

# CAMP

# hello gardeners®

## WELCOME TO SESSION TWO

Get your campers excited for this week's video!  
Here are the highlights & materials you'll need.



**Art Class**  
featuring our very own  
illustrator Kelsey  
- interactive -

**Materials Needed:**  
Piece of paper and  
something to draw with.  
Crayons/markers/water-  
colors are optional.



**Qi Gong**  
featuring Qi Gong  
Master Mike Schmidt  
- interactive -

**Move, breathe & Meditate!**  
Learn a form of yoga that  
has been around for  
thousands of years.



**Weeds to Seeds**  
featuring Gardener  
Anna  
- interactive -

**Inspirational Stories:**  
Listen to inspiring stories  
from other gardeners  
around the country!



**Get Scrubbin'**  
ft. Leah of Homemade  
Happiness by Leah  
- supervised -

**Materials Needed:**  
Sugar, any kind of cooking  
oil, essential oil and pink  
himalayan salt (optional)



**Get Cooking**  
featuring Gardener  
Aidan  
- supervised -

**Ingredients:**  
2 cups of rolled oats, 2-3  
ripe bananas and 1/4 cup  
of chocolate chips.



**Chalk It Up**  
featuring Gardener  
Anna  
- supervised -

**Materials Needed:**  
Equal parts corn starch  
and water, food coloring &  
a muffin tin.



**Guess Who**  
featuring Gardeners  
Anna & Aidan  
- interactive -

**Let's play a game!**  
Play along with the  
gardeners and their dog  
Diamond.



**Tag, You're It**  
featuring Gardener  
Alexandra  
- independent -

**Get Moving!**  
Stay active keeps young  
gardeners healthy and  
growing.



**Funwork**  
this week's assignment  
- independent/supervised -

**Send us your fox:**  
Send us pictures of the  
Foxye you made with  
Gardener Kelsey for a  
chance to be featured in  
an upcoming camp session.

### Activity Key:



weekly  
assignment



get  
moving



mindfulness  
exercises



inspiring  
stories



music



kids  
create



arts &  
crafts



what's  
cooking



fun &  
games



sensory  
activities