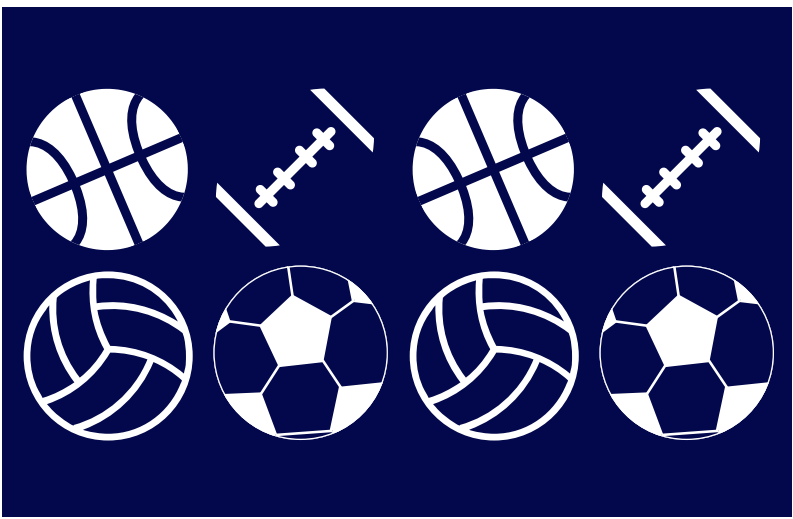




TITAN YOUTH SUMMER CAMP



at-home activities
volume 1



arts & crafts

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ARTS & CRAFTS

DUCT TAPE WALLETS

SOURCE:

[HTTPS://FRUGALFUN4BOYS.COM/HOW-TO-MAKE-A-DUCT-TAPE-WALLET/](https://frugalfun4boys.com/how-to-make-a-duct-tape-wallet/)

MATERIAL REQUIRED:

- DUCT TAPE
- SCISSORS
- RULER
- UTILITY KNIFE
- FLAT SURFACE TO CUT ON

INSTRUCTIONS:

1. *BUILD THE MAIN BODY OF THE WALLET*

- TEAR OFF 4 STRIPS OF DUCT TAPE THAT ARE 9 IN. LONG. LAYER THEM STICKY SIDE UP WITH ½ IN. OF OVERLAP BETWEEN EACH PIECE.



DUCT TAPE WALLETS

- REPEAT STEP 1A. STICK ONE SHEET OF TAPE TO THE OTHER, WITH A 1/2 IN. STAGGER FROM THE TOP.



- FOLD THE EDGES OVER. TRIM THE ENDS OF BOTH SHEETS SO IT IS 8.5 IN. X 6 IN.



DUCT TAPE WALLETS

2. MAKE A LARGE CREDIT CARD POCKET.

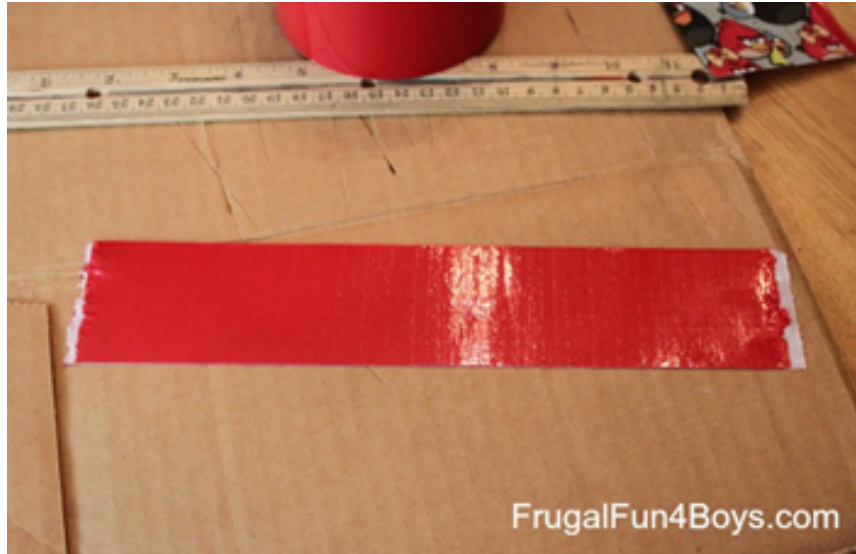
- TEAR TWO 5 IN. STRIPS OF TAPE. LAYER THEM USING THE SAME METHODS FROM STEP 1.
- STICK TWO MORE 5 IN. STRIPS TO THE BACK AND FOLD THEM OVER JUST AS YOU DID IN STEP 1.



3. MAKE TWO SMALLER CREDIT CARD POCKETS.

- 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.

DUCT TAPE WALLETS



- TEAR A STRIP OF DUCT TAPE IN HALF LENGTHWISE TO MAKE A TRIM FOR THE POCKETS. FOLD THE TRIM OVER AND CUT OFF EXTRA EDGES.



DUCT TAPE WALLETS

4. ASSEMBLE THE POCKETS.

- LAY THE THREE POCKETS ON TOP OF EACH OTHER, WITH THE LARGEST ON THE BOTTOM.
- USE A STRIP OF TAPE TO SECURE THE LEFT SIDE OF THE POCKETS TOGETHER.



5. ASSEMBLE THE WALLET

- LAY OUT THE MAIN FABRIC WITH THE SIDE UP THAT YOU WANT TO BE ON THE OUTSIDE OF THE WALLET.

DUCT TAPE WALLETS



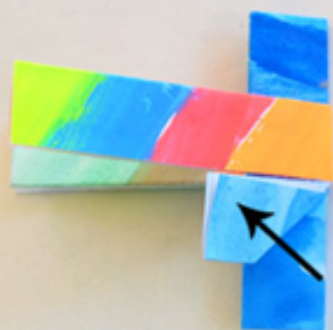
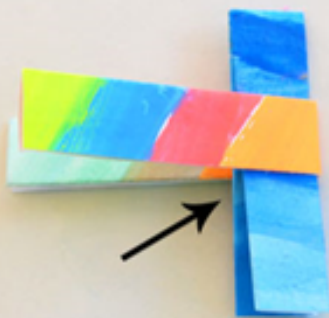
- ATTACH POCKETS TO THE UPPER RIGHT OF THE MAIN FABRIC WITH A 9 IN. STRIP OF DUCT TAPE THAT IS TORN IN HALF LENGTHWISE.
- FOLD THE WALLET IN HALF TO SECURE THE ENDS WITH STRIPS OF TAPE THAT HAVE BEEN TORN IN HALF LENGTHWISE. TRIM OFF EXTRA TAPE.



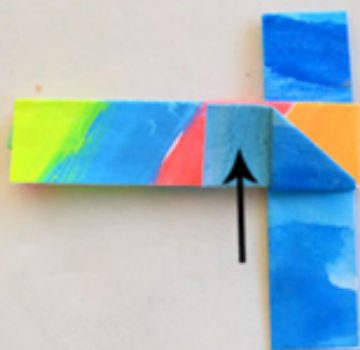
- ADD A FINAL STRIP OF TAPE ACROSS THE BOTTOM OF THE WALLET.

FOLDED PAPER BRACELETS

take two folded pieces, slip one inside the other



fold one half of the tail of the inside piece up at a right angle



then fold it up, on top of the outer strip.

secure the ends with tape or a paper clip



turn it over and do the same on the other side

add a new strip of paper through the loop you just made, making another loop



make sure this loop is a little larger than the width of your folded strips



repeat the process from earlier, fold the tail of the loop to the left, then up

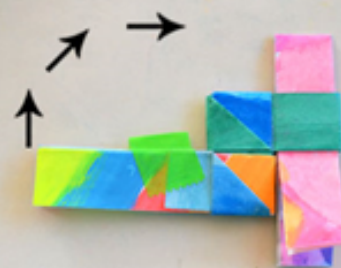


tuck the folded tail into the pocket made by the previous strip

turn it over and do the same on the other side



tuck the tail into the pocket



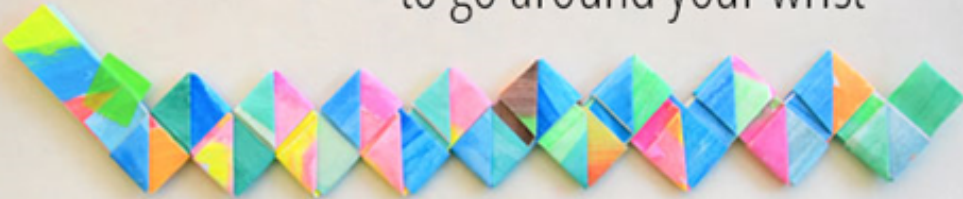
turn it to the right and begin the process again, adding a new strip

FOLDED PAPER BRACELETS

keep adding
more strips...



... until the bracelet is long enough
to go around your wrist



carefully remove
the tape or clip and
bring your ends
together, slotting
the first strip into
the last loop



follow the
same steps,
fold one side of
the tail to the
side...



...and down,
then tuck it into
the pocket



do the same with the inside tail...



... and you are
done!

ORIGAMI FROGS

SOURCE:

[HTTPS://WWW.ITSYBITSYFUN.COM/BLOG/HOW-TO-MAKE-AN-ORIGAMI-FROG-THAT-JUMPS/](https://www.itsybitsyfun.com/blog/how-to-make-an-origami-frog-that-jumps/)

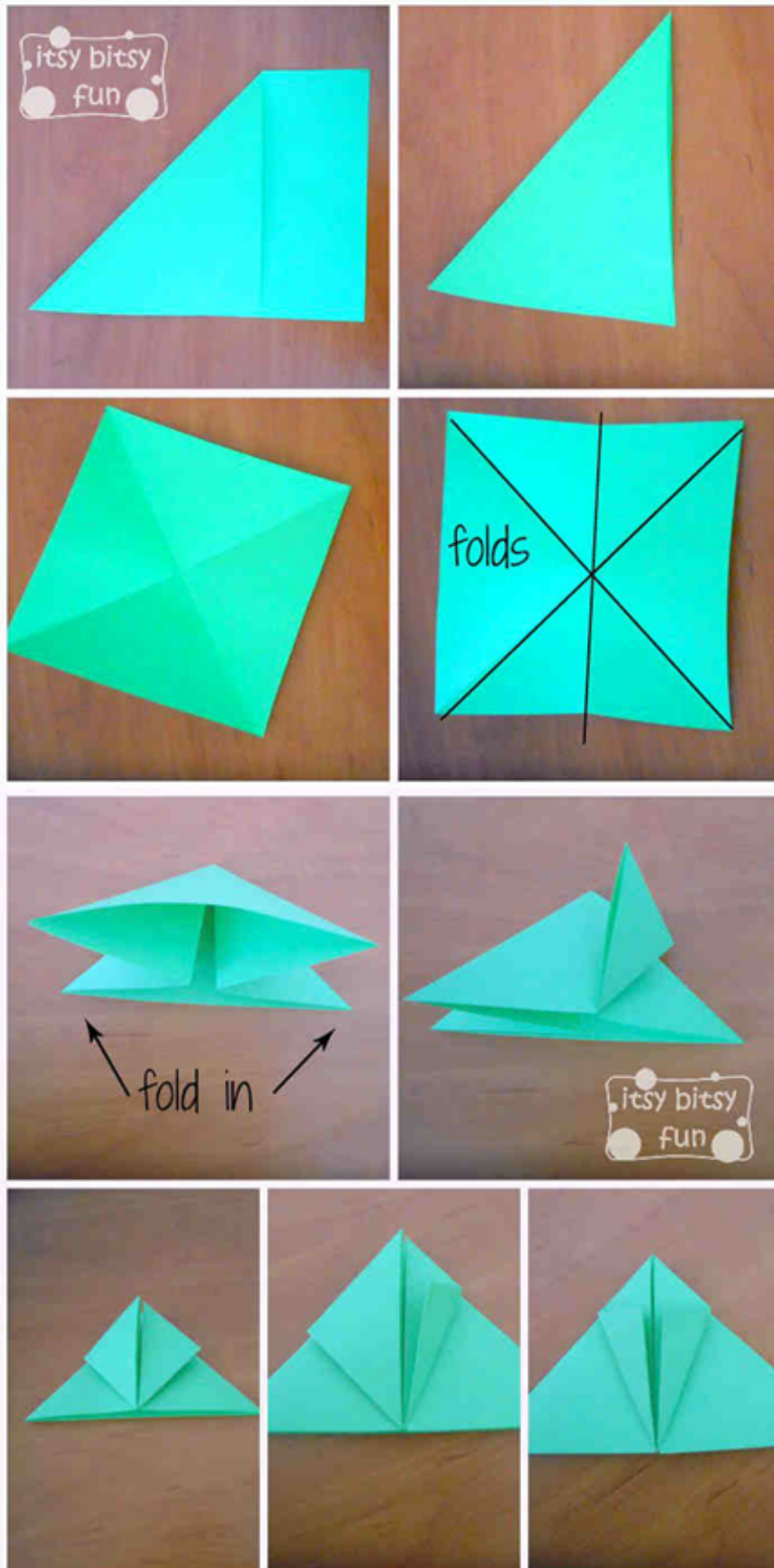
MATERIAL REQUIRED:

- SQUARE PAPER

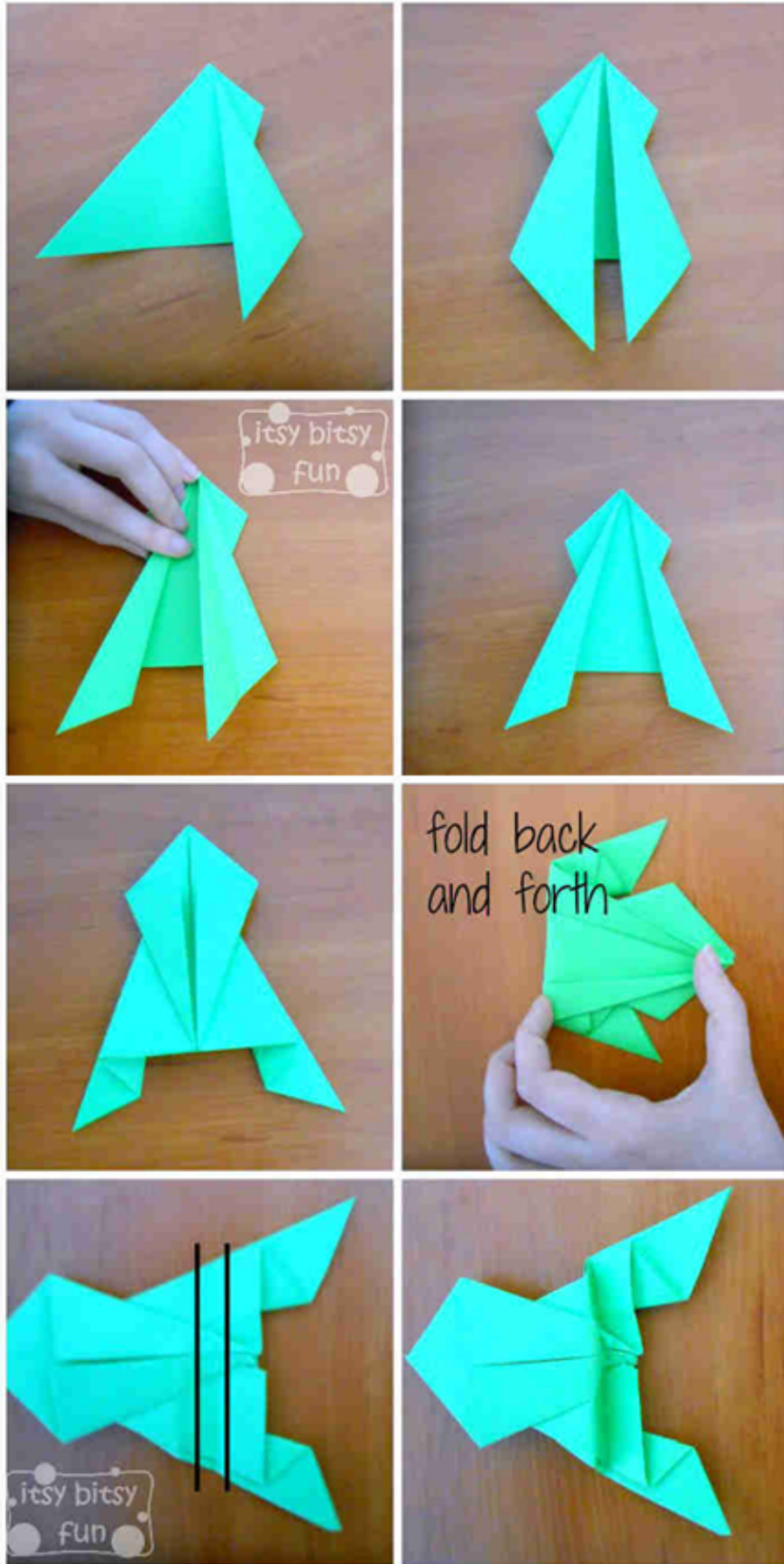
INSTRUCTIONS:

- SEE PICTURES BELOW FOR FOLDING INSTRUCTIONS:

ORIGAMI FROGS



ORIGAMI FROGS



PAPER BOAT

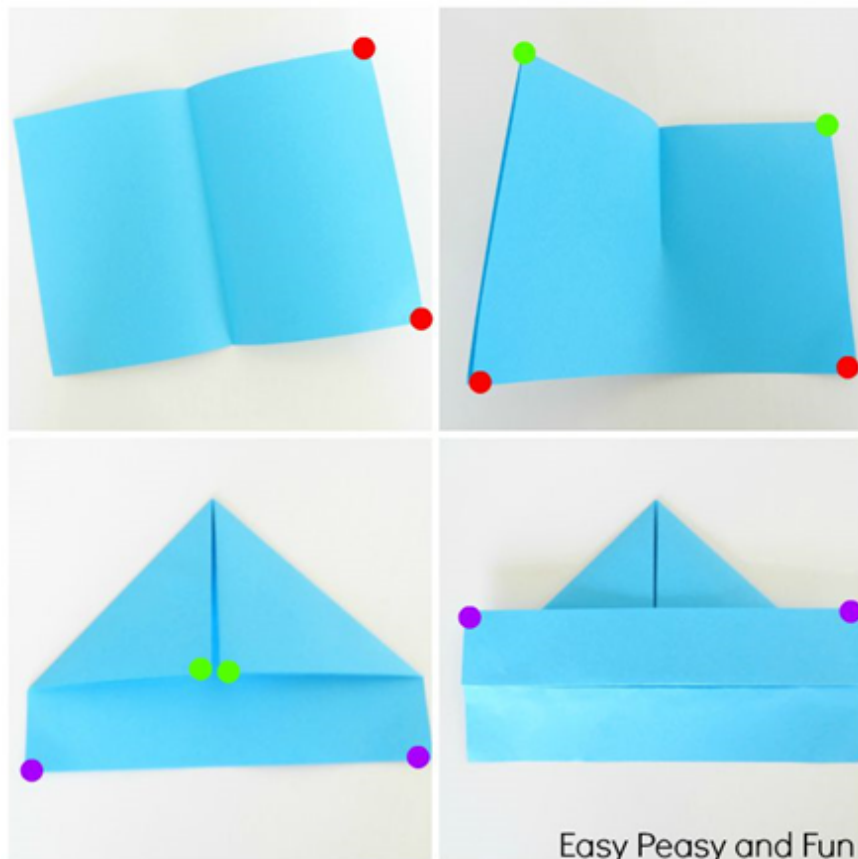
SOURCE:

[HTTPS://WWW.EASYPEASYANDFUN.COM/HOW-TO-MAKE-A-PAPER-BOAT/](https://www.easypeasyandfun.com/how-to-make-a-paper-boat/)

MATERIAL REQUIRED: 8.5 X 11 SHEET OF PAPER

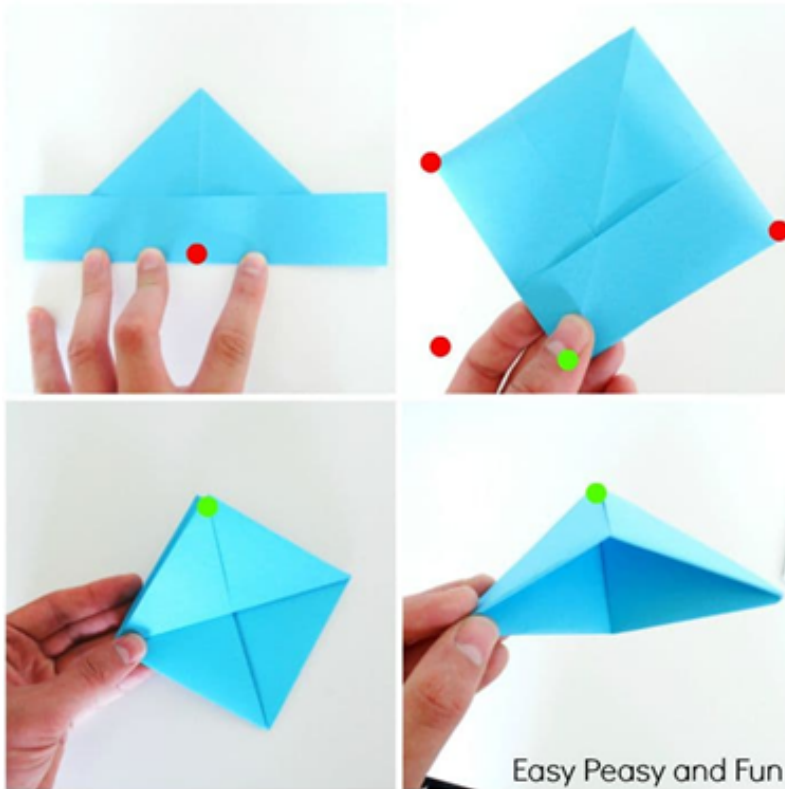
INSTRUCTIONS:

- FOLD THE SHEET OF PAPER IN HALF WIDTHWISE.
- FOLD IT IN HALF AGAIN LENGTHWISE TO CREATE A CREASE TO MARK THE CENTER OF THE PAPER.
- BRING THE CORNERS TO THE CENTER SO YOU GET A TRIANGLE SHAPE WITH A RECTANGLE UNDER IT.
- FOLD THE FRONT RECTANGLE UPWARDS TOWARDS THE TRIANGLE. DO THE SAME WITH THE BACK RECTANGLE ON THE OTHER SIDE.



PAPER BOAT

- GRAB THE CENTER OF THE TRIANGLE AND PULL BOTH SIDES TO INVERT YOUR TRIANGLE TO CREATE A SQUARE SHAPE. FLATTEN.
- FOLD THE FRONT LAYER OF THE SQUARE UP TO CREATE A TRIANGLE. DO THE SAME ON THE OPPOSITE SIDE WITH THE BACK LAYER.



- PULL THE SIDES OF THE TRIANGLE OUTWARDS TO INVERT IT AND FORM A SQUARE.
- PULL THE SIDES OF THE SQUARE OUTWARDS TO FORM YOUR BOAT.



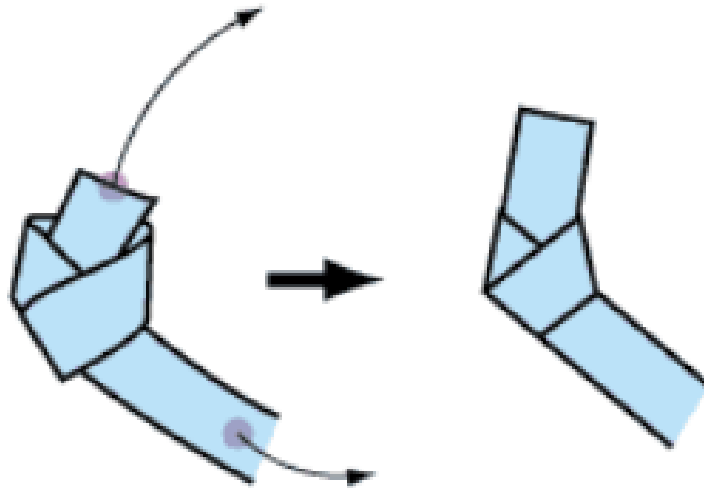
ORIGAMI LUCKY STAR

SOURCE: [HTTPS://WWW.ORIGAMI-FUN.COM/ORIGAMI-LUCKY-STAR.HTML](https://www.origami-fun.com/origami-lucky-star.html)

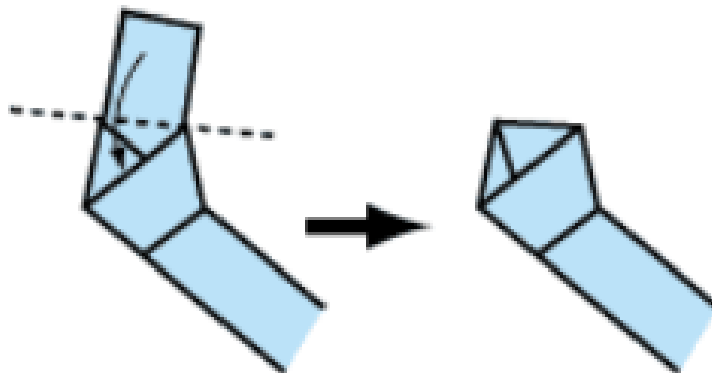
MATERIAL REQUIRED: STRIPS OF PAPER
(SUGGESTED: 12IN. X. 5IN.)

INSTRUCTIONS:

- TIE A "KNOT" IN THE END OF YOUR STRIP OF PAPER. PULL GENTLY AND FLATTEN.

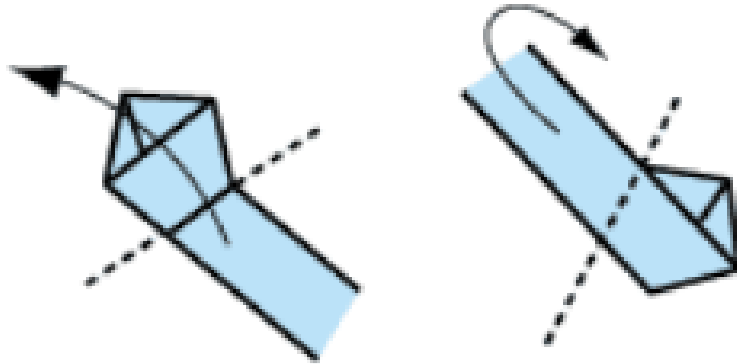


- FOLD THE END OF THE STRIP DOWN AND TUCK IT INTO THE KNOT.

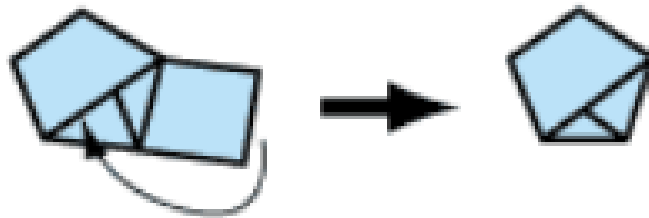


ORIGAMI LUCKY STAR

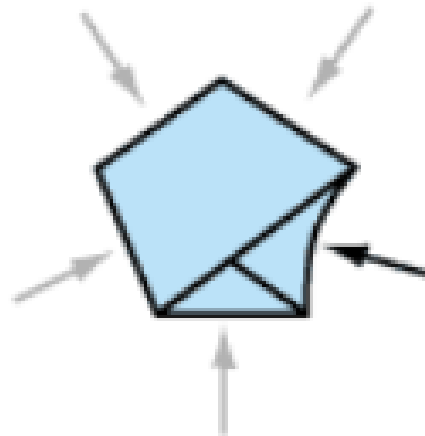
- WRAP THE LONG END OF THE STRIP AROUND THE PENTAGON YOU JUST FORMED, CREAMING GENTLY AS YOU GO.



- KEEP WRAPPING UNTIL YOU GET TO THE END OF THE STRIP.
- TUCK THE LAST BIT OF STRIP INTO THE POUCH. THIS WILL FORM A PENTAGON.



- USING YOUR FINGERNAIL, GENTLY AND SLOWLY PRESS INTO THE CENTER OF EACH SIDE OF THE PENTAGON TO PUFF OUT THE STAR.



ORIGAMI FISH

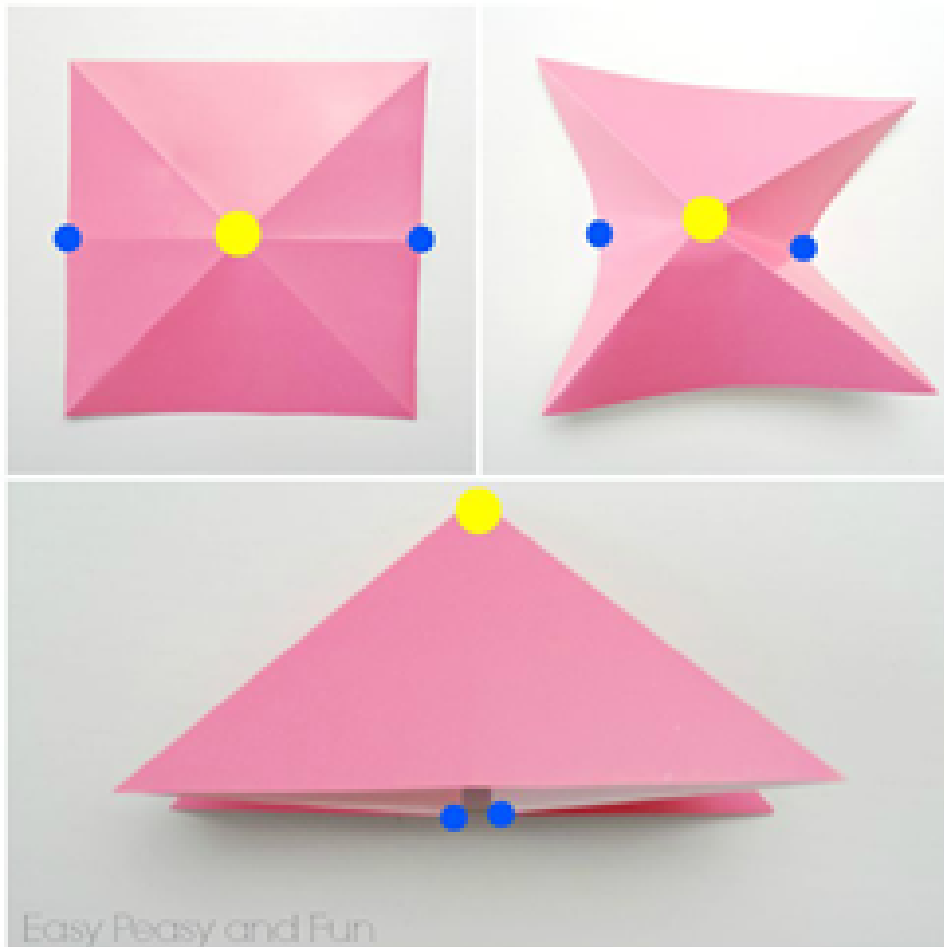
SOURCE:

[HTTPS://WWW.EASYPEASYANDFUN.COM/EASY-ORIGAMI-FISH/](https://www.easypeasyandfun.com/easy-origami-fish/)

MATERIAL REQUIRED: SQUARE PAPER

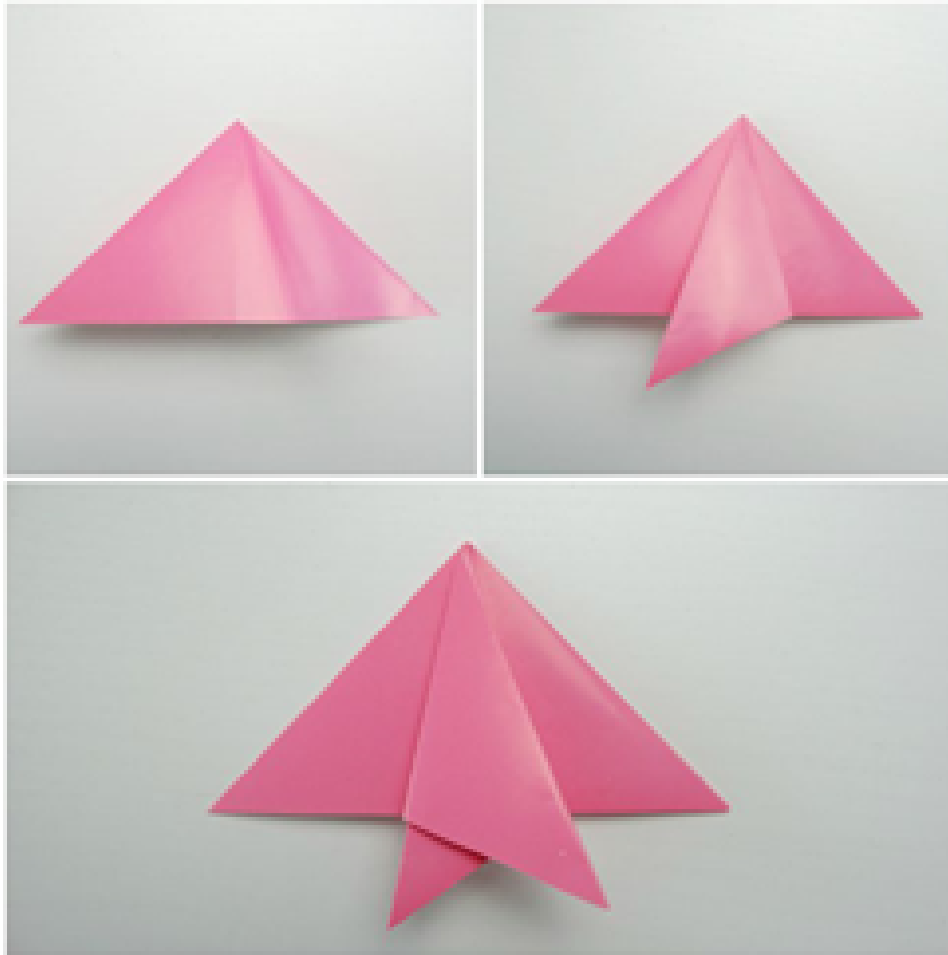
INSTRUCTIONS:

- FOLD YOUR PIECE OF PAPER DIAGONALLY (BOTH SIDES) AND IN HALF (ONCE).
- FOLD THE CREASES FOLLOWING THE HALF-FOLD INWARDS. THIS WILL FORM A TRIANGLE SHAPE.



ORIGAMI FISH

- FOLD THE RIGHT BOTTOM CORNER OF THE TRIANGLE AND FOLD IT TOWARD THE CENTER.
- REPEAT ON THE OPPOSITE CORNER TO COMPLETE THE FISH TAIL.



ORIGAMI DOG

SOURCE:

[HTTPS://WWW.EASYPEASYANDFUN.COM/ORIGAMI-DOG/](https://www.easypeasyandfun.com/origami-dog/)

** THE WEBSITE OFFERS A PRINTABLE TEMPLATE WITH DIFFERENT DOG FACES AND FOLDING LINES**

MATERIAL REQUIRED:

- SQUARE SHEET OF PAPER
- *OPTIONAL*: PRINTABLE TEMPLATE

INSTRUCTIONS:

- FOLD THE PAPER IN HALF DIAGONALLY



- TO FORM THE EARS OF THE DOG, FOLD RIGHT CORNER OF THE TRIANGLE DOWNWARDS. REPEAT WITH THE LEFT CORNER.

ORIGAMI DOG



- FOLD THE LAST CORNER OF THE TRIANGLE UPWARDS TO FORM THE DOG'S MOUTH.



- IF YOU USED A BLANK PIECE OF PAPER, COLOR IN THE EYES, NOSE, AND MOUTH OF OUR ORIGAMI DOG.

ORIGAMI CAT

SOURCE: [HTTPS://WWW.YOUTUBE.COM/WATCH?V=CEEQBH8T8IE&FEATURE=EMB_TITLE](https://www.youtube.com/watch?v=CEEQBH8T8IE&feature=emb_title)

MATERIAL REQUIRED: SQUARE PAPER

INSTRUCTIONS:

- FOLD THE SHEET OF PAPER IN HALF DIAGONALLY. THIS WILL FORM A TRIANGLE
- FOLD THE TRIANGLE IN HALF TO CREATE A CREASE.
- TAKE THE RIGHT CORNER OF THE TRIANGLE AND FOLD IT UPWARDS FROM THE CENTER CREASE. REPEAT ON THE LEFT SIDE.
- FLIP THE SHEET OF PAPER OVER. FOLD THE POINT DOWNWARDS TO COMPLETE THE HEAD.
- COLOR IN THE EYES, MOUTH, WHISKERS, AND EARS OF YOUR ORIGAMI CAT.

COOTIE CATCHER

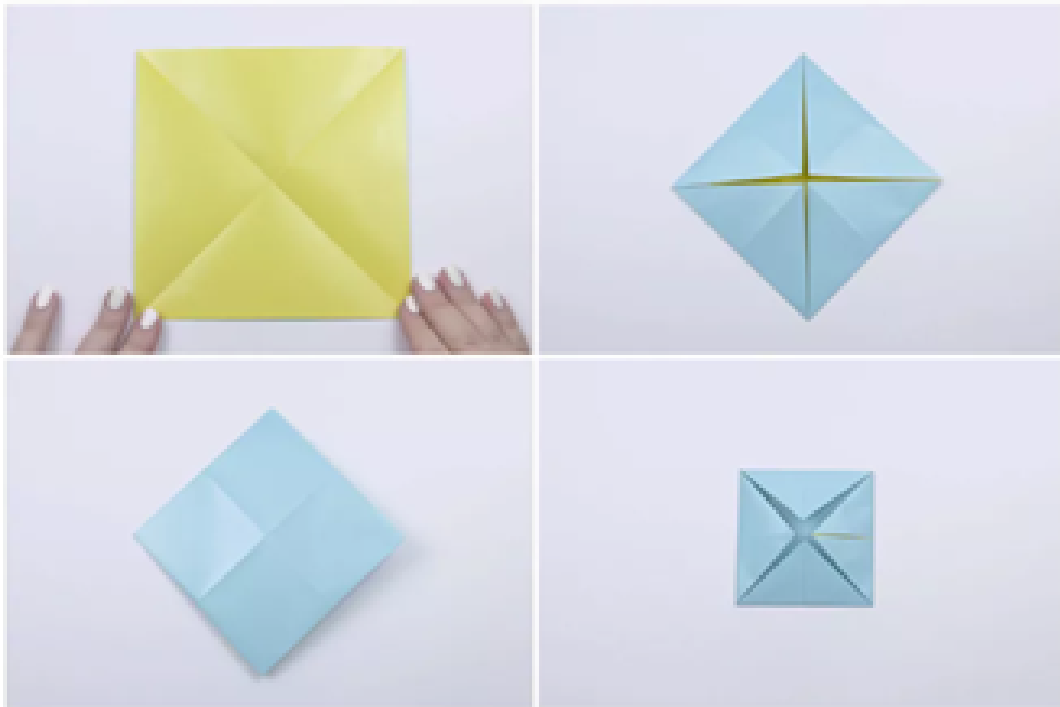
SOURCE:

[HTTPS://WWW.THESPRUCECRAFTS.COM/MAKE-AN-ORIGAMI-COOTIE-CATCHER-4121204](https://www.thesprucecrafts.com/make-an-origami-cootie-catcher-4121204)

MATERIAL REQUIRED: SQUARE PAPER

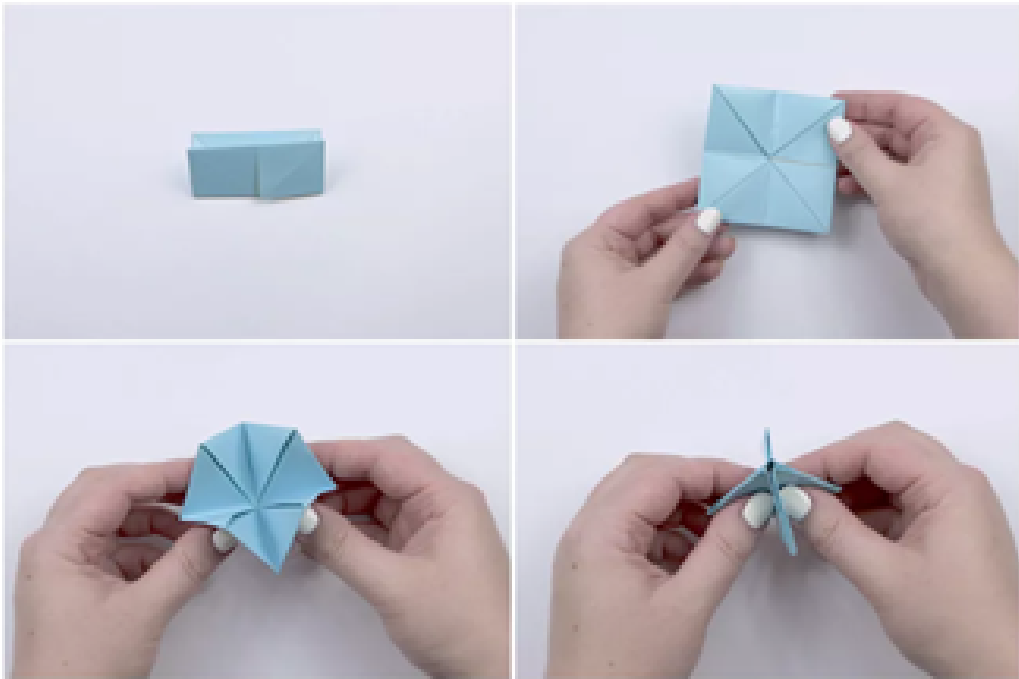
INSTRUCTIONS:

- FOLD YOUR PAPER IN HALF DIAGONALLY BOTH WAYS TO FORM AN X.
- FOLD ALL FOUR CORNERS TOWARDS TO CENTRAL POINT OF THE X.
- FLIP OVER AND FOLD ALL FOUR CORNERS TO THE CENTRAL POINT.

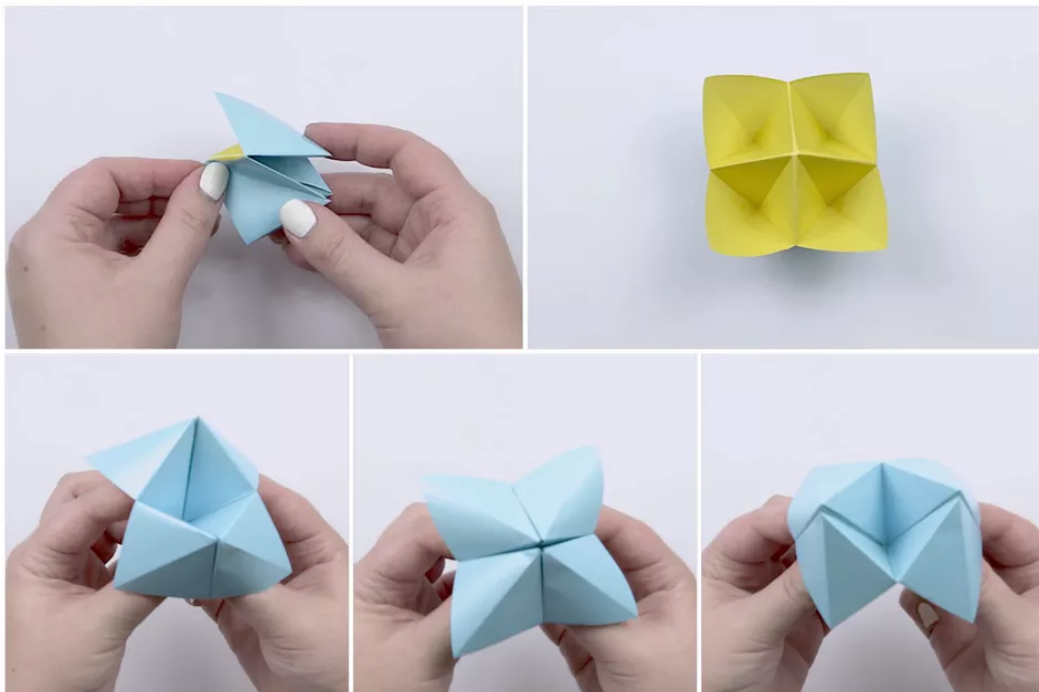


COOTIE CATCHER

- FOLD THE PAPER IN HALF IN BOTH DIRECTIONS.
- PINCH THE CORNERS OF THE PAPER TO THE CENTER.



- PULL OUT THE FLAPS.
- COLOR AND DECORATE.



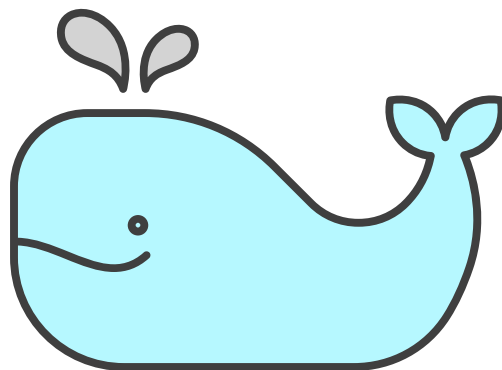


AQUATICS

WATER SAFETY FOR KIDS

THE RED CROSS PROVIDES FREE
ACTIVITY GUIDES AND ONLINE
COURSES ABOUT WATER SAFETY
ON THEIR WEBSITE.

FOLLOW THIS [LINK](#) FOR MORE
INFORMATION.





**ROCKWALL
&
OUTDOOR ADVENTURES**

YOSEMITE JR. RANGER WORKSHEET

THE NATIONAL PARK SERVICES
OFFERS ONLINE PROGRAMS TO
BECOME A JUNIOR RANGER.

FOLLOW THIS [LINK](#) AND EMAIL YOUR
COMPLETED WORKSHEET TO
YOSE_INFORMATION@NPS.GOV TO
GET A YOSEMITE JR. RANGER
BADGE.

FOR SPANISH SPEAKERS: [LINK](#)



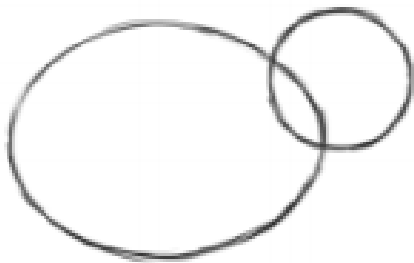
DRAW WITH A RANGER | BLACK BEAR

SOURCE:

[HTTPS://WWW.NPS.GOV/YOSE/PLANYOURVISIT/UPLOAD/HOWTODRAWABEAR-1.PDF](https://www.nps.gov/YOSE/PLANYOURVISIT/UPLOAD/HOWTODRAWABEAR-1.PDF)

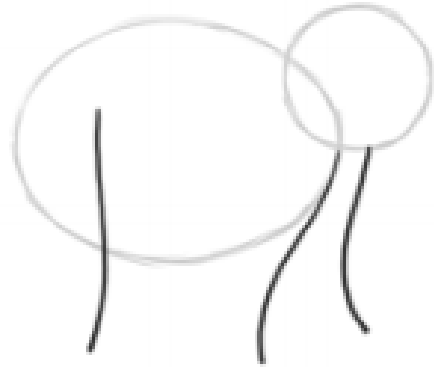
MATERIAL REQUIRED: PENCIL AND PAPER

1



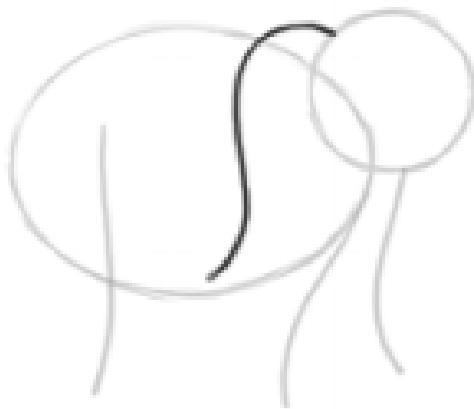
Start out with simple shapes. Try to draw lightly for now. We're going to draw over this at the end!

2



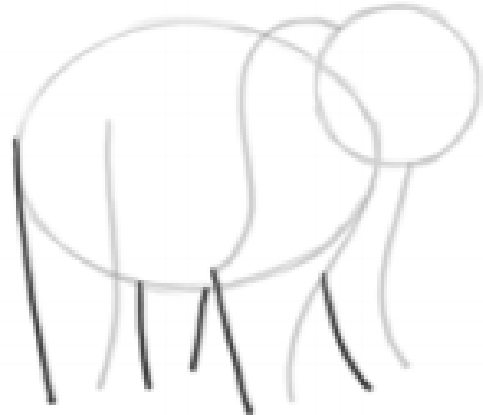
Add lines for the bear's legs.

3



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

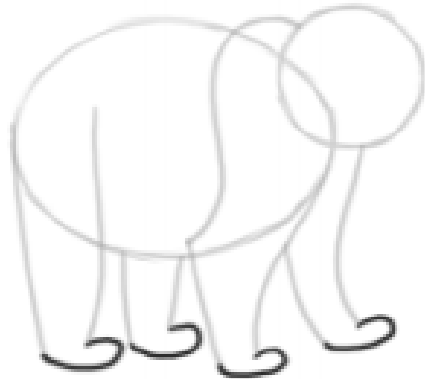
4



Draw in the rest of the bear's legs.

DRAW WITH A RANGER | BLACK BEAR

5



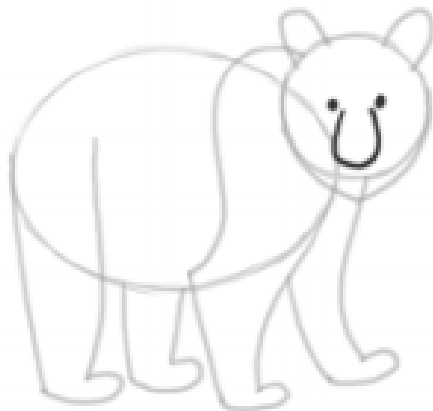
Draw four big bear paws!

6



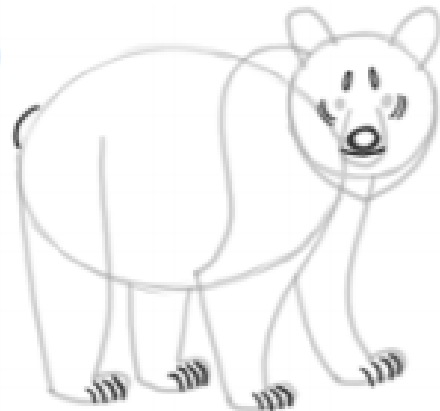
Draw the bear's ears and the bottom of its head.

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!

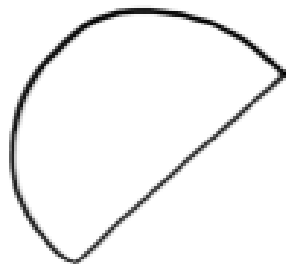
DRAW WITH A RANGER | PIKA

SOURCE:

[HTTPS://WWW.NPS.GOV/YOSE/PLANYOURVISIT/UPLOAD/HOWTODRAWAPIKA.PDF](https://www.nps.gov/YOSE/PLANYOURVISIT/UPLOAD/HOWTODRAWAPIKA.PDF)

MATERIAL REQUIRED: PENCIL AND PAPER

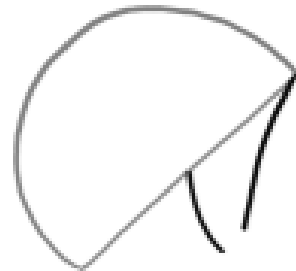
1



Start out with a simple half-moon shape.

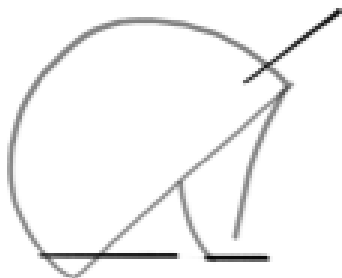
Try to draw lightly for now. We're going to draw over this at the end!

2



Next, draw two lines for the front leg.

3



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

DRAW WITH A RANGER | PIKA

5



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

6



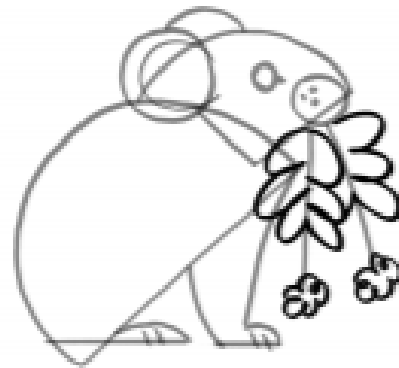
Add a circle for the eye, a half-circle for the other ear, and a straight line for the bottom of the head.

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!



S P O R T S D R I L L S

CIRCLE-AROUND-THE-CONE DRILL

SKILL: AGILITY

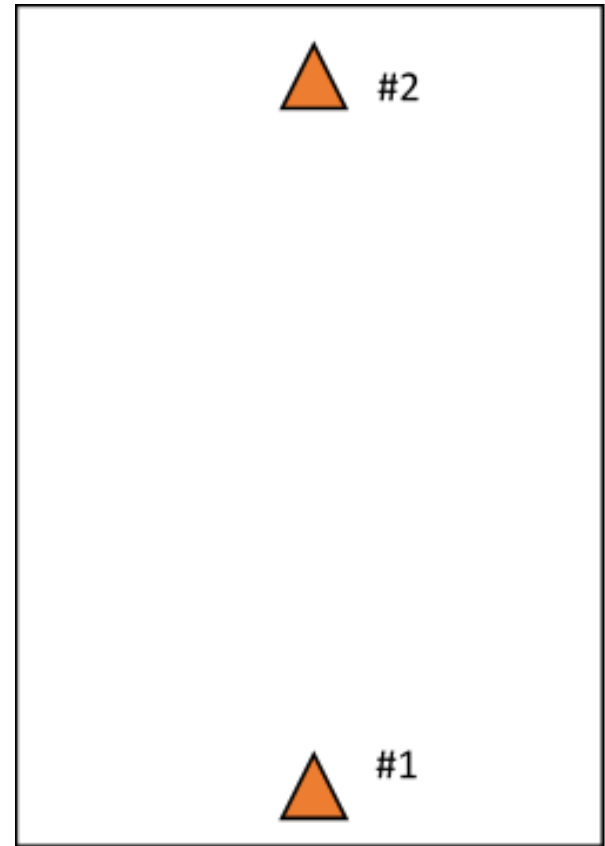
MATERIAL REQUIRED: CONES

SET-UP:

- PLACE ONE CONE ON THE GROUND. THIS IS YOUR STARTING POINT.
- PLACE A SECOND CONE 5 TO 8 YARDS AWAY FROM THE STARTING CONE. THIS IS YOUR FINISHING POINT.

INSTRUCTIONS:

- STAND 1 INCH TO THE SIDE OF THE STARTING CONE (IMAGINE THE CONE IS A CLOCK. STAND AT 3 O'CLOCK).
- 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.
- AFTER COMPLETING ONE CIRCLE AROUND THE CONE, TRANSITION INTO A SPRINT AND SPRINT AS QUICKLY AS YOU CAN TO THE FINISHING POINT.
- REPEAT IN THE OPPOSITE DIRECTION.
- RECOMMENDED: 3 SETS OF THIS EXERCISE (1 SET = 3X EACH DIRECTION)



IMPORTANT CUES:

- STAY ON THE BALLS OF YOUR FEET WHEN CIRCLING AROUND THE CONE.
- KEEP YOUR KNEES SLIGHTLY BEND AND YOUR STANCE NARROW (FEET INSIDE YOUR SHOULDERS) WHEN CIRCLING AROUND THE CONE.
- STAY TIGHT TO THE CONE AS YOU CIRCLE AROUND IT.
- TRANSITION INTO THE SPRINT AS SMOOTHLY AS POSSIBLE.

HIGH-TO-LOW DRILL

SKILL: AGILITY

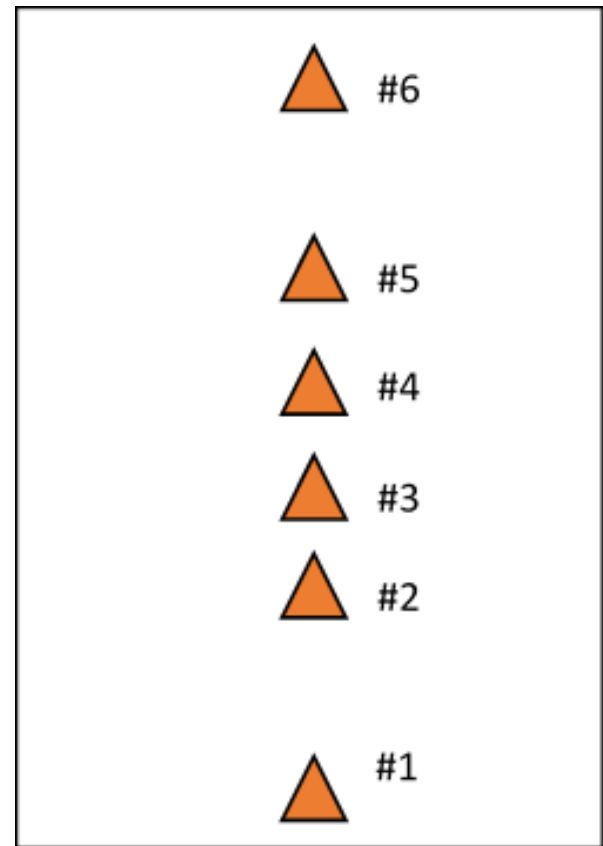
MATERIAL REQUIRED: CONES

SET-UP:

- PLACE ONE CONE ON THE GROUND. THIS IS YOUR STARTING POINT
- 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.
- PLACE ANOTHER CONE 3 YARDS AWAY FROM THE LAST OF THE FOUR CONES. THIS IS YOUR FINISHING POINT.

INSTRUCTIONS:

- STAND BY THE STARTING CONE.
- SKIP TO CONE #2.
- FROM CONE #2, SPRINT TO CONE #5. BACK PEDAL BACK TO CONE #2.
- FROM CONE #2, SPRINT TO CONE #4. BACKPEDAL TO CONE #2.
- SPRINT TO CONE #3. BACKPEDAL TO CONE #2.
- SPRINT TO THE FINISHING POINT.
- RECOMMENDED: 3-5 SETS (1 SET = 1 FULL SEQUENCE)



IMPORTANT CUES:

- STAY ON THE BALLS OF YOUR FEET.
- KEEP YOUR HIPS SQUARE.
- KEEP YOUR CHIN OVER YOUR TOES WHILE BACKPEDALING TO STAY BALANCED.
- TRANSITION AS SMOOTHLY AS POSSIBLE BETWEEN SPRINTING AND BACKPEDALING.

3-CONE SHUTTLE DRILL

SKILL: AGILITY, SPEED

MATERIAL REQUIRED: CONES

SET-UP:

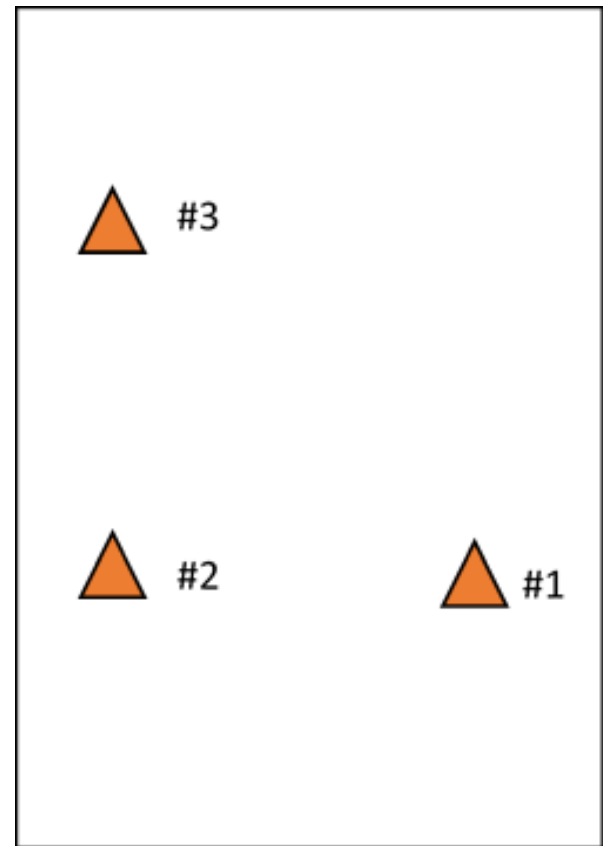
CREATE AN "L" SHAPE USING THREE CONES, WITH EACH CONE 5 YARDS APART.

INSTRUCTIONS:

- STARTING AT CONE #1, SPRINT TO THE OUTSIDE OF CONE #2 AND TOUCH THE CONE.
- SPRINT BACK TO CONE #1 AND TOUCH THE CONE.
- SPRINT FROM CONE #1, AROUND THE OUTSIDE OF CONE #2, TO THE INSIDE OF CONE #3. TOUCH THE CONE.
- CURL AROUND TO THE OUTSIDE OF CONE #3. SPRINT AROUND THE OUTSIDE OF CONE #2 AND BACK TO CONE #1.

IMPORTANT CUES:

- GO AROUND THE CORNERS IN A "BEND" INSTEAD OF A STRAIGHT LINE.
- MAINTAIN SPEED THROUGH THE CURVES.



3-CONE LATERAL WEAVE

SOURCE:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=FPDYMNXG4YY](https://www.youtube.com/watch?v=FPDYMNXG4YY)

[START AT 1:55]

SKILLS: AGILITY

MATERIAL REQUIRED: CONES

SET-UP:

- PUT THREE CONES IN A STRAIGHT LINE, WITH EACH CONE ABOUT 2 YARDS APART

INSTRUCTIONS:

- START AT CONE #2
- WHILE FACING FORWARD THE ENTIRE TIME, SHUFFLE IN AND OUT OF THE CONES IN A FIGURE-8 SHAPE.
- *RECOMMENDED:* COMPLETE FOR TIME [EX. 30 SECONDS]

IMPORTANT CUES:

- USE SHORT, CHOPPY STEPS
- KEEP YOUR KNEES SLIGHTLY BENT.
- KEEP YOUR FEET SHOULDER-WIDTH APART AT ALL TIMES.

