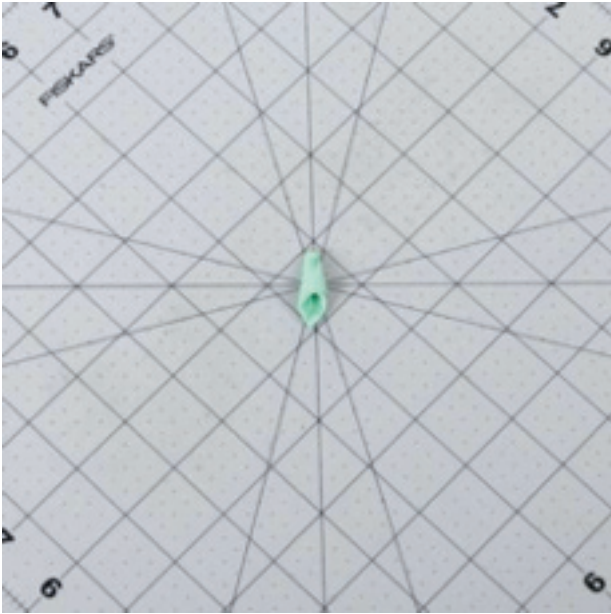


3. Take the other side and fold it over to make a triangle, leaving only the bottom of the strip sticky.

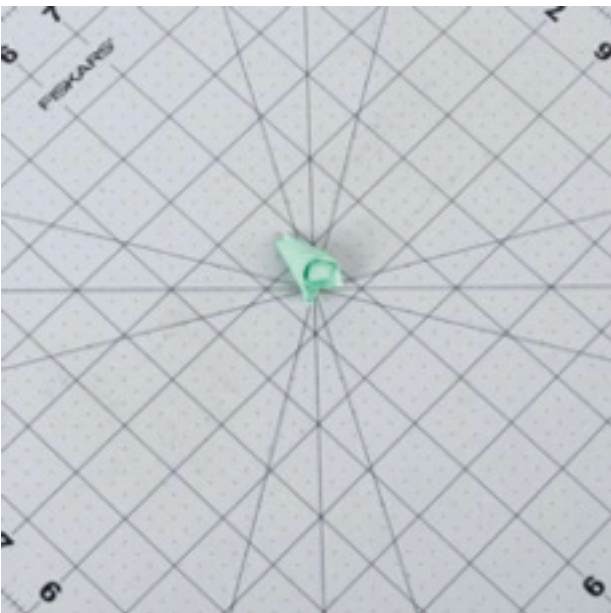


4. Repeat steps 1-3 so you have enough petals for your flower.

DUCT TAPE ROSE

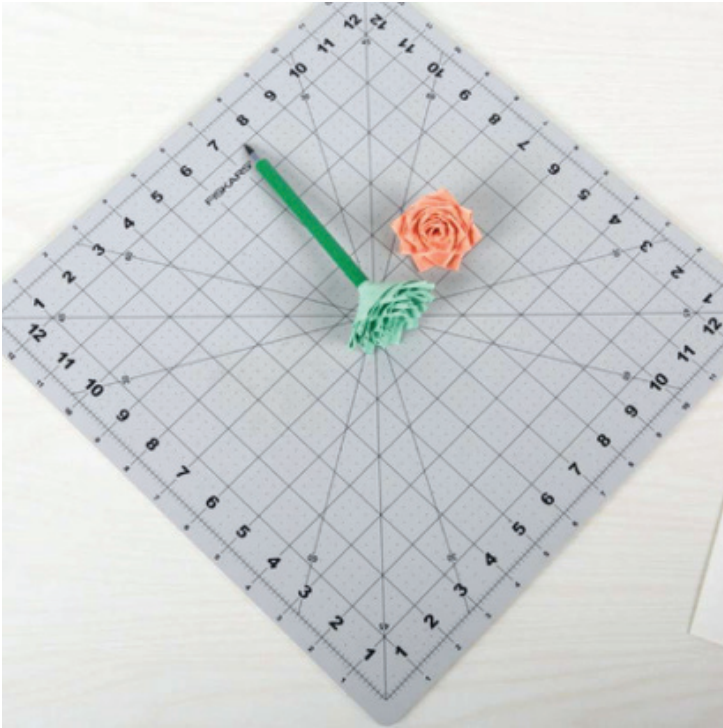


5. Tightly roll the piece from step 3; this will be your center.



6. Wrap a petal around your center.

DUCT TAPE ROSE



7. Repeat this until your flower is the size you want it. You can also add your flower to a dowel rod as the stem.



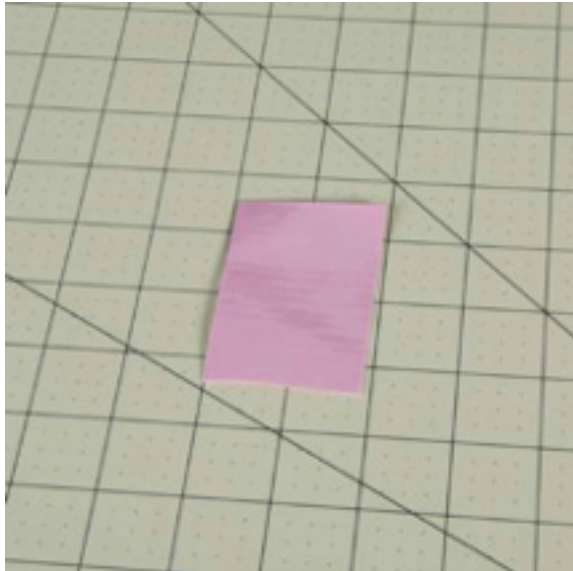
DUCT TAPE STRING FLOWER

Material Required:

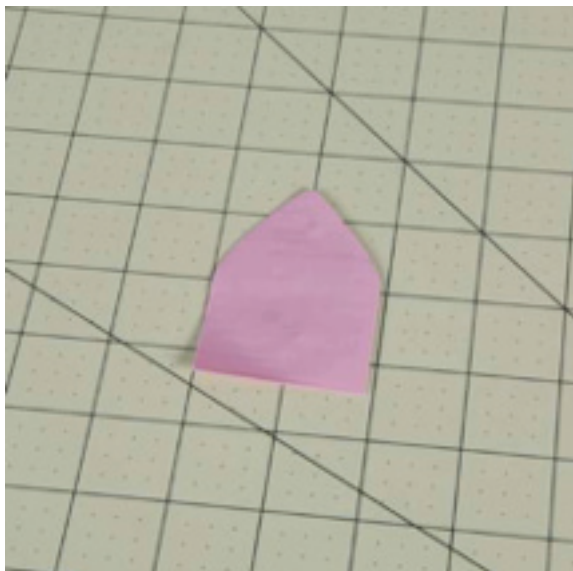
1. Duct tape
2. String
3. Scissors
4. Craft Knife

Source:

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



1. Make a double-sided strip of tape that is 3 in. long



2. Cut your square into a pentagon shape

DUCT TAPE STRING FLOWER



3. Fold the pieces from step 2 into 4 sections



4. With your craft knife, cut a slit at the bottom of the fold so it cuts through all 4 of your folds. The black lines show where the slits should be.

DUCT TAPE STRING FLOWER



5. Tie a knot at one end of your string.
Run your string through the 4 slits.



6. Pull your string so the knot is on the left side of your first petal.

DUCT TAPE STRING FLOWER



7. Make a total of 6 petals and repeat steps 6-7 to add the rest of the petals on your string.



8. Once all of your petals are attached, pull the end of your string tightly.

DUCT TAPE STRING FLOWER



9. While pulling your petals tightly together, cut the excess string so there is only a tiny piece of string left. Tape this piece down to the back of your flower.

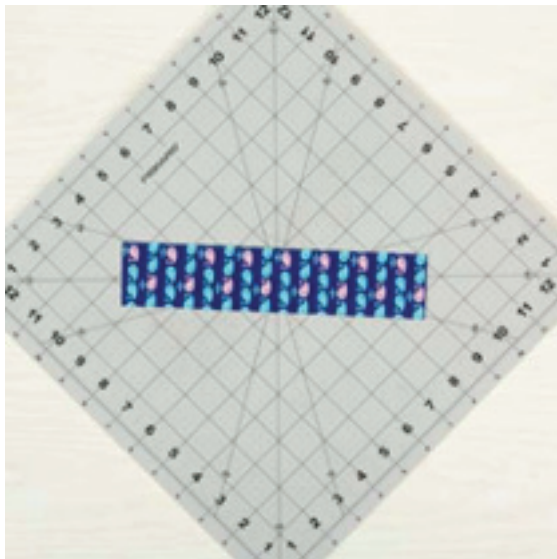
DUCT TAPE BOOKMARK

Material Required:

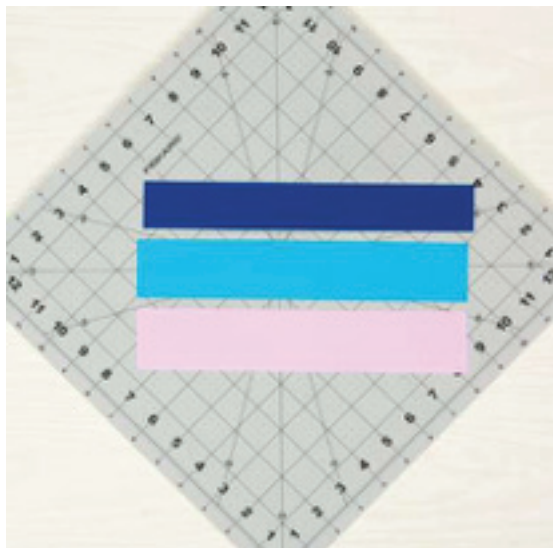
1. Duct tape
2. Scissors

Source:

<https://bit.ly/3j3Lc1g>

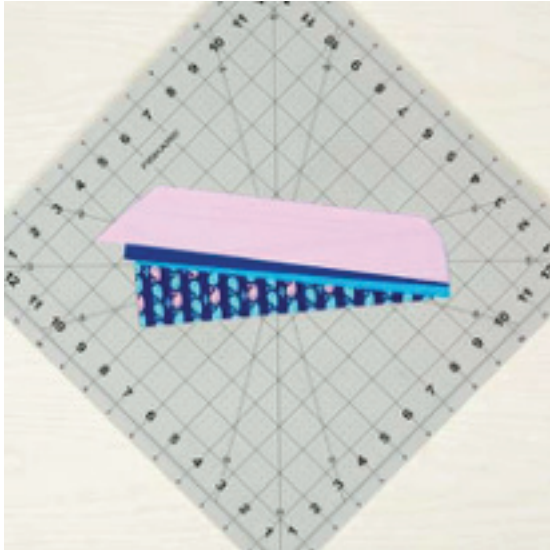


1. Make a double-sided strip of tape about 8 in. long.

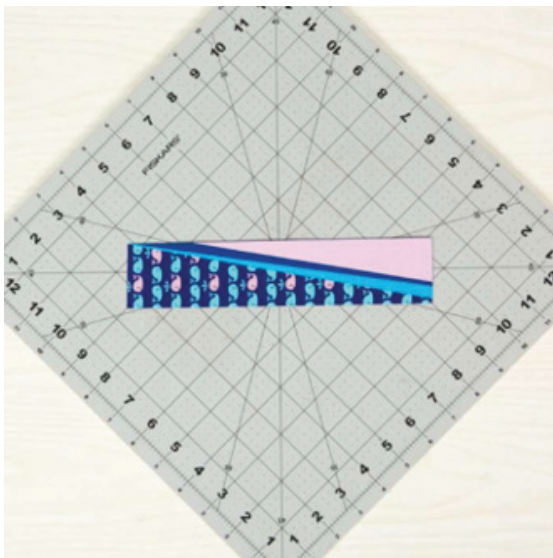


2. Cut three strips of duct tape that will be your accent colors for your bookmark.

DUCT TAPE BOOKMARK

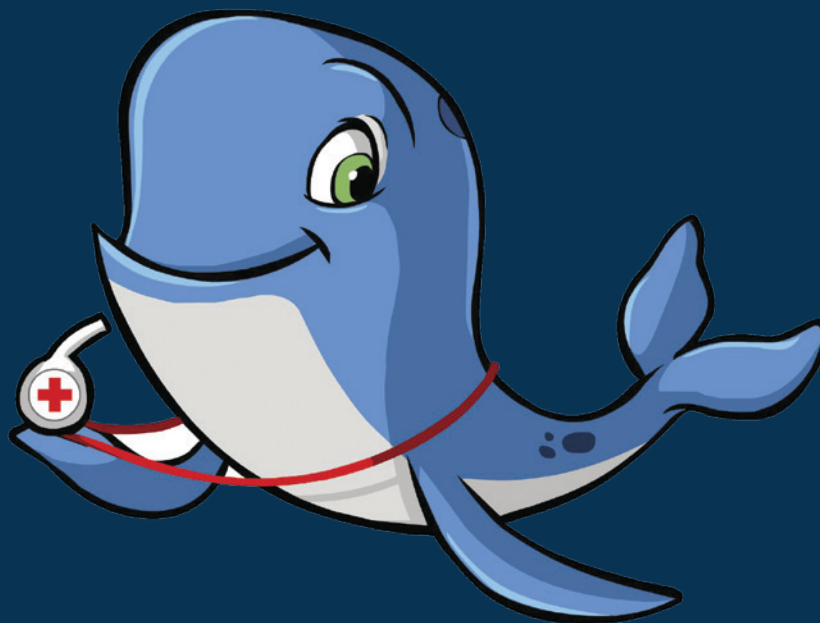


3. Layer your three strips of duct tape from step 2 on your bookmark.



4. Trim off the edges and excess tape off your bookmark.

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 RED-LEGGED FROG

Material Required:

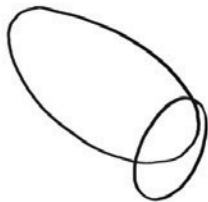
1. Paper
2. Pencil

Source:

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



1



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

2



Draw a circle for the frog's eye and a line for the frog's mouth.

DRAW A RED-LEGGED FROG

3

Draw curved lines for the back of the frog's legs.

4

Draw the rest of the frog's legs.

5

Give your frog a nose, and draw a line through the eye and down the body.

6

Draw lines for the frog's other eye, its cheek, and its chin.

DRAW A RED-LEGGED FROG

7



Add another circle inside the frog's eye.

8



Give your frog some toes!

9



Draw over your light lines. Give your frog some spots and stripes. Color it in if you'd like!

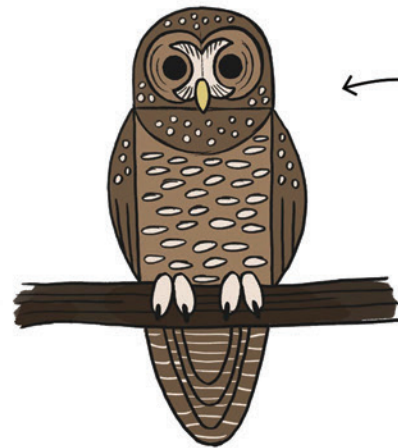
DRAW A SPOTTED OWL

Material Required:

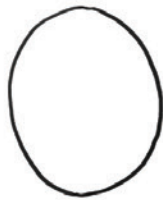
1. Paper
2. Pencil

Source:

<https://bit.ly/2C7udKD>



Let's draw this spotted owl!

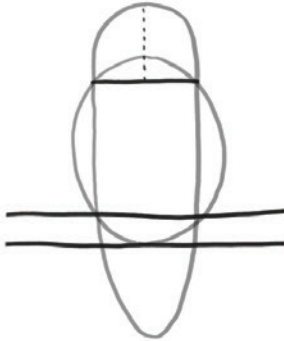
1

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

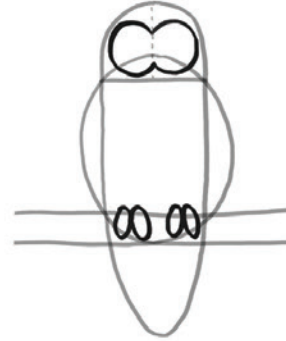
2

Next, draw a long carrot shape on top of the oval. This will create the owl's head, tail, and wings!

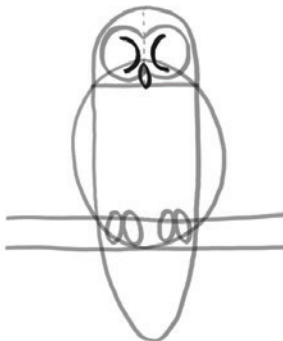
DRAW A SPOTTED OWL

3

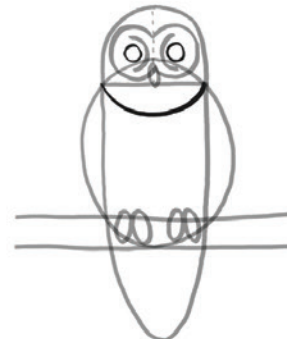
Draw a line for the bottom of the head. Lightly divide the head in half. Then add a branch for the owl to sit on.

4

Draw a "C" and a backward "C" shape for the owl's face. Add four little bean shapes for talons.

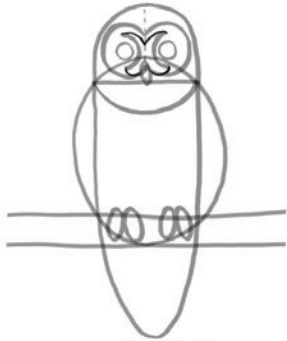
5

Draw smaller "C" and backward "C" shapes on the owl's face. Draw an almond shape for the beak.

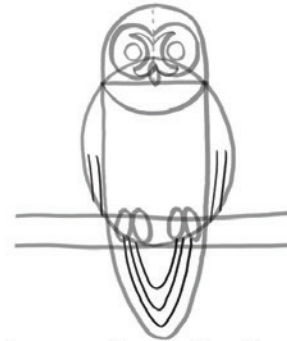
6

Give your owl two big eyes. Draw a big curve across its chest.

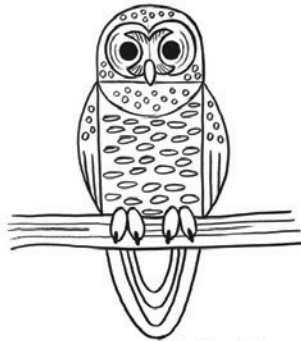
DRAW A SPOTTED OWL

7

Connect your "C" shapes to give your owl a big eyebrow and mustache!

8

Add some lines for feathers on the owl's wings and tail.

9

Draw over your light lines and give your owl lots of spots!
Color it in if you'd like!

HIGH TO LOW DRIBBLE

Sport

Basketball

Skill

Ball Handling

Material Required:

Basketball

**Source:**<https://bit.ly/3j1pg6E>

[Start at 0:00]

INSTRUCTIONS

1. *High Dribble:* Dribble to knee height.
2. *Low Dribble:* Dribble below knee height.
3. Alternate dribbling on one side 10x at knee height and 10x below knee height.
4. Switch hands.
5. **Recommended:** Complete drill for time (ex. 1 minute).

IMPORTANT CUES

1. Keep the ball on your fingertips.
2. Keep your hips low and your chest-up – maintain good posture.

LINE DRIBBLE

Sport

Basketball

Skill

Ball Handling

Material Required:

Basketball

Setup:

Anywhere with a visible line

**Source:**<https://bit.ly/3j1pg6E>

[Start at 2:38]

INSTRUCTIONS

1. Standing stationary behind the line, using your right hand, dribble the ball back and forth in front of and behind the line.
2. Switch hands and perform the same drill with your left hand.
3. Turn so the line is now on your side. Using your right hand, dribble the ball to side to side on each side of the line.
4. Switch hands.
5. **Recommended:** Complete drill for time (ex. 1 minute).

IMPORTANT CUES

1. Keep your hips low and your chest-up – maintain good posture.

CROSSOVERS

Sport

Basketball

Skill

Ball Handling

Material Required:

Basketballs

**Source:**

<https://bit.ly/3j1pg6E>
[Start at 3:32]

INSTRUCTIONS

1. Perform 10 crossover dribbles
2. Perform 10 between the leg dribbles with your right leg forward
3. Perform 10 between the leg dribbles with your left leg forward
4. Perform 10 behind the back dribbles
5. **Recommended:** Complete drill for time (ex. 1 minute).

IMPORTANT CUES

1. Flick your wrist when switching between hands; avoid “slapping” the ball.
2. Keep your dribble low and maintain contact with the ball for as long as possible to keep better control of the ball.
3. Keep your hips low and your chest up – maintain good posture.

LOOP AROUNDS

Sport

Basketball

Skill

Ball Handling

Material Required:

Basketballs, Cones



Source:

<https://bit.ly/3ftOMiP>
[Start at 2:00]

SET UP

1. Set-up three cones in a straight line with each cone about 3 yards away from each other.

INSTRUCTIONS

1. Start about 3 yards behind cone #1. This is your starting point.
2. With your right hand, dribble up to the right side of cone #1 and perform a crossover to the left side of the cone.
3. Dribble backwards and perform another crossover back to the right side of cone #1.
4. Dribble up to cone #2 and repeat.
5. Dribble up to cone #3 and repeat.
6. Repeat drill, but leading with the left hand and on the left side of the cones.

