

Parent Guide: Summer – Day 2 of 5 (Camping)

Eat "Dirt", Indoor Campsite, Camp Buddy Exercises

1

Eat "Dirt"

In the name of science, of course! A fun STEM recipe that makes edible "soil".

Supplies Needed:

- clear plastic cup or glass
- zip top bag
- rolling pin or mortar and pestle
- various snack foods to represent rocks and dirt (sprinkles, gummy worms, dark cookies, light cookies, chocolate candies, etc...)

Join us on our Facebook page for instructions!

2

Indoor Campsite

Great pretend option for rainy days when you can't get outside. Make a campfire, hot dogs, and s'mores from the comfort of your living room! Take it one step further and make-up your own campfire stories!

Supplies Needed:

- chairs, couches, blankets, and pillows (optional, homemade fort)
- paper towel tubes (logs)
- red, orange, and yellow tissue paper or construction paper (fire)
- several shades of brown construction paper (graham crackers, chocolate, hot dogs, hot dog buns)
- white construction paper (marshmallows)
- straws (sticks)

If you don't have the above items, or you don't want to make your own camp elements, use the free printable from our Parent Supplement.

Join us on our Facebook page for instructions!

3

Camp Buddy Exercises (Source: Fit RV: Camping With Kids via YouTube)

Exercises for the campground, the backyard, or the living room...these are great to get your body moving no matter where you end up camping. And the best part? You get to do them with a buddy!

Visit the link on our website for the guided workout.