

Town of Portugal Cove-St. Philip's

# EASTER CAMP @ HOME!

DAILY PLANS FOR EASTER FUN  
WITH YOUR FAMILY!

# WELCOME

## TOWN OF PCSP EASTER CAMP @ HOME

Welcome to "Easter Camp @ Home!"

Each day is designed to help children keep active, be creative, and try new things!

Use our template below to fill in your daily schedule. On your schedule, be sure to include snack and lunch breaks - because they're important!

Remember outdoor play is great - but make sure to do it in a safe manner, adhering to the social distancing measures. All Town playgrounds and parks are closed, so check out your neighbourhood or even your own backyard!

Didn't get to do an activity today? That's okay try it another day.

Time	Activity
9:00am	Morning Fitness
9:30am	Craft
10:00am	Snack
10:30am	Activity 1
11:00am	Free Play
12:00pm	Lunch
1:00pm	Outdoor Play
2:30pm	Activity 2
3:00pm	Snack



# DAY 1: Monday

TOWN OF PCSP  
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## Gentle Morning Fitness

- Spell your name using the fitness alphabet

### Fit activity for kids what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

**A** jump up & down 10 times

**B** spin around in a circle 5 times

**C** hop on one foot 5 times

**D** run to the nearest door and run back

**E** walk like a bear for a count of 5

**F** do 3 cartwheels

**G** do 10 jumping jacks

**H** hop like a frog 8 times

**I** balance on your left foot for a count of 10

**J** balance on your right foot for a count of 10

**K** march like a toy soldier for a count of 12

**L** pretend to jump rope for a count of 20

**M** do 3 somersaults

**N** pick up a ball without using your hands

**O** walk backwards 50 steps and skip back

**P** walk sideways 20 steps and hop back

**Q** crawl like a crab for a count of 10

**R** walk like a bear for a count of 5

**S** bend down and touch your toes 20 times

**T** pretend to pedal a bike with your hands for a count of 17

**U** roll a ball using only your head

**V** flap your arms like a bird 25 times

**W** pretend to ride a horse for a count of 15

**X** try and touch the clouds for a count of 15

**Y** walk on your knees for a count of 10

**Z** do 10 push-ups



# DAY 1: Monday

TOWN OF PCSP  
EASTER CAMP @ HOME

## Water Color Egg Art

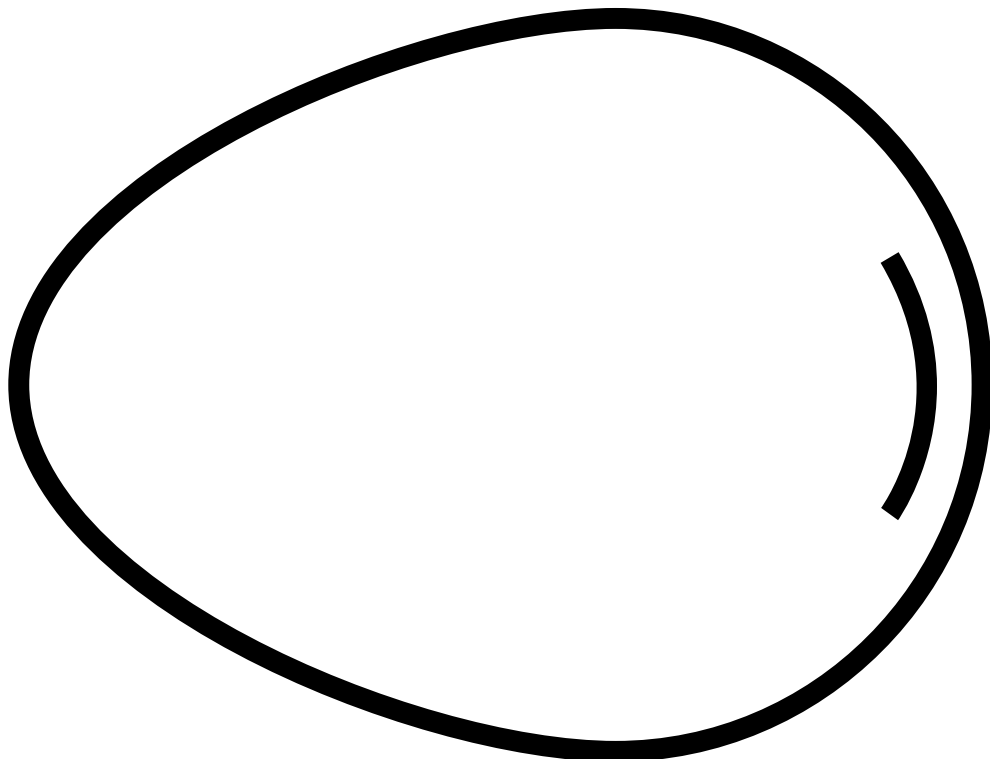
You will need:

- Paper, cardstock, or construction paper
- White Crayon
- Water paint

Using the egg template, take a white crayon to make your own design. Then use water paint to paint the egg, and see what you created!



**Watercolor Surprise**  
*Easter Egg Art*



# DAY 1: Monday

TOWN OF PCSP  
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## Egg Toss

You will need:

- Plastic Easter eggs and a basket
- Use painters tape to draw a line on the floor. Children must stand behind this line.
- Draw another line a short distance away and deposit the basket near this line.
- Give each child five eggs.
- Children take turns throwing their eggs towards the basket.
- Did anyone get all their eggs in the basket??



## Outdoor Play

- Get outside and play in your own yard, or go for a walk.
- Make sure to adhere to social distancing measures and stay safe!



## BINGO

- Get ready to make your own BINGO card! Check back to the Town of PCSP's Facebook Page and website on Monday afternoon for a BINGO announcement and further details! The BINGO game takes place on Wednesday night at 6:30.





# DAY 2: Tuesday

TOWN OF PCSP  
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## Plank Challenge

- Time your plank, see if you can go longer each time you try  
- give it a try later tonight, try it again tomorrow!



## Crafts

- Draw a picture of your favourite Easter treats!
- Make a map of where you found items the Easter Bunny left for you!



## Egg Bocce

You will need:

- Plastic eggs
- If you've never played before take a minute to check out the rules online (It's very similar to lawn bowling)



1. Pick one colour egg to be the "White Ball" (example: Yellow)
2. Each player chooses four of the same colour eggs (if the "ball" is pink - players cannot choose pink)
3. Player rolls the egg (the "white" ball) to a spot on the floor (or grass if you have it outside!)
4. Each player then takes a turn rolling their egg to get closet to the "white" Ball. Whoever is closest to the egg is always the one to roll (could mean you roll all your eggs and then the other player goes).
5. You get a point for every egg closet to the "white ball" (in the picture the green gets 1 point)



# DAY 2: Tuesday

TOWN OF PCSP  
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## Outdoor Play

Get outside and play in your own yard, or go for a walk - make sure to adhere to social distancing measures and stay safe!



Happy Easter

How many words can  
you spell from...

"HAPPY EASTER"

Pay	

# Happy Easter



Ready....Set....Roll

You'll need:

- Plastic egg
- Straw (optional)
- Tape or a start and finish line

Make a start and finish line on the floor. Using a straw (or just by blowing), children have to blow the egg from start to finish. How many times did it roll away!



# DAY 3: Wednesday

TOWN OF PCSP  
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Hit the Deck!

Get a deck of cards to do morning fitness  
Keep the cards facedown, and choose 10:

2 - Jog on the spot for 20 seconds

3 - 3 Push ups

4 - 4 High knee jumps

5 - FREE

6 - 6 Burpees

7 - 7 Sit ups

8 - 8 Jumps side to side

9 - 9 Arm circles each arm

10 - 10 Lunges on each leg

J - 10 Squats

Q - 15 Heel raises (from standing, rise to the balls of your feet and back down)

K - Plank for 20 seconds

Ace - 10 Jumping Jacks



## Easter Scattergories

Pick a letter and you have one minute to complete the round. When the minute is up, count how many you got! If you're playing with more than one person, and you write down the same thing they cancel out.

CLUE	Round 1	Round 2	Round 3
Something that rhymes with "bunny"			
Something that fits into an egg			
Somewhere to hide an egg			
Something that hops			
Something that is yellow			
Something that rhymes with "peep"			
An Animal that lays eggs			
Something that is pink			
Something that is fluffy			
TOTAL POINTS FOR EACH ROUND:			





# DAY 3: Wednesday

TOWN OF PCSP  
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## Toilet Paper Bunny

Time to get crafty! Check out the example in the photo and make your own at home. Be sure to decorate your toilet paper bunny with your favourite Easter colours!



## Outdoor Play

Get outside and play in your own yard, or go for a walk - make sure to adhere to social distancing measures and stay safe!



## BINGO!

Don't forget to join Facebook live at 6:30pm to play your bingo card you made on Monday! Check back to the Town of PCSP's Facebook Page and website on Monday afternoon for a BINGO announcement and further details!



# DAY 4: Thursday

TOWN OF PCSP  
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## Heads - Tails Fitness

Use a coin and flip in the air until you have crossed off the whole list!



Heads	Tails
Toss and catch an egg 10 times	Toss and catch an egg with one hand 5 times
Balance an egg on the back of your hand for 10 seconds	10 Jumping Jacks WITH an egg under your chin
10 Push Ups	10 sit ups
10 forward arm circles	10 backwards arm circles
Make up your own	Make up your own



## Egg Submarines

Can you make a plastic egg sink?

You will need:

- Plastic eggs
- Bowl of water  
(sink or tub work too!)
- Items to put into eggs:  
Coins, pom poms, marbles, etc.

Start by placing one pom pom, or one coin in the egg, close it and see if it floats. Keep adding to the egg, see how many you can fit in before it sinks! (Source: [www.theresjustonemommy.com](http://www.theresjustonemommy.com))



*Simple STEM*  
**Plastic Egg Submarines**



# DAY 4: Thursday

TOWN OF PCSP  
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## Outdoor Play

Get outside and play in your own yard, or go for a walk - make sure to adhere to social distancing measures and stay safe!



## Egg Carton Flowers

Recycle old egg cartons and turn them into stunning flowers! Use a straw or popsicle stick to make the stem!

(Source: [www.iheartartsandcrafts.com](http://www.iheartartsandcrafts.com))



# DAY 5: Friday

## TOWN OF PCSP EASTER CAMP @ HOME

### Active Time!

Pick your favourite physical activity from the week to do again!



### Marshmallow Stacking!

How many marshmallows can you stack?

- Try it with different sizes, is one easier than the other?
- Make it harder, use chop sticks!



### Rainbow Math

You will need:

- Rainbow (see step one - make your own!)
- Dice (one or two)
- Fruit Loops, cheerios, or marshmallows

1. Have children make their own rainbow, the strips need to be long enough to fit 10 items
2. Each turn is a different colour strip (first roll red, second roll orange, etc.)
3. The number on the die is how many you place on your strip (die = 6, 6 cheerios, 4 left to make 10)
4. Keep taking turns until you each finish your rainbow!



### Outdoor Play

Get outside and play in your own yard, or go for a walk - make sure to adhere to social distancing measures and stay safe!





Thank You For Participating In...

# EASTER CAMP @ HOME!

We'd love to see your pictures of your family trying these activities - share your photos with us on Facebook (@townofpcsp), Twitter (@pcspnl), or Instagram (@pcspnl), or email them to our Communications Coordinator at [stephanie.tucker@pcsp.ca](mailto:stephanie.tucker@pcsp.ca)



**Portugal Cove  
St. Philip's**