



Adventure Awaits Activity Book



Dear SPORT Participants & Families,

We are excited to share the Adventure Awaits Activity Book with you.

In this book, we share spotlights from some SPORT Camp participants and also some adults from the community.

During the SPORT Camp, you participated in the Amazing Race! In this book, we feature the special activities and recipes of each country that you participated in.

We hope you enjoy this book and have fun with these activities at home!

**Sincerely,
The SPORT Team**



Table of Contents

About SPORT Camp 4

Kids and Adult Features 7

Bryanna 8

Rylen 10

Dax 12

Greg 14

Maya 16

James 18

Mike 20

Maddax 22

Salik 24

Grady 26

Ava 28

SPORT Amazing Race 31

Canada 32

India 36

Mexico 40

Scotland 44

Thailand 48

Italy 52

Japan 56

France 58

Fiji 64

SPORT Camp



What is SPORT?

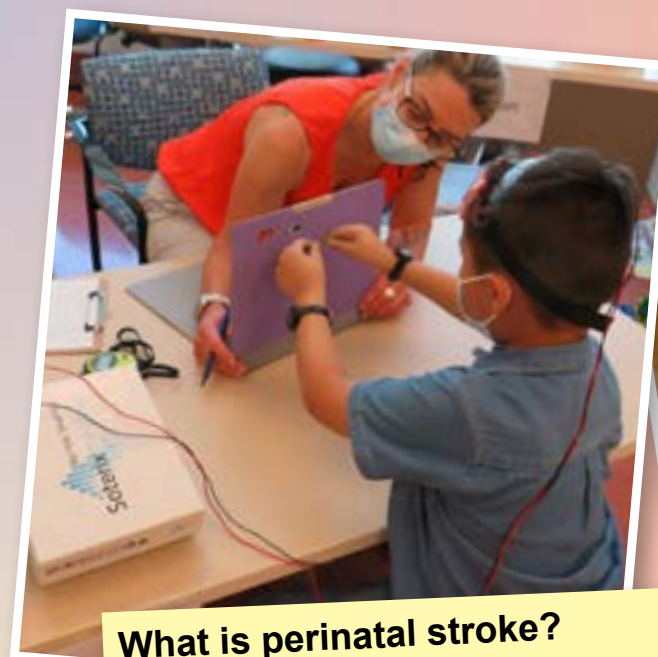
A research study that studied whether brain stimulation and rehabilitation during a summer camp can improve function in children with perinatal stroke and cerebral palsy.

SPORT camps were fun summer day-camps filled with activities such as cooking, crafts, games, and one-on-one occupational therapy.



Did you know?

There were SPORT Camps in Calgary, Edmonton, and Toronto!



What is perinatal stroke?

Perinatal stroke is when blood vessels in the brain get blocked or broken during the fetal or newborn period.



What is cerebral palsy?

Cerebral palsy is a physical movement difficulty caused by injury to the brain. Hemiparetic cerebral palsy refers to weakness on one side of the body. Perinatal stroke is a common cause of hemiparetic cerebral palsy.





SPORT Kids and Adult Features

Bryanna



My Favourite Things:

- Colour: Purple
- Movie: Descendants
- Snack: Oreos

What I like to do:

On sunny days, I like to go to the pool. On rainy or snowy days, I like to watch movies

About Me:

I like to dance and sing. I love dancing because it makes me really happy.
Art is my favourite because I get to express my emotions.

What I would say to other SPORT kids:

Try your best because you can do it!

My Hometown:

Calgary, Alberta

Rubber Egg Experiment

Materials:

- Tupperware container with lid
- White vinegar
- 1 egg

Directions:

1. Place the egg in the Tupperware container.
2. Pour in the white vinegar so it completely covers the egg.
3. Put the lid on the container.
4. Leave it in a place where no one can touch it and wait 24 hrs
5. After 24 hrs, remove the egg from the container and you will notice the hard egg shell gone!
6. Try bouncing your egg (gently) to see if it will bounce!

TIP: You can change the colour of your egg by adding your favourite food colouring to the vinegar.



Glow-in-the-Dark Slime

Ingredients:

- Contact lens solution (containing sodium borate and boric acid)
- 1/2 cup clear washable school glue
- 1/2 cup water
- 1/2 tbsp glow powder
- 1/2 tsp baking soda

Directions:

1. Add glue to a bowl.
2. Add 1/2 cup of water to the glue and mix well.
3. Stir in the baking soda (adds firmness to the slime).
4. Add the glow powder and mix well.
5. Add 1 tablespoon of saline solution (slime activator).
6. Stir well until it pulls away easily from the bowl
7. Knead the slime until it becomes very stretchy.

TIP: If your slime is still too sticky, add a few more drops of saline solution.



Slime storage?

Slime can last quite a while! Store your slime in a plastic or glass container and it can last a few weeks.

Banana Banana Bread

Ingredients:

- 2 cups all-purpose flour
- 1 tsp baking soda
- 1/4 tsp salt
- 1/2 cup butter
- 3/4 cup brown sugar
- 2 eggs, beaten
- 2 1/3 cups mashed overripe bananas

Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Lightly grease a 9x5 inch loaf pan.
3. In a large bowl, combine flour, baking soda and salt.
4. In a separate bowl, cream together butter and brown sugar.
5. Add in eggs and mashed bananas to wet mixture until blended.
6. Stir banana mixture into flour mixture; stir just to moisten.
7. Pour batter into prepared loaf pan.
8. Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center comes out clean.
9. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

How long?

Prep: 15 mins
Cook: 1 hr 5 mins
Total: 1 hr 20 mins

How much?

Servings: 12
Yield: 1 loaf

Rylen



About Me:

I am 16 in 10th grade. I have done many activities such as piano but my favourite hobbies include playing fastpitch, cooking, snowmobiling, skiing, fishing, and many other outdoor activities. This year I got my driver's licence and have been enjoying my new found freedom. I have two sisters and am the middle child.



What I would say to other SPORT kids:
I have attended two SPORT camps and still see the benefits after almost three years!



Peanut Butter Cookies

Ingredients:

- 1/2 cup butter
- 1/2 cup peanut butter
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1 egg
- 1/2 tsp vanilla
- 1 1/4 cups all-purpose flour
- Extra granulated sugar to roll cookies in

Makes about 36 cookies

Directions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large mixing bowl beat the butter and peanut butter with an electric mixer on medium to high speed for 30 seconds.
3. Add the granulated sugar, brown sugar, baking powder, and baking soda.
4. Beat until combined, scraping the sides of the bowl occasionally.
5. Beat in the egg and vanilla until combined.
6. Beat in as much flour as you can with the mixer and stir in the rest.
7. Shape dough into 1-inch balls.
8. Roll in the additional granulated sugar to coat.
9. Place balls 2 inches apart on an ungreased cookie sheet
10. Flatten by making crisscross marks with the tines of a fork.
11. Bake in a 375 degree oven for 7-9 minutes or till bottoms are browned.
12. Transfer cookies to a wire rack and let cool.



My Hometown:
Strathmore, Alberta

My Favourites:

Colour: Navy Blue
Movie: The Heat
Sports Team: Toronto Blue Jays
Snack: Big Chief Beef Jerky
Sport: Fast pitch

What I like to do:

On sunny days I like to play ball. On rainy days I like to watch Netflix. On snowy days, I like to Snowmoblie or ski.



Dax

About me:

I am 9 years old. I love to play and watch hockey and soccer. I have a little sister who I like to make laugh



What I would say to other SPORT kids:
You will do great things!



My Favourites:

Colour: Yellow
Sports team: Calgary Flames
Book: Harry Potter



My hometown:
Calgary, Alberta

Lemon Meringue Pie

Ingredients:

Filling:

- 5 large egg yolks
- 1 1/3 cup water
- 1 cup granulated sugar
- 1/3 cup cornstarch
- 1/4 tsp salt
- 1/2 cup lemon juice
- 1 tbsp lemon zest
- 2 tbsp unsalted butter, softened

Meringue:

- 5 large egg whites at room temperature
- 1/2 tsp cream of tartar
- 1/2 cup granulated sugar
- 1/8 tsp salt

Directions:

1. Prepare pie-crust as per package instructions or make homemade
2. Preheat oven to 375F and partially blind bake pie crust in a 9-inch pie dish
3. Reduce oven temperature to 350F
4. Whisk egg yolks in a medium bowl and set aside
5. Whisk water, sugar, cornstarch, salt, lemon juice, and lemon zest in a saucepan over medium heat until it thickens and bubbles then reduce heat to low.
6. Temper the egg yolks: Very slowly stream a few large spoonfuls of warm lemon mixture into the beaten egg yolks. Then, also in a very slow stream, whisk the egg yolk mixture into the saucepan. Turn the heat back up to medium, Cook until the mixture is thick and big bubbles begin bursting at the surface. Remove the pan from heat and whisk in the butter. Spread the filling into the warm partially baked crust. Set aside as you prepare the meringue. (Don't let the filling cool down too much - you want a warm filling when you top with the meringue).
7. Make the meringue: Beat egg whites and cream of tartar together on medium speed for 1 minute, then at high speed until soft peaks form (about 4 more minutes). Add the sugar and salt, then continue beating on high speed until glossy peaks form, about 2 more minutes. Spread meringue on top of filling.
8. Bake pie on lowest oven rack for 20-25 minutes. Cool at room temperature for 1 hour then place in the fridge to chill for 4 hours before slicing and serving.



Time:
Prep time: 6 hrs
Cook time: 1 hr 10 min
Total time: 7 hrs 10 min

Tip: It's best to eat it the same day as when you make it!

Did you know... Room temperature egg whites whip faster than cold egg whites!

Greg

My Hometown:
Calgary, Alberta



About me:

I was the first person to be integrated into a regular school system with quadriplegia. My Dad was a judge which was my inspiration to go to law school after university and become a lawyer! I completed my articles with Alberta Justice and worked for a brief period with Legal Aid Alberta prior to my current job as an Advocate For Persons With Disabilities. In my job, I provide advice and information to the government on advocacy for Alberta. I also review programs and provide education.

My Favourites:

Colour: Red, black, light blue

Sports team: Calgary Flames

Book: History books

Snack: anything with chocolate!

Music: Pop (including Taylor Swift!)



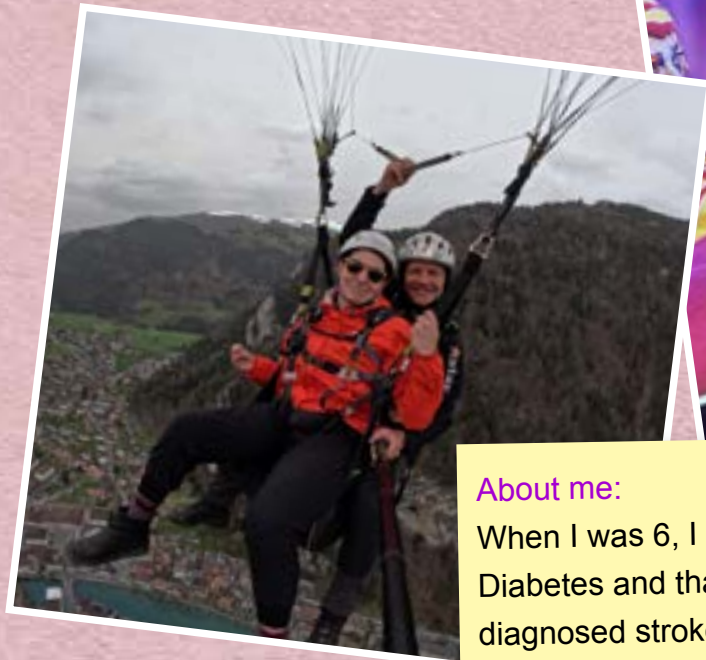
My favourite thing to make is spaghetti!



What I would tell SPORT kids:

Don't sweat the small stuff... or even the big stuff!
Things will always work out and it's important to have supportive people around you.

Maya



About me:

When I was 6, I was diagnosed with Type 1 Diabetes and that night I also suffered a mis-diagnosed stroke and also had to have open heart surgery. My experience ignited a passion of patient advocacy. I help to challenge misconceptions and promote an improved health care system.

Favourite sports team:
Vancouver Canucks



What I like to do on snowy, rainy, or sunny days:

I don't particularly like the rain, but on snowy days, I try to go out and down-hill ski. Rain is also a perfect time to nap or curl up and read a book or watch a movie/series. On sunny days I like to be outside on the patio for brunch or go hiking.

My Hometown:
Calgary, Alberta



What I like to do

I enjoy travelling the world, often solo (Europe, Egypt, Kenya, Vancouver) doing public speaking events.

Fried Zucchini Fritters

Ingredients:

- 2 zucchinis
- 2 eggs
- 5 tbsp of all-purpose flour
- 1 tbsp of coconut oil or olive oil

Yummm!!!

Directions:

1. Cut zucchinis into evenly cut slices and put in a bowl
2. Let the zucchini dry out to lose moisture (45min to 1 hour)
3. Pat dry the zucchini to lose the remaining water
4. Take a plastic bag or use tin foil and pour flour on it/in it
5. Put the zucchini slices into flour, ensuring every slice is coated
6. Preheat the stove to level 2/medium heat and put oil on it
7. In a separate bowl, crack 2 eggs and whisk them
8. Cover the zucchini slices with egg then dip them in flour
9. Put them on the pan and flip once golden (3-4 minutes)
10. Place on a plate and let it cool down (20 minutes) then enjoy

What I would say to SPORT kids:

I would say that disability is a mindset; it's what you do with what you have that matters the most. There are ways to modify activities and find ways to try new things and to try your best!

James

About me:

My name is James, I am 12 years old. I have an older brother and I like to play videos and sing.

My Favourites:

Colour: Red

Movie: Avengers Endgame

Sports Team: Toronto Raptors

Snack: Pizza

Book: Fish in a Tree

My hometown:

Toronto, Ontario



DIY T-Shirt Yarn

Materials:

- Old T-Shirt
- Fabric scissors

Directions:

1. Lay t-shirt flat and smooth wrinkles
2. Cut off the bottom seam of the shirt
3. Cut a line from one armpit to the other, cutting through both layers to get a rectangle.
4. Beginning at one edge, cut 1.5inch strips from the bottom to 1-2inches from the top. Make sure to cut through both layers and that you don't cut all the way to the end
5. Repeat until you have cut strips all across the fabric.
6. To make one piece of continuous yarn, place the t-shirt over one arm with the top, uncut fold on top of your arm. If you are right handed, place the shirt on your left arm.
7. Diagonally cut from the outside edge to the point where you ended cutting the first strip. This will be one end of your yarn. The second strip will be cut from the cut end on the bottom to the cut end at the top of the next strip
8. Continue cutting the rest of the strips in the same way. When you reach the end, cut off the last strip, diagonally to the edge. You can choose to keep the yarn flat or you can stretch it to make it curl and become more rounded which will also make it longer.
9. Wind yarn into a ball and it is ready to use!



Boston Candy

Ingredients:

- 1 package milk chocolate chips
- 1 package white chocolate chips
- 3/4 cup butter
- 3/4 cup brown sugar
- 1 box soda crackers

Directions:

1. Preheat oven to 400F
2. Line a cookie sheet with aluminum foil and cover tray with crackers
3. On the stove top, heat brown sugar and butter until bubbling (not boiling)
4. Pour the mixture over the crackers. Use a spatula to fill in all the cracks
5. Bake for 5 minutes
6. Remove from oven and sprinkle with white and milk chocolate chips
7. Bake again for 2 minutes
8. Remove from oven and swirl the chocolate together with a spatula
9. Place in the freezer for 1 hour
10. Peel off the foil and break up into bite sized pieces



The longer it sits, the tastier it gets!

My favourite sporty activity is karate!



Mike



About me:

I was born with right hemiplegic cerebral palsy. I have always been enthusiastic about sports and love playing and watching them. When I learned of the Paralympics and that I was eligible to compete in them, it was my dream to do so. I began competitive road cycling when I was 14 and have been competing internationally for the Para cycling National Team for the last 10 years in Men's C3 classification. During this time, I have won multiple medals at international events including a Paralympic bronze medal in Rio 2016 and 2 World Championships in the time trial event. I strive to be a reliable teammate that can be called upon for support. I am driven to continuously improve and approach life with a disciplined and resilient work ethic. I enjoy listening and learning new ideas and concepts from others to satisfy my curiosity. **It is important no matter the pursuit, that I stay kind, honest, and humble while having fun throughout!**

My hometown is Calgary, Alberta.

My favourite colour is red. As a Calgary Flames fan and after representing Canada internationally for my sport, I wear a lot of red!

On sunny days I like road cycling. I have been road cycling as a main sport for 14 years.

Post-Training Meal

Brown Rice:

- Cook brown rice in a rice cooker
- Usually 1 cup of rice with 2 cups of water

Chicken Breast:

- Use spice mix and oven roast the chicken for 35 min in a 405F oven

Vegetables:

- Pan fry colourful carrots, brussel spouts, and colourful cauliflower until soft or golden brown.
- After cooking, drizzle balsamic vinegar or tzatziki



When it's rainy outside, I still road cycle outside. If it's snowy, I enjoy playing in the mountains and snowboarding or snowshoeing.

What I would tell kids with cerebral palsy:

Learning to use your affected side is a process and requires enormous patience. Sticking with the task or activity will pay off eventually in achieving your goal or desired outcome. Confidence and belief in yourself are important to accomplishing tasks and being comfortable in situations where you feel different. Do not let one individual comment ruin who you are or what you are working to achieve.



My favourite book (and series) as a kid was Alex Rider and my favourite movie is Indiana Jones.

Maddax

About me

I love basketball and I'm a big fan of Kyle Lowry! I also love Dude Perfect videos! I love swimming and learning lots about biology - especially the brain! I want to be a neurologist when I grow up! I love my dog Thor and my favourite food is hamburgers!



What I would tell other SPORT kids:

Everyone has struggles - some you just can't see so be nice to everyone and know that you can do hard things!! I'm so grateful for my body and all the amazing things it can do, even though sometimes it's hard!

Grandma's Oatmeal Fudge Bars

Ingredients for Bar:

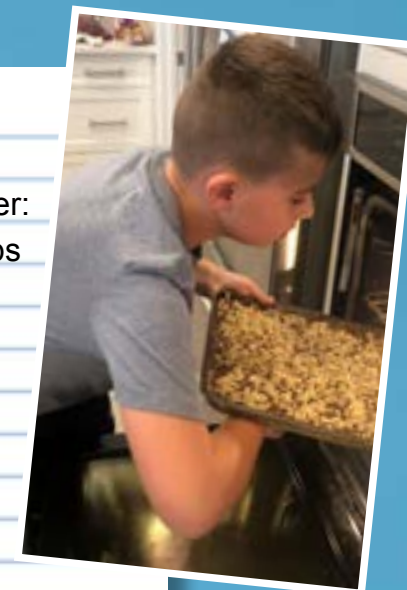
- 2 cups brown sugar
- 1 tsp salt
- 1 tsp vanilla
- 4 cups quick oats
- 1 cup butter (softened)
- 1 1/2 cups flour
- 2 eggs
- 1 tsp baking soda

Ingredients for Fudge Layer:

- 1 bag of chocolate chips
- 2 tsp vanilla
- 2 tbsp butter
- 1/2 tsp salt
- 1 can condensed milk

Directions:

1. Mix together all dry ingredients
2. Next add butter, eggs, and vanilla and mix until a crumb forms
3. Set aside 2 cups for the topping
4. Press the rest onto a large cookie sheet and build up the edges slightly and set aside
5. Put all fudge layer ingredients in a pot and melt over low heat
6. Spread the fudge mixture over the oatmeal layer
7. Sprinkle the set aside oatmeal mix on the top
8. Bake at 350 degrees F for 15-20 minutes until light brown
9. Cool and cut into bars
10. Enjoy!



DIY Lava Lamp

Materials:

- 4 tbsp baking soda
- 1 clear bottle with cap
- 12 oz vegetable oil
- 1/4 cup vinegar
- Food colouring
- 1 plastic cup
- Pipette or eye dropper
- Funnel
- Measuring cup
- Spoon

Directions:

1. Using the funnel, pour baking soda into the bottle and shake the bottle to let the baking soda settle into a flat layer at the bottom.
2. Pour in the oil slowly to avoid disturbing the layer of baking soda and set aside. You may need more or less depending on the size of the bottle.
3. Pour vinegar into a plastic cup. Add 3-4 drops of food colouring and stir to combine.
4. Use the pipette to add drops of coloured vinegar to the plastic bottle. Watch the reaction!
5. Continue to add drops of vinegar until bubbles stop floating to the surface.

Tip: You can experiment with different colours for a more unique lamp. It's your lava lamp, have fun!

Be careful with food colouring - it stains!

Favourite sporty activity:
I love playing British bulldog while dribbling the ball or playing HORSE

My Favourite Things:
Colour: Brown
Movie: The Hobbit
Sports Team: Toronto Raptors
Snack: Deep Fried Pickles
Book: Harry Potter

Salik

A bit about me:

I like to play soccer, watch TV, and play video games

What I like to do on sunny days:

I like spending time outdoors and playing soccer

Some of my favourite things:

Colour: Red

Movie: Big Foot

Sports: Toronto Raptors

Snack: Cookies



Brownie-in-a-Cup

Ingredients:

- 3 tbsp granulated sugar
- 2 tbsp all-purpose flour
- 1 1/2 tbsp unsweetened cocoa powder
- Pinch of salt
- 2 tbsp chocolate chips
- 1 1/2 tbsp melted butter
- 3 tbsp milk
- Ice cream

Directions:

1. Place sugar, flour, cocoa powder, and salt in a mug
2. Use a small whisk or fork and stir until combined
3. Stir in chocolate chips
4. Add butter, milk, and vanilla and stir
5. Sprinkle extra chocolate chips on the top
6. Cook in microwave for 90 seconds
7. Eat immediately with ice cream



Cup Phone Experiment

Materials:

- 2 paper cups
- String
- Sharp pencil

Instructions:

1. Poke a hole at the bottom of both cups with the help of a sharp pencil
2. Insert the string in the holes and tie a knot
3. Hold one cup and give the other to your partner
4. Stay at a distance to stretch the string
5. One person will speak and the other can hear!



Paper Weight Craft

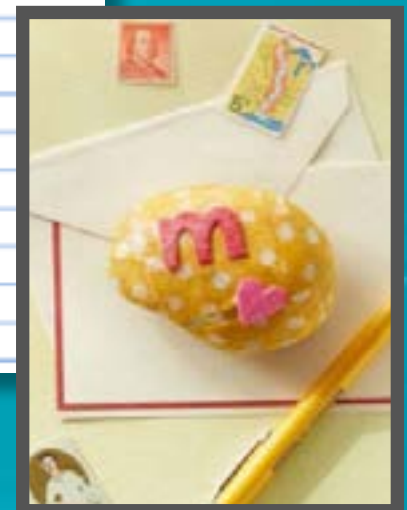
Materials:

- Piece of fabric
- Small rock
- Glossy mod podge
- Scissors

Directions:

1. Start by cutting fabric into strips
2. Adhere to a small rock (2-3 inches) with glossy mod podge
3. Cut an initial and a heart from felt and adhere to the rock
4. Allow time to dry completely

Tip: Get creative with the design!
You can use paint, gems, buttons,
and more to decorate!



Grady

About Me

I am in grade 8 and I have a chihuahua named Timmy. I love to play video games in the winter and in the summer I love to go camp. I also love to hang out with my friends at school.

What I would tell other SPORT kids:

It was so much fun. The best part was playing all the games

Favourite Colour
Red

Favourite Craft:
Woodworking on the band saw



Cake Batter Cheesecake Bites

Ingredients:

- 1 box of cake mix
- 1 8oz brick of cream cheese (softened)

Directions:

1. Mix softened cream cheese and add in cake mix while mixing
2. Once mixed, spoon out some mixture and roll in palms to form a ball
3. Add all rolled balls onto a plate and place in fridge to solidify
4. Enjoy!

Tip: You can add in sprinkles to the mixture and dip the bites into melted chocolate for extra yum!

Favourite Sport:
Soccer

Fluffy Slime Experiment

Materials:

- 4oz bottle of white school glue
- 2-3 tablespoons of contact lens solution or slime activator
- 1-2 cups of unscented shaving cream

Directions:

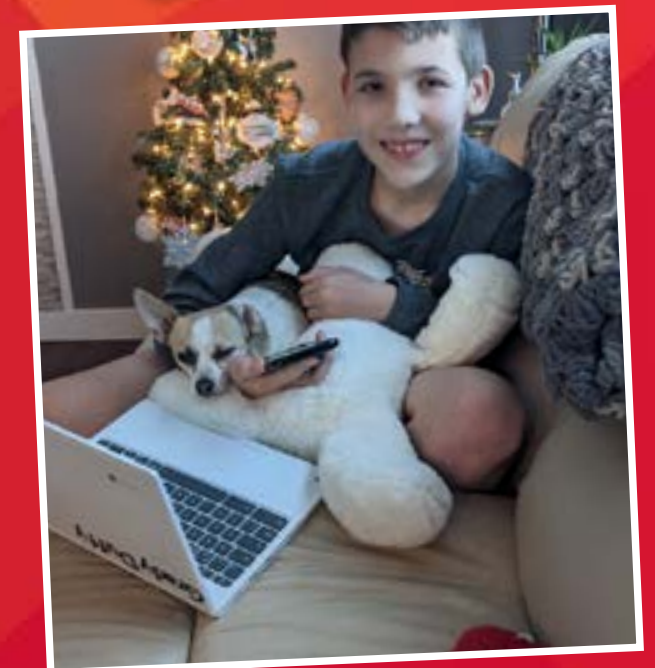
1. Place glue in a plastic bowl (add food colouring if desired)
2. Add saline solution or slime activator until combined
3. Stir in 1 cup of shaving cream. The more you add, the thicker it will be. Add more if needed
4. Stir until you can no longer stir (it will be sticky at first) and then knead with your hands
5. Keep moving slime with your hands until desired consistency is reached. If it is too sticky, you may need to add more activator.
6. Store in a covered container and enjoy!



To make it multicolour, make another batch using a different food colour and lay them next to each other then twist them together to swirl the colours



Favourite Sport Team
Edmonton Oilers



Ava

Hometown
Elk Point, Alberta

What I like to do on
sunny days:
Go to the beach



What I like to do on
snowy or rainy days:
Play video games



Some of my favourite things:
Colour: Dark pink
Movie: Harry Potter
Sports Team: Edmonton Oilers
Snack: Popcorn
Book: Charlotte's Web

Surprise Eggs

Materials:

- Kinder Surprise yellow egg container
- Baking soda
- Vinegar

Directions:

1. Take an old Kinder Surprise yellow egg container and fill one side with baking soda
2. Fill the other side with vinegar
3. Close the egg and throw it!
4. Watch the egg pop open as the chemical reaction occurs!

Salsa

Ingredients:

- 3 cups chopped tomatoes
- 1/2 cup chopped green bell pepper
- 1 cup onion, diced
- 1/4 cup minced fresh cilantro
- 2 tablespoons fresh lime juice
- 4 teaspoons chopped fresh jalapeno pepper (no seeds)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

Directions:

1. Stir the tomatoes, green bell pepper, onion, cilantro, lime juice, jalapeno pepper, cumin, salt, and pepper in a bowl
2. Serve and enjoy!



What I would tell other SPORT kids:

I wanted to say how incredible this camp experience was for me. Being from a small town, I don't get the opportunity to hang out with kids like us as much. It was so nice to feel a sense of belonging and acceptance.



SPORT Amazing Race Activities by Country

Canada



Considered the birthplace of hockey, it is not surprising that it is Canada's official national winter sport. When asked what other things symbolize Canada, many would respond with such things as maple syrup, beavers, and Tim Hortons. Others would cite many elements of Native American culture such as bannock, totems and dream catchers.

Crafts



The Ojibwe, Ojibwa or Chippewa are a North American Indigenous group found in both Canada and the US. In Canada, they are the second-largest First Nations population, surpassed only by the Cree. They tell the story of the dream catcher.

4. Let the glue finish drying (15-20min) then take the clips off and cut the extra lace
5. To weave the web, tie the string securely to the top of the circle.
6. Loop the string around the hoop at 2 inch intervals. Working clockwise, stretch the string to a spot 2 inches over the loop, then loop the string around the hoop and back over itself to create a hitch. Make sure to pull the string tight to secure it before moving onto the next loop.
7. Continue looping the string around the hoop. Loop the string around the entire frame until you reach the starting point. As you do this, make sure the loops are evenly spaced. Once at the starting point, loop the string around the hoop next to the starting knot. There will be an odd number of loops
8. Loop the string around the midpoint of the first line of thread to start the second layer. Use the same technique to loop the string around the centre of the first layer string and then back over itself to create a hitch. Continue until you reach the top of the hoop. You can add beads as you are weaving if you want to have beads in the web.
9. Continue weaving these layers until a small circle in the middle forms.
10. Secure the web with a knot once the middle circle is the size of a dime and trim lace.
11. Make a hanging loop using a 5in piece of lace. Tie the loose ends into a knot to make a circle. Secure the lace around the top of the hoop by pushing the knot through the loop then pull tight to create the hanging loop.
12. Now it's time to decorate! You can hang strips of fabric at the bottom and add beads as well as hang feathers. It's your time to be creative!



DIY Dreamcatcher

Materials:

- Wooden hoop (3-8")
- Suede lace, ribbon, or string. Length should be 18x the hoop diameter and width no wider than 0.5in
- Waxed nylon string. Length should be 10 times the hoop diameter
- Decorative beads, gems, and feathers
- Craft glue
- Small binder clips

Directions:

1. Place a 0.5in line of glue on the top of the hoop and wrap lace around it. Make sure there are no spaces between the wrapped lace. Once glued section is wrapped, use a clip to hold it in place and wait for it to dry.
2. Continue to wrap the lace around the entire hoop tightly with no gaps. Place a thin line of glue at least 4 more times. Use binder clips to hold the lace in place where the glue is. Make sure the lace is close but does not overlap.
3. Before getting to the end, place a final line of glue beside the first loop. Finish wrapping and secure it with a clip.



Canada

Activities

The term "totem" is also Ojibwe, meaning a spirit being, sacred object, or symbol that serves as an emblem of a group of people, such as family, clan, lineage or tribe.



Activity: Animal Totem Yoga

- Go outdoors in a grassy area or indoor space
- If you are in a group, stand in a large circle
- Have each yogi think of an animal that they feel close to
- Have all yogis close their eyes and imagine the animal
- Make your pose and hold it!
- Then go around and try other animals!
- Fun ones to try: snake, owl, hedgehog, frog, and giraffe



Benefits of Yoga:
Stimulates senses, strengthens mind-body connection, and develops focus and balance!

Other fun activities include playing floor hockey and doing a photography scavenger hunt!



Recipes

Bannock is a form of bread made of flour, water, butter and salt and is served as a staple in the diets of early settlers and fur traders. Most Indigenous nations in North America have some version of bannock.

Bannock

Ingredients:

- 3 cups all-purpose flour
- 1 tsp salt
- 2 tbsp baking powder
- 1/4 cup butter, melted
- 1 1/2 cups water



Directions:

1. Stir together flour, baking powder, and salt in a large bowl
2. Pour water and butter over the flour mixture
3. Stir with a fork to make a ball
4. Put dough on a lightly floured surface and knead gently (10 times)
5. Pat into a large circle about 3/4 to 1 inch thick
6. Warm a greased frying pan over medium heat
7. Place dough in the pan and cook until browned (~15 min per side)
8. Slice, serve, and enjoy!

Tip: the bread can also be baked on a baking sheet in a 350 degree oven for 25-30 min.

Good Old-Fashioned Pancakes

Ingredients:

- 1 1/2 cups all-purpose flour
- 3 1/2 tsp baking powder
- 1/4 tsp salt
- 1 tbsp white sugar
- 1 1/4 cups milk
- 1 large egg
- 3 tbsp butter, melted

Directions:

1. Sift dry ingredients together in a large bowl
2. Make a well in the center and add milk, butter, and egg
3. Mix until smooth
4. Pour 1/4 cup batter onto a hot griddle
5. Cook until bubbles form and the edges are dry
6. Flip and cook until brown on the other side
7. Repeat with the remaining batter



Don't forget to add your Canadian maple syrup!

India

India is BIG – about a seventh of the world's population lives within its borders – and it is beautiful. It is famous for its culture, history, festivals, food, Bollywood and the Taj Mahal (one of the Seven Wonders of the World).



Crafts



“Diwali” or “Dipawali” is India's biggest and most important holiday of the year. On this holiday, which lasts for 5 days, Indian people line up clay lights, or “diyas” all over their homes as a representation of the inner light they poses that protects them from spiritual darkness. The holiday symbolizes the victory of good over evil.

DIY Diwali Diyas

Materials:

- Clay (store bought bake or air dry clay)
- Acrylic paint
- Tealight candle

Directions

1. Prepare clay as per instructions
2. Roll the clay into a ball
3. Stick thumbs into the centre of the ball, pinching the sides to make a hallow bowl shape (not donut). It should not be too deep, the flame of the candle should stick up over the top.
4. Flatten out the bottom of the ball to make a flat surface
5. Let the clay air dry or bake depending on its instructions
6. Use acrylic paint to decorate the pot however you'd like
7. Add a tealight candle and make sure the flame doesn't touch the edges of the pot.
8. Enjoy!

Activities



Henna, known more commonly in India as Mehndi, is a form of body art using a paste created from powdered dry leaves of the henna plant. Mehndi is often used to decorate Hindu women's bodies, typically their hands and feet, as part of wedding ceremonies and festivals.

Henna Hand Painting Craft

Materials:

- Paper
- Markers
- Scissors

Directions

1. Trace your hand on a piece of paper and cut it out
2. Using markers, draw a henna design on the paper hand! It's your time to be creative!

Other fun activities include playing throwball! It uses a volleyball and you need to throw the ball to pass to your teammates or over the net using one-handed overhand throws. Give it a try!



Recipes

Another significant element of Diwali besides the lights is getting together with family and friends to enjoy delicious cultural food. Samosas are common to the Diwali feasts, as are a variety of other sweet and savory treats.



Samosas

Ingredients:

- 4 potatoes, peeled and cubed
- 1/4 cup vegetable oil
- 2 small onions, finely chopped
- 3 tbsp coriander seed
- 1 tbsp curry powder
- 1 inch piece fresh ginger, grated
- 1 tsp salt
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp ground cumin
- 1/2 tsp ground allspice
- 1/2 tsp cayenne pepper
- 1/8 tsp ground cinnamon
- 2 Roma tomatoes, finely chopped
- 1/2 cup frozen peas
- 2 (14.1oz) packages double-crust piece crusts, thawed
- 2 large egg whites, beaten

Directions:

1. Boil potatoes until tender. Drain and transfer potatoes to a large bowl; mash coarsely, then set aside
2. Preheat oven to 400F
3. Heat oil in a large skillet over medium-high heat; cook and stir onions and all spices until onion is browned (5min), then remove from heat
4. Stir in tomatoes and peas then pour into coarsely mashed potatoes and mix until thoroughly combined. Let filling cool completely
5. Cut each pie crust into 8 equal triangles. Spoon filling onto the wide end of each triangle; fold corners over filling to create a triangle-shaped hat. Pinch dough together to form a seal.
6. Brush beaten egg whites over each samosa and arrange on baking sheets
7. Bake until samosas are golden brown, about 15 minutes.

Banana Lassi

Ingredients:

- 2 over-ripe bananas, broken into chunks
- 1 1/4 cups thick plain yogurt
- 1/3 cup milk
- 2 ice cubes
- 2 tbsp white sugar

Directions

1. Blend bananas, yogurt, milk, ice cubes, and sugar together in a blender until smooth
2. Serve with a straw and enjoy!



Chai tea originated in India and is consumed all the time, not just during festivals and celebrations.



Chai Tea

Ingredients:

- 1 chai tea bag
- 1 cup water
- 1/2 cup milk
- 1/2 teaspoon honey or sugar (optional)

Directions

1. Place water and tea bag in a small saucepan over high heat
2. Bring to a boil, then lower heat and simmer for 10 minutes until the water is reduced by half. If less than 1/2 cup of water remains, top up with more water
3. Remove the tea bag and stir in milk and honey or sugar. Allow the chai to just return to a boil, then pour into a mug and serve

Mexico



Activities

Football, or soccer, is said to be the most popular sport in Mexico and it's played both professionally and recreationally all over the country.



Crafts



Family, friends and fun go hand in hand, with get-togethers and celebrations happening all of the time. Often included in these are piñatas – treat-filled paper mache or clay pots or other shapes, that are hit with a stick by a blindfolded child while singing a traditional song. Everyone's a winner when the piñata breaks and the treats within are shared.

Piñata Breaking

Materials:

- Piñata (can be purchased at a dollar store)
- Small individually wrapped candies
- Blind fold
- Stick or bat
- Small bags

Directions

1. Fill the piñata with candy and suspend it at a height appropriate to the group
2. Blind-fold the batter, spin them around 3 times and take 3 swings at breaking the piñata
3. Once the piñata is broken, you can fill your bag with candy that has fallen to the ground!

Recipes

Food is one of the most important things in Mexico's culture and way of life, from colorful salsas made with fresh fruits and vegetables, to savory meats, cheeses and tortillas, to sweet treats and desserts like flan and pastel de tres leches (3 milk cake). Food usually revolves around another significant element of Mexican culture – fiestas!



Mexican Chocolate Crescents

Ingredients:

- 1 can (8oz) refrigerated Pillsbury Original Crescent Rolls
- 2 tbsp sugar
- 1 tsp ground cinnamon
- 8 miniature dark chocolate or milk chocolate candy bars

Directions

1. Heat oven to 375 F
2. Separate dough in 8 triangles
3. In a small bowl, mix sugar and cinnamon
4. Sprinkle 1/2 tsp cinnamon-sugar on each triangle
5. Place 1 candy bar at the shortest side of the triangle
6. Loosely roll up, starting at the shortest side and rolling to the opposite point
7. Place the point side down on an ungreased cookie sheet and curve into a crescent shape
8. Sprinkle with about 1/8 tsp of additional cinnamon-sugar
9. Bake 8-10 minutes or until golden brown
10. Serve warm and enjoy!

Cheese Quesadillas

Materials:

- Block of cheddar, and/or marble, and/or mozzarella cheese
- Flour tortillas

Directions

1. Grate the cheese then layer it on a tortilla
2. Cover it with a second tortilla
3. Bake on a cookie sheet in oven or on stove top over medium heat
4. Cut in triangles and serve with sour cream, salsa, and guacamole



Salsa

Ingredients:

- 3 tomatoes, chopped
- 1/2 cup finely diced onion
- 1 tsp salt
- 2 tsp lime juice
- Jalapenos, finely chopped (optional)
- 1/2 cup chopped cilantro (optional)

Directions

1. In a medium bowl, stir together all ingredients
2. Chill for one hour in the fridge before serving

Try having a salsa and guacamole tasting competition with your friends and family!

Guacamole

Ingredients:

- 2 ripe avocados, peeled and pitted
- 1 small onion, finely chopped
- 1 ripe tomato, chopped
- 1 clove garlic, minced
- 1 lime, juiced
- Salt and pepper to taste

Directions

1. Mash avocado in a medium bowl
2. Stir in onion, tomato, and garlic
3. Season with lime juice, salt and pepper
4. Cover and chill in fridge for 30min before serving



Scotland



The Highland Games are events held in spring and summer, originally in Scotland and now in other countries all over the world, as a way of celebrating Scottish and Celtic culture, especially that of the Scottish Highlands. Certain aspects of the games are so well known as to have become emblematic of Scotland, such as the bagpipes, the kilt, and the heavy events, especially the caber toss.

Activities



Tug-of-war competition!

Stone-put using balls of various sizes and weights and a hula hoop target.



Lawn bowling or bocce ball

Lawn darts or archery



Water gun fight!

Recipes



Scottish Oat Cakes

Ingredients:

- 2 1/4 cup oats
- 1/2 cup whole wheat flour
- 1/2 tsp baking soda
- 1/4 cup butter
- 1 tsp salt
- 1/2 tsp sugar
- 1/4 - 1/3 cup hot water



Directions

1. Heat oven to 375 F
2. Mix together oats, flour, salt, sugar, and baking soda
3. Add the butter and rub together until everything is mixed and has the consistency of large bread crumbs
4. Add the water (from a recently boiled kettle) bit by bit and combine until you have somewhat thick dough. The amount of water may vary depending on the oats
5. Sprinkle some extra flour and oats on a work surface and roll out the dough to approximately 1/2 cm thickness
6. Use a cookie cutter to cut out shapes
7. Place the oat cakes on a baking tray and bake for 20-30min or until slightly golden brown
8. Enjoy!

Total time: 40 minutes



Sticky Toffee Pudding

Ingredients for Sponge:

- 1/2 cup all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt
- 3/4 cup brown sugar
- 2 large eggs
- 3/4 cup milk
- 1/2 cup butter, melted
- 1 tsp vanilla extract

Ingredients for Toffee Sauce:

- 1 cup brown sugar
- 1/2 cup butter
- 2/3 cup double cream (35% heavy cream)
- 1 tsp vanilla extract

Directions

1. Preheat oven to 350F and grease an 8x8 baking dish or individual ramekins
2. In a bowl, whisk together flour, baking powder, and salt
3. In another bowl, beat together brown sugar, eggs, milk, butter, and vanilla
4. Gradually add the dry ingredients to the wet ingredients, mixing until just combined (don't overmix)
5. Pour the batter into the prepared dish or divide among individual ramekins
6. Bake for 25-30min or until the sponge is golden brown
7. While the sponge is baking, prepare the toffee sauce. In a saucepan, melt the butter over medium heat.
8. Add the brown sugar and stir to combine. Let it come to a gentle simmer for about 2-3 minutes, stirring occasionally
9. Add the heavy cream and simmer for another 2-3 minutes, stirring frequently, until the sauce thickens and becomes smooth
10. Remove from heat and stir in the vanilla extract
11. Once the sponge is baked, remove it from the oven and let it cool slightly
12. Poke a few holes in the sponge with a skewer or fork, then pour over about half of the warm toffee sauce so it soaks into the sponge
13. Serve warm, drizzling the remaining toffee sauce over the top. Can be served with whipped cream or ice cream if desired. Enjoy!

Thailand

Thailand is a popular tourist destination, with more than 16 million visitors every year! Thailand is located in southern Asia and is known for delicious cuisine, beautiful beaches, elaborate temples and various styles of martial arts.



Activities

Tai Chi

Tai chi is a martial art that involves gentle movements, meditation, and breathing. It is a series of slow, flowing motions that use the entire body. It includes being in a meditative state of mind and controlled breathing. There are several different types which can be learned through taking classes in-person or even online!

Benefits of Tai Chi:
Improve flexibility, balance, and body awareness. Can improve concentration and thinking!



Crafts

A little-known fact about Thailand is that kite-flying is a favorite pastime and even used to be a competitive sport!



DIY Paper Kite

Materials:

- 8.5"x11" coloured cardstock paper
- Wooden skewer
- Kite string
- Ribbon
- Scissors or hole punch
- Tape

Directions

1. Place paper on table landscape wise and fold in half by taking the left and right sides together
2. Mark a point on top of the paper about one inch from the fold
3. Mark a point at the bottom of the paper about one inch from the open side
4. Draw a line connecting these two dots
5. Fold the top corner of the paper down along the line that you created
6. Flip the paper over and fold the other side down to match the side that you just folded
7. Flip the paper back over so that it looks the way it did in step 5 and tape along the middle seam
8. Lay a skewer across the kite and tape it in place. Use your scissors to trim the skewer to the appropriate length
9. Flip the kite back over and straighten the spine of the kite
10. Mark a spot about 1/3 of the way down the spine, and about half an inch from the edge. Put tape over this mark to reinforce it on both sides
11. Use your hole punch or scissors to make a hole in this spot
12. Tie your kite through this hole. Make sure to tie the knot tightly!
13. Tape a length of ribbon to the back of the kite, at the bottom
14. Your kite is ready for flight!



Recipes



Fruits of Thailand

Thailand's warm and humid climate makes for the perfect place to grow fresh fruit! Thailand is home to many tropical fruits which is incorporated into their cuisine. Next time you are shopping for food, see if you can spot any of Thailand's popular fruits and consider trying them!



Rambutan



Durian



Jackfruit



Dragonfruit



Mango

Mango Ice Cream

Ingredients:

- 1 can sweetened condensed milk (Nestle MILKMAID Mini)
- 2 ripe mangoes, puréed
- 1 1/4 cup (300mL) fresh cream

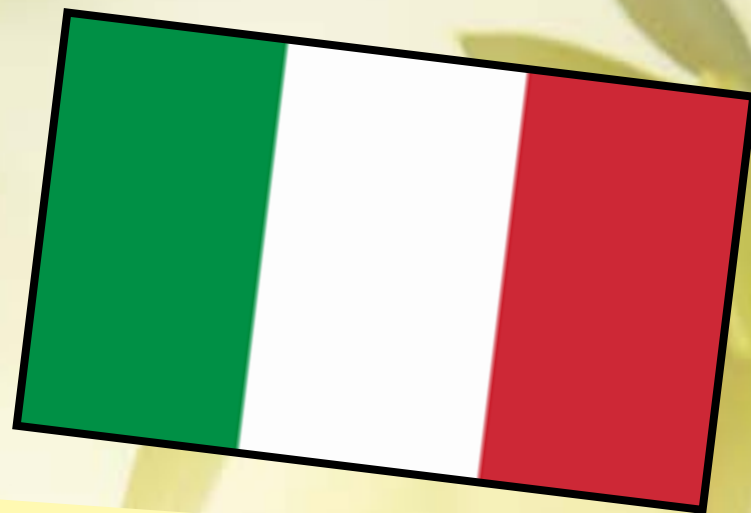
Directions

1. In a bowl, combine the condensed milk, fresh cream, and mango purée
2. Whisk mixture until it thickens
3. Set it in the freezer until half set
4. Remove from freezer and whisk again until smooth. This keeps the texture of the mango ice cream soft and creamy while it finishes setting
5. Return to the freezer and let it set completely
6. Serve chilled and enjoy!

Be creative with adding toppings of your choosing!



Italy



Activities

Soccer, or football, is the most popular sport and the Italian national team is considered to be one of the best in the world!



Crafts

Italy is also known for its art scene – it has some of the most important art galleries and museums in the world and it is one of the world's top art destinations.



Try pavement art!



Make a painting!



Recipes

When people hear Italy, they often think of food. Of course pizza is one of the top things that comes to mind, and it did originate in the city of Naples. But Italians are well-known for so many other fabulous recipes, including desserts such as tiramisu, panna cotta, cannoli, and gelato. Yum!



Cannolis

Ingredients:

- 3 cup ricotta cheese
- Zest of 1 orange or orange extract
- 1/4 cup sugar
- 8 sugar cones
- 1 cup mini chocolate chips
- 1/2 cup confectioners' sugar

Directions

1. In a bowl, combine the ricotta, orange zest, and sugar
2. Transfer mixture to a resealable plastic bag. Snip the corner off to create a homemade pastry bag
3. Squeeze the ricotta mixture into each of the sugar cones, filling them all the way until the mixture just bulges out of the cone
4. Arrange the mini chocolate chips in a small, shallow plate or bowl
5. Sprinkle the cones with confectioner's sugar if you like then dip the exposed ricotta portion of the cone into the mini chocolate chips
6. Enjoy!



Homemade Pizzas

Ingredients:

- 1 package (0.25oz) active dry yeast
- 1 cup warm water (110F/45C)
- 2 cups bread flour (plus more for dusting)
- 2 tbsp olive oil
- 2 tsp white sugar
- 1 tsp salt
- Mozzarella cheese
- Sauce (tomato and/or pesto)
- Veggies (peppers, mushrooms, onion)
- Meat (pepperoni, sausage, ham)

Directions

1. Dissolve yeast in warm water in a small bowl. Let stand until creamy, about 5 minutes.
2. Combine bread flour, olive oil, sugar, salt, and yeast mixture in a mixing bowl; stir well to combine. Beat until a stiff dough has formed.
3. Cover the bowl and let rise at room temperature until dough doubles in volume, about 30 minutes.
4. Preheat the oven to 350F
5. Turn dough out onto a well-floured surface. Form dough into a round and roll out into a thin crust.
6. Cover with sauce of choosing and add cheese and toppings
7. Bake in oven until cheese is bubbly and crust is golden brown, about 20 minutes.
8. Enjoy!

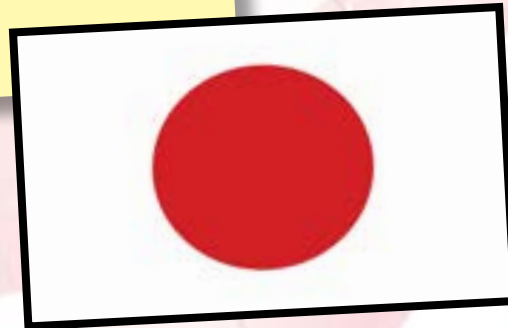
Total time: 1 hour 10 minutes
Servings: 12
Yield: 1 large crust



Japan



Japan is also known for its beauty – incredible architecture, elaborate gardens, lovely Geishas and the annual cherry blossoms create wonderful visual sights throughout the country. Stunning decorations and ornaments can also be seen all around for various reasons. “Bonbori” is a kind of Japanese paper lamp that is often seen hung at festivals, including the famous Bonbori Festival, where there are as many as 400 hand-painted lanterns.



Crafts

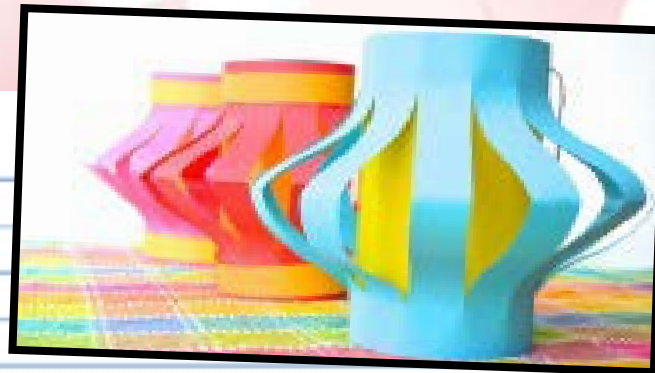
Paper Lantern

Materials:

- 2 sheets of coloured paper
- Scissors
- Pencil
- Stapler

Directions

1. Cut two strips down the long side of one of the sheets of paper
2. Fold the second sheet of paper in half to form a long rectangle
3. Draw pencil marks and cut along the lines with scissors. Be sure to leave about an inch at the end. Be careful not to cut all the way to the edge!
4. Open it up and roll it to connect both ends of the paper. Staple it together
5. Roll up the first sheet of paper and insert it into the lantern and staple it into place.
6. Use the strips of paper you first cut off to decorate your lanterns if desired
7. Hang your paper lantern from the ceiling or place them on the table for a colourful and festive center piece!



“Koinobori”, meaning “carp streamer” in Japanese, are carp-shaped wind socks traditionally flown in Japan to celebrate “Tango no sekku” (a traditional annual celebration revolving around the lunar calendar) as well as at Children’s Day.

Carp Windsocks

Materials:

- Construction paper
- Tissue paper
- Streamers
- Scissors
- Glue
- Hole puncher
- Paint brush



Directions

1. Lay construction paper horizontally
2. Cut tissue paper into the shape of scales
3. Dip paintbrush into glue and create a line along the bottom
4. Carefully place your first row of fish scales along the glue line. Choose a variety of colours or patterns.
5. Glue the scales across the construction paper and repeat to make 5-6 rows of scales. Each row will overlap. Stop once half way up the paper.
6. Cut a 2 inch strip of black construction paper and glue across the top layer of scales
7. Cut two almond shaped eyes from the black paper and glue them on
8. Flip the project upside down. Cut strips of colourful streamers and glue them along the bottom side of the paper
9. Roll the paper to connect the edges and staple the ends together.
10. Use a hole puncher to place two small holes on either side of the top and tie with yarn so you can hang it.



Recipes

Did you know that sushi originated in Japan 2000 years ago? There are 5 basic types of sushi – nigari, sashimi, maki, uramaki, temaki – that denote how it's prepared, as well as an endless variety of fillings and ingredients. Dessert sushi is not considered a typical form of sushi in Japan, but it's like so many other foods that get created and adapted in other places. Either way, it's yummy!

Banana Nutella Roll

Materials:

- Banana
- Nutella
- Rice Krispies



Directions

1. Pour Rice Krispies onto a plate
2. Unpeel banana, spread Nutella on it, and press it into Rice Krispies
3. Refrigerate
4. Cut banana into slices
5. Enjoy!

Dessert Sushi!

Strawberry Kiwi Roll

Materials:

- Strawberries, sliced
- Kiwis, sliced
- Sushi rice
- Cream cheese



Directions

1. Line sushi mat with plastic wrap
2. Spread rice in thin layer over sushi mat
3. Evenly spread cream cheese over fruit
4. Roll rice around filling, then cut roll
5. Garnish with strawberry and enjoy!

Mango and Sweet Rice Roll

Materials:

- Mango
- 1/4 cup sticky rice
- 1 tsp condensed milk



Directions

1. Mix together sticky rice and condensed milk
2. Form rice into rectangles
3. Cut mango into thin slices to fit over the rectangles
4. Enjoy!

Instead of soy sauce, dip it into melted chocolate!

Vegetable Roll

Ingredients:

- 2 cups rice
- 1/4 cup rice vinegar
- 1 tsp salt
- 1 package roasted seaweed sheets
- 2 whole carrots
- 1 avocado
- 1 block of cream cheese
- Soy sauce
- Wasabi sauce

Materials:

- Cooking pot
- Large mixing bowl
- Rolling mat
- Small bowl
- Sharp, non-serrated knife
- Cutting board

Directions

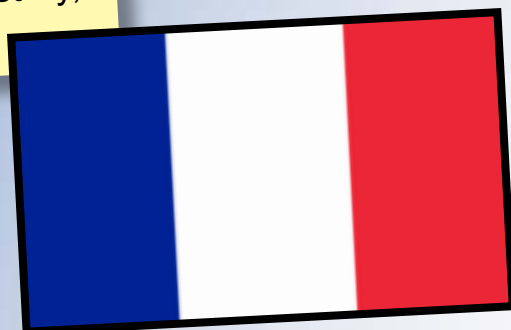
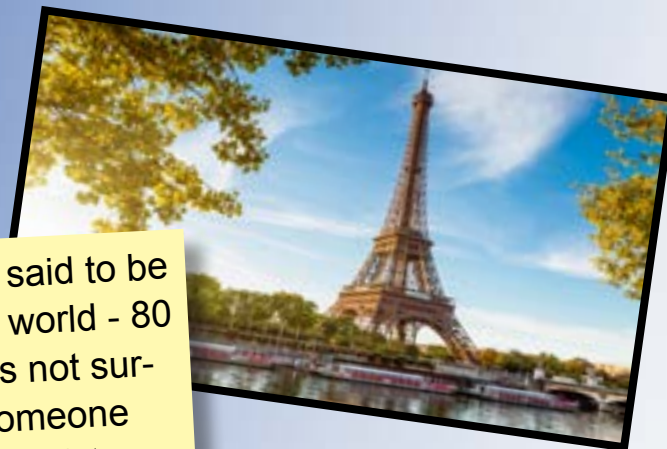
1. Prepare the sticky rice. Cook the rice accordingly then put in fridge to cool. Mix in rice vinegar and salt to the rice.
2. Slice carrots, cucumber, avocado, and cream cheese in long narrow strips
3. Load the sushi roll by placing a seaweed sheet on the sushi roller, shiny side down. Spread the rice evenly on the seaweed and leave 1 inch of seaweed along the far edge with no rice.
4. Place one carrot, cucumber, avocado, and cream cheese strip across the rice bed
5. Lightly dab the exposed seaweed edge with wet fingers.
6. Using the roller, begin rolling the sushi from the near edge using firm pressure. Roll until the roller would be folded into the sushi itself. Allow the sushi roller to separate from the seaweed sheet
7. Finishing rolling forward until the seaweed sheet adheres to itself on the moistened seaweed at the far edge.
8. Cut the sushi into 1 inch slice pieces.
9. Garnish each piece with a bit of wasabi as desired and set out soy sauce
10. Enjoy!



When rolling, be firm with pressure but if it is too much, the rice will come out of the ends!

France

Home of the infamous Eiffel Tower, France is said to be one of, if not the most visited countries in the world - 80 million people travelled there in 2011. And it's not surprising, as there are so many reasons why someone would want to spend time there – the food, the history, the art, to name just a few.



Recipes



Croissant with butter and jam!



Cheese and bread plate, yum!



Activities



Marshmallow Eiffel Tower

Materials:

- Wooden skewers and toothpicks
- Small, large, and extra large marshmallows
- Plate or cardboard base

Directions:

1. Gather all materials and the base for the tower
2. Using your creativity, build an eiffel tower by connecting marshmallows with skewers and toothpicks

Tips:

- Print out a photo of the eiffel tower before beginning and have it in front of you to help design your tower!
- Try using the larger marshmallows at the bottom for more stability!



Cycling is very popular in France. They are home to the Tour de France, a famous cycling competition. Try having your own competition by using pylons to make your own race track! Use a stop watch to time yourself. You can try using adapted bikes or scooters too!



Crafts

Body Tracing

Materials:

- Large paper
- Washable marker
- Masking tape
- Paint

Directions:

1. Lay large paper on the floor and tape corners down. Lay down on the paper in any pose you would like and have a friend trace around your body using marker.
2. Now it's time to get creative! Paint your body tracing and add any decorations of your choice!



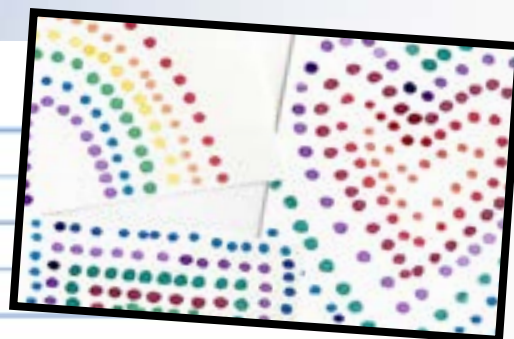
Q-Tip Pointillism

Materials:

- Q-tips
- Paint
- Paper

Directions:

1. Set up the activity on a tray or mat with a sheet of paper and your paints
2. Dip a Q-tip in one of the paints then press the tip to the paper creating a dot
3. Continue to dip and make art in any design or pattern of your choosing!
4. Let dry and display!



Raised Salt Painting

Materials:

- Cardstock paper
- White glue
- Table salt
- Shallow dish
- Liquid watercolours
- Paint brushes

Directions:

1. Squeeze glue from the bottle onto the cardstock in any design
2. Sprinkle with salt until glue is thoroughly covered, then tip to let the excess salt fall away
3. Add colour! Dip your paint brush into liquid watercolour paint then gently touch the salt-covered glue lines. Watch the paint magically travel in both directions!
4. Let dry thoroughly, it may take 1-2 days.



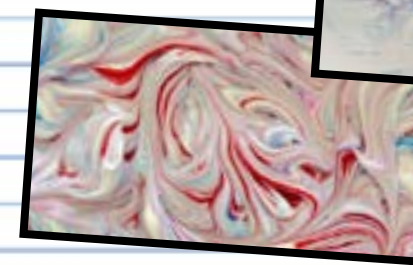
Shaving Cream Marbling

Materials:

- Shaving foam
- Shallow baking dish
- Droppers
- Stir stick
- Cardstock
- Scraper
- Liquid watercolour paint or watered-down food colouring

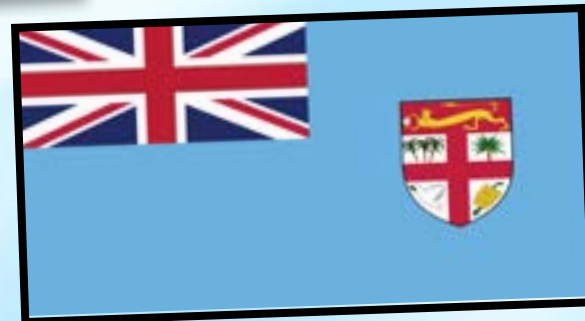
Directions:

1. Spray a layer of shaving cream to cover the bottom of the baking dish
2. Add drops of liquid watercolour paint on top of the shaving cream
3. Swirl the paint using a stir stick for a marbled effect
4. Carefully press a piece of cardstock into the paint-covered shaving cream
5. Carefully lift up the cardstock off the shaving cream
6. Use a scraper to scrape off the shaving cream, revealing your marbled paper!
7. Repeat as many times as you would like by adding different colours and seeing how they appear on paper



Fiji

Fiji is a land of white sandy beaches, tropical rain-forests, and coconut plantations. Located in the south pacific, Fiji is composed of 320 tropical volcanic islands with 110 that are actually inhabited. It's no wonder this exciting, unpredictable, wildly magical place has hosted 2 seasons of Survivor.



Recipes

Fruit Kabobs & Yogurt Dip

Materials:

- Wooden skewers
- Various fruits: bananas, grapes, melon, pineapple, berries
- Yogurt (any flavour)

Directions:

1. Prepare the fruit by washing, peeling, and cutting them into cubes
2. Arrange fruit on skewers in any way that you desire
3. Put skewers and yogurt on a plate for serving
4. Enjoy!



Oven S'mores

Materials:

- Graham crackers
- Large marshmallows
- Thin chocolate bars

Directions:

1. Preheat oven to 425F
2. Lay graham crackers on a baking sheet
3. Top with chocolate
4. Top marshmallow on top
5. Place in oven for 5 minutes
6. Remove from oven and press the other graham crack on top
7. Enjoy!



Try being creative with the chocolate and toppings you use!



Activities

Obstacle Course

Materials:

- Bean bags and a bucket
- Ball
- Pylons
- Egg and spoon
- Extra clothing

Directions:

1. Set up objects in a circuit with a designated start and finish. It is best to use a larger space like a gym or outside.
2. Arrange teams or compete individually!
3. First station will be a race to put on extra clothing. In SPORT we used hospital gowns!
4. Second station is rolling a ball through pylons from Point A to Point B
5. The third station is to pick up 5 bean bags, one at a time, and throw them into a bucket
6. The last station is to carry an egg on a spoon from Point A to Point B



Survivor

Our version of Survivor is an individual game of challenges and points. There are 4 stations and you can race against your friends or the clock to earn points!

Challenge #1: Fishing for Survival

- Set up a bucket with water and plastic letters attached to dowels
- Participants will fish for letters in their containers - when they catch a letter, they must figure out how to remove it from the dowel
- Once all letters have been retrieved from the water, you will put it together to spell a word

Challenge #2: Puzzle Challenge

- Set up a puzzle and race against each other or the time to complete it

Challenge #3: Find-It

- You will be blindfolded and search through a container of rice to find all of the hidden items

Challenge #4: Tribal Necklaces:

- This is not a challenge, but rather for fun!
- Create a necklace with beads and string that represents something about you! Be as creative as you would like!





Thank you for reading!

