



**VIRTUAL**  
**TITAN**  
**YOUTH SUMMER CAMP**

# **AT HOME ACTIVITIES**

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Outdoor Adventures**

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# ***BUBBLE PAINTING***

**Material Required:**

1. Plastic Cups
2. Straws
3. Acrylic Paint
4. Dish Detergent
5. Water
6. Cardstock

**Source:**

<https://bit.ly/32egE6R>

**INSTRUCTIONS**

1. In each cup, add:
  - a. 1 tbsp paint
  - b. 2 tbsp dish detergent
  - c. 2 tbsp water
2. Stir the paint mixture in each cup.
3. Using the straw, blow bubbles in the paint cup until the bubbles rise above the rim of the cup.
4. Lay your paper over the bubbles. Remove and repeat with the different paint colors.
5. Recommended: Tape a stencil over your sheet of cardstock to create patterns with your bubble paint.
6. Optional: Use a bubble wand to blow bubbles onto the cardstock instead of laying the cardstock over each cup.



# ACRYLIC POURING

## Material Required:

1. Canvas Panels
2. Acrylic Paints
3. Elmer's Glue
4. Water
5. Squeeze Bottle
6. Plastic Spoons
7. Plastic Cups
8. Alcohol spray
9. Optional:
  - a. Foil cookie tray
  - b. Plastic Sheeting
  - c. Vinyl Gloves

## Source:

<https://bit.ly/32gd4Jh>



## INSTRUCTIONS

1. Lay out the plastic sheeting to protect the work surface from paint spills.
2. Fill the squeeze bottle with 4oz of Elmer's Glue and 4oz of water. Shake to mix.
3. In each cup you have, use your plastic spoon and mix equal parts: paint and pouring medium (the Elmer's Glue and water mixture).
4. Pour paint onto the canvas as desired.
5. Tilt the canvas to spread the paint. You can also use a straight edge to manually move the paint.
6. Add more paint and continue tilting as desired.
7. Spray alcohol onto the canvas to pop any air bubbles.
8. Let dry for 24 – 36 hours.



# ***SALAD SPINNER PAINTING***

**Material Required:**

1. Salad Spinner
2. Paper or cardstock
3. Scissors
4. Acrylic Paints

**Source:**

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

**INSTRUCTIONS**

1. Cut your sheet of paper into a circle approx. the size of the bottom of the salad spinner
2. Insert the paper into the basket of the salad spinner.
3. Drip and drizzle acrylic paint onto the paper as desired.
4. Close the salad spinner and spin it to spread the paint.

**Optional:**

1. Spread the paint using your hands before spinning.
2. Spray paint with water before spinning.
3. Use different shapes of paper.



# ***RAISED SALT PAINTING***

**Material Required:**

1. Paper or cardstock
2. Glue
3. Table Salt
4. Liquid Watercolors
5. Paint brushes or Droppers

**Source:**

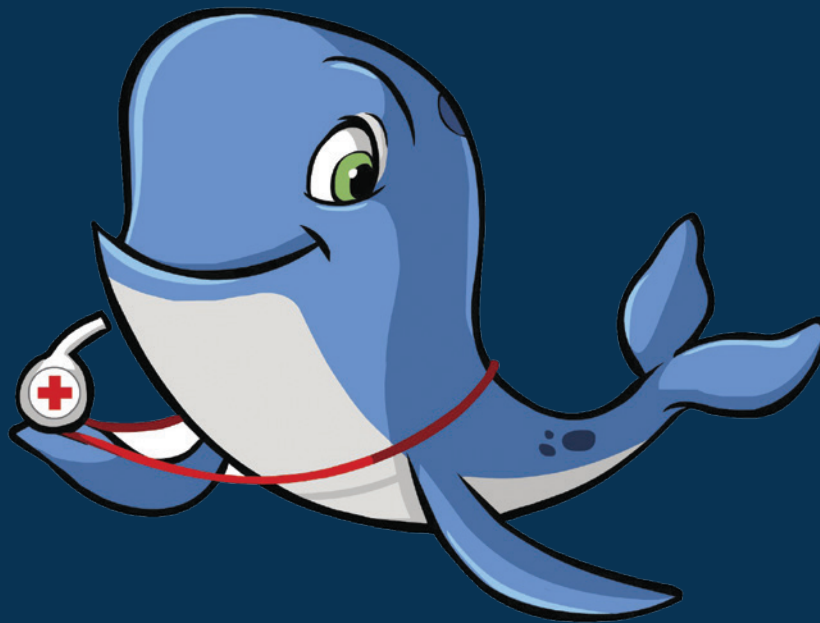
<https://bit.ly/38WoxPy>

**INSTRUCTIONS**

1. Squeeze glue designs onto your paper.
2. Sprinkle salt over your paper until all the glue is covered. Tip the paper to remove excess salt.
3. Dip your paint brush with liquid watercolor paint onto the salt lines. You can also drop the watercolors onto the salt lines using a dropper.



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



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





## **ROCK WALL & OUTDOOR ADVENTURES**

***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](mailto:yose_information@nps.gov) to get a Yosemite Jr. Ranger badge.***

**ENGLISH** [\*\*\*https://bit.ly/3erYeSm\*\*\*](https://bit.ly/3erYeSm)

**SPANISH** [\*\*\*https://bit.ly/3frXq1o\*\*\*](https://bit.ly/3frXq1o)



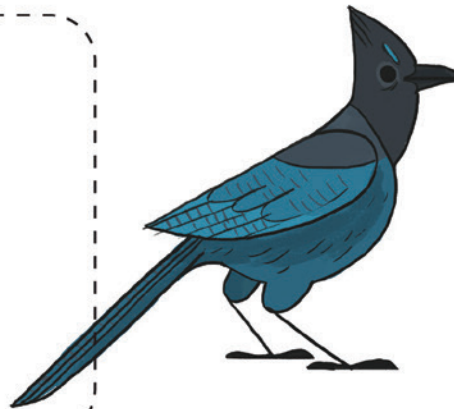
# DRAW A STELLER'S JAY

**Material Required:**

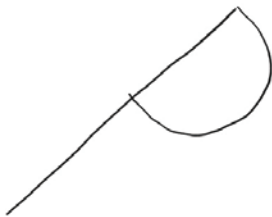
1. Paper
2. Pencil

**Source:**

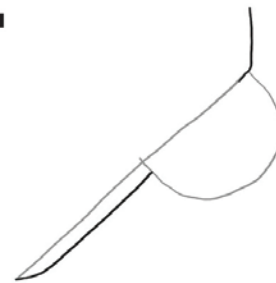
<https://bit.ly/32kYIHE>



Let's draw this  
Steller's jay!

**1**

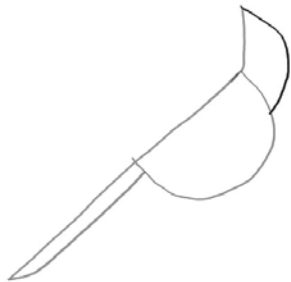
Start with a slanted "P" shape.  
Try to draw lightly for now. We're  
going to draw over this at the end!

**2**

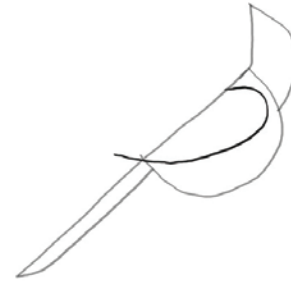
Extend a line straight up for the  
back of the head. Draw a curved  
line for the bottom of the tail.



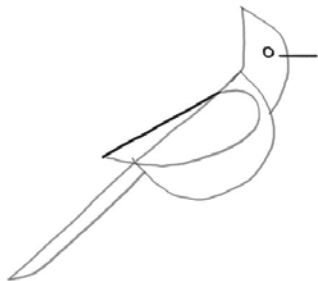
# ***DRAW A STELLER'S JAY***

**3**

Draw a backwards "C" from the top of the head to the jay's chest.

**4**

Draw a big curve for the bird's wing, starting at the top, down the side of its body, and then backward toward its tail.

**5**

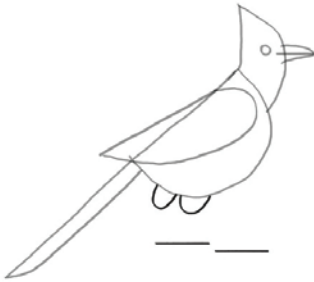
Draw a line to complete the top of the wing.  
Then give your jay a round eye and a straight line for its mouth.

**6**

Draw curved lines for the top and bottom of the jay's beak!

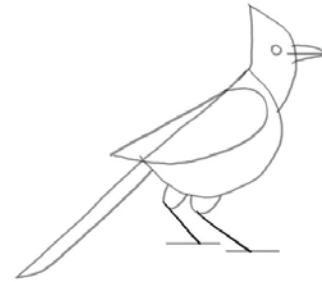
# DRAW A STELLER'S JAY

7



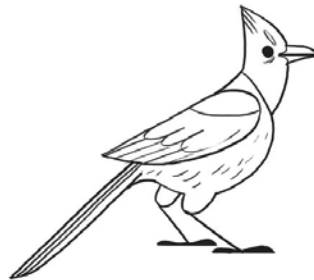
Draw two small circles underneath the jay. Then make two straight lines beneath it for its feet!

8



Draw the jay's legs!

9



Draw over your light lines. Give your bird some feathers and other details, and color it in if you'd like!

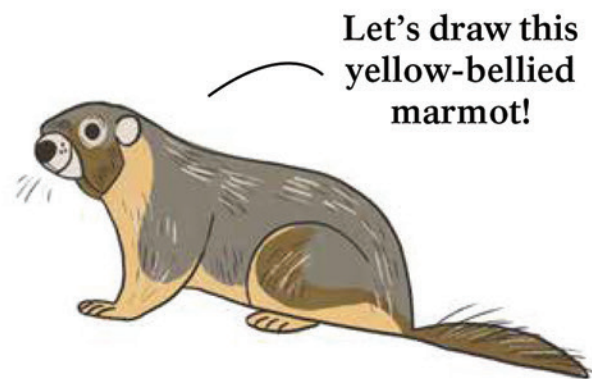
# DRAW A MARMOT

**Material Required:**

1. Paper
2. Pencil

**Source:**

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

**1**

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

**2**

Next, draw two lines to connect the head and the body.

# ***DRAW A MARMOT***

**3**

Draw curved lines for the marmot's legs.

**4**

Give your marmot some little paws.

**5**

Draw a line straight out from the bottom of the marmot's body for its tail.

**6**

Draw a curved line for the top of the tail.

# ***DRAW A MARMOT***

**7**

Draw an almond shape for the marmot's snout.

**8**

Give your marmot an eye, nose, mouth, ear, and some toes!

**9**

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

# CONE WEAVE

**Sport**

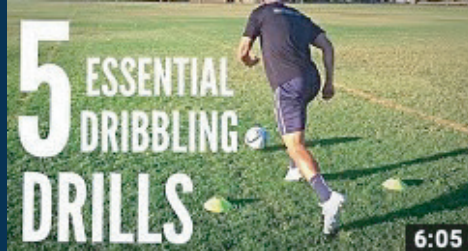
Soccer

**Skill**

Ball Handling

**Material Required:**

Soccer ball, cones

**Source:**<https://bit.ly/3fsj31q>

[Start at 0:14]

**SET UP**

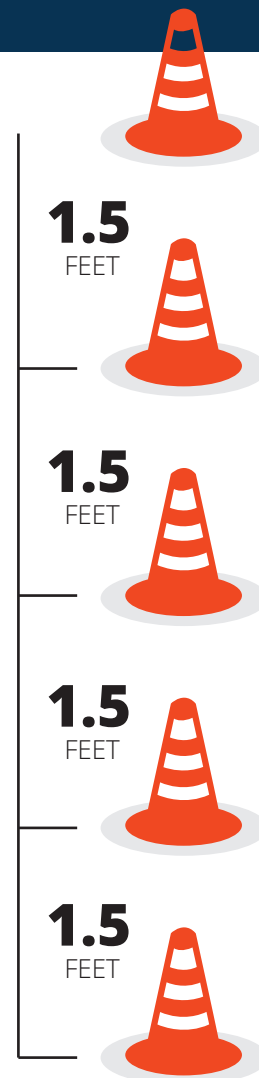
1. Set-up a line of cones (max 15) with each cone about 1.5 feet apart

**INSTRUCTIONS**

1. Starting at cone #1, weave in-and-out of the cones while handling the ball with only your right foot.
2. After weaving through all the cones with your right foot, switch feet.
3. **Recommended:** 3 sets per foot (1 set = Completing weave through all the cones)

**IMPORTANT CUES**

1. Keep the ball as tight to the cones as possible.
2. Tap the ball lightly with the inside and outside part of our foot to keep it as controlled possible.





# INSIDE PUSH

**Sport**

Soccer

**Skill**

Ball Handling

**Material Required:**

Soccer ball, cones

**Source:**

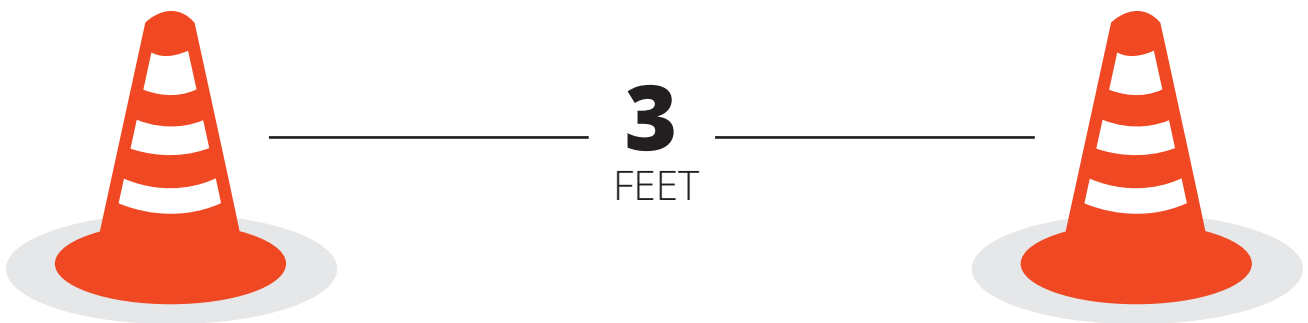
<https://bit.ly/2ZtxrBa>  
[Start at 0:22]

**SET UP**

1. Set two cones across from one another about 3 feet apart.

**INSTRUCTIONS**

1. Start by standing in-between and slightly behind the two cones, with the ball beside of one of the cones.
2. Pull the ball towards you, and using the inner part of your foot, cross the ball over to your other side.
3. Using the inner part your foot, tap the ball forward and pull it back. Cross the ball back over to the other side.
4. Repeat.
5. **Recommended:** Complete drill for time (ex. 1 minute).



# WALL PASSING

**Sport**

Soccer

**Skill**

Passing

**Material Required:**

Soccer ball

**Source:**

<https://bit.ly/2WIVwaS>  
[Start at 3:07]

**SET UP**

1. Anywhere with a wall

**INSTRUCTIONS**

1. Start approx. 10-15 feet away from the wall.
2. Practice passing the ball against the wall and controlling it as it comes back to you.
3. **Recommended:** Complete drill for time (ex. 10 minutes).

**IMPORTANT CUES**

1. Pass the ball using the inside of your foot.
2. Practice passing the ball with both feet.

# LA CROQUETA DRILL

**Sport**

Soccer

**Skill**

Ball Handling

**Material Required:**

Soccer ball, cones

**Source:**

<https://bit.ly/3gU51WA>  
[Start at 1:33]

**SET UP**

1. Set-up 6 to 8 cones in a straight line with each cone about 2-3 feet away from each other. Adjust cone distance for difficulty (closer = harder).

**INSTRUCTIONS**

1. Starting at Cone #1, perform a “La Croqueta” in-between each cone.
2. To perform the move, push the ball across your body using the inside of one foot and controlling it with the inside of the other foot.
3. **Recommended:** Complete for sets (1 set = there and back once).

**IMPORTANT CUES**

1. Push the ball across your body, not forward.
2. Point your toe up to assist with the control.

