

EXPRESS YOURSELF

5 DAYS OF THEMED SCHOOL-AGE
SUMMER CAMP LESSONS

**BEST
DAY
EVER!**

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EXPRESS YOURSELF

Students will explore! Learning concepts will be fun and exciting as discoveries are made and games are played! While the lesson plan incorporates many different Pennsylvania Learning Standards, it focuses on the key learning areas of "Creative Thinking and Expression." Specifically, students will learn to engage in activities that meet the PA Standard Areas of Production and Performance in Visual Arts, Social Emotional Development-Self Awareness and Self-Management, and Establishing and Maintaining Relationships.

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SCHEDULE

DAY 1

ARRIVAL ACTIVITY	
READY, SET, LEARN	45 MINUTES
HANDS-ON ACTIVITY - GUESS THE MEDIUM	30 MINUTES
BREAK/SNACK TIME	15 MINUTES
LET'S GET MOVING - UP DOWN	45 MINUTES
HANDS-ON ACTIVITY - EXPRESS YOURSELF	30 MINUTES
BREAK/LUNCH TIME	45 MINUTES
HANDS-ON ACTIVITY - NAME ART	45 MINUTES
SOCIAL-EMOTIONAL LEARNING - HEART MAP	45 MINUTES
HANDS-ON ACTIVITY - CHLOROPHYLL PAINTING	45 MINUTES
WRAP UP/GOODBYES	15 MINUTES
LATE PICK-UP	

DAY 2

ARRIVAL ACTIVITY	
READY, SET, LEARN	45 MINUTES
HANDS-ON ACTIVITY - OPTICAL ILLUSION HAND	30 MINUTES
BREAK/SNACK TIME	15 MINUTES
LET'S GET MOVING - DROP AND POP	45 MINUTES
HANDS-ON ACTIVITY - SURPRISE ANIMALS	30 MINUTES
BREAK/LUNCH TIME	45 MINUTES
HANDS-ON ACTIVITY - THE ILLUSION	45 MINUTES
SOCIAL-EMOTIONAL LEARNING - ASSUMPTIONS ARE NOT TRUTH	45 MINUTES
HANDS-ON ACTIVITY - WHO I AM	45 MINUTES
WRAP UP/GOODBYES	15 MINUTES
LATE PICK-UP	

DAY 3

ARRIVAL ACTIVITY	
READY, SET, LEARN	45 MINUTES
HANDS-ON ACTIVITY - WATER DROP PAINTING	30 MINUTES
BREAK/SNACK TIME	15 MINUTES
LET'S GET MOVING - KEEP IT UP	45 MINUTES
HANDS-ON ACTIVITY - ICE PAINTING	30 MINUTES

BREAK/LUNCH TIME	45 MINUTES
HANDS-ON ACTIVITY - SPRAY IT	45 MINUTES
SOCIAL-EMOTIONAL LEARNING - KINDNESS KEEPER	45 MINUTES
HANDS-ON ACTIVITY - PAINT SHIRT	45 MINUTES
WRAP UP/GOODBYES	15 MINUTES
LATE PICK-UP	

DAY 4

ARRIVAL ACTIVITY	
READY, SET, LEARN	45 MINUTES
HANDS-ON ACTIVITY - EMOTION WHEEL	30 MINUTES
BREAK/SNACK TIME	15 MINUTES
LET'S GET MOVING - FRISBEE RELAY	45 MINUTES
HANDS-ON ACTIVITY - CLOSE 'EM UP	30 MINUTES
BREAK/LUNCH TIME	45 MINUTES
HANDS-ON ACTIVITY - DUAL SELF-PORTRAIT	45 MINUTES
SOCIAL-EMOTIONAL LEARNING - STRESSED OUT	45 MINUTES
HANDS-ON ACTIVITY - OOBLECK STRESS BALL	45 MINUTES
WRAP UP/GOODBYES	15 MINUTES
LATE PICK-UP	

DAY 5

ARRIVAL ACTIVITY	
READY, SET, LEARN	45 MINUTES
HANDS-ON ACTIVITY - SURPRISE ME	30 MINUTES
BREAK/SNACK TIME	15 MINUTES
LET'S GET MOVING - MARCO POLO	45 MINUTES
HANDS-ON ACTIVITY - GUESS THAT PICTURE	30 MINUTES
BREAK/LUNCH TIME	45 MINUTES
HANDS-ON ACTIVITY - STORYTIME	45 MINUTES
SOCIAL-EMOTIONAL LEARNING - KINDNESS	45 MINUTES
HANDS-ON ACTIVITY - SURPRISE ME	45 MINUTES
WRAP UP/GOODBYES	15 MINUTES
LATE PICK-UP	

MATERIALS LIST

- Cups
- Multimedia player
- Timer
- Tape
- Crayons
- Paint
- Rulers
- Stickers
- Erasers
- Charcoal
- Paintbrushes
- Oil pastels
- Blank paper
- Watercolors
- Paintbrushes
- Old clothes
- Clipboards
- Buckets
- Frisbees
- Plastic bag
- White paper
- Green leaves
- Large paper box or bag
- Any other art medium you have on hand
- White board paddles
- White board markers
- Colored plastic cups (preferably disposable)
- Various art mediums
- Large white paper
- Multi-media player
- White paper
- Colored pencils
- Chairs
- Pencils
- Large poster paper
- Pipette droppers
- Liquid watercolors
- Wax paper
- Ice cube trays
- Craft sticks
- Freezer
- Spray bottles
- Tempera paint
- Chip cylinders or similar shape objects
- Construction paper
- Kindness Keeper stickers
- White t-shirts
- Squirt bottles
- Acrylic paint
- Tablespoon measurements
- Cup measurements
- Large pieces of paper
- Pitcher of water
- Cornstarch
- Funnels
- Stirring sticks
- Markers
- Plastic baggies
- Feathers
- Buttons
- Sequins
- Colored paper
- Ribbon
- Strings
- Multi-color beach ball
- Burlap
- Foam
- Glue sticks
- Glue bottles
- Lego® people
- Dolls
- Play food
- Various toys
- Baskets
- Lined paper
- Butcher paper

SHOPPING LIST

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DAY 1 – ART MEDIA



ACTIVITY/CONCENTRATION

EARLY DROP OFF – ARRIVAL ACTIVITY

During this free time, students will select and use toys or games associated with the daily theme.



DURATION/SCHEDULE

180 minutes – 6 to 9 a.m.



ACTIVITY/CONCENTRATION

READY, SET, LEARN

Class discussion about art and expression. Start with asking the students “What do you think it means to express yourselves?” Allow this conversation to bounce back and forth a few times to get the ball rolling. Redefine expression as needed so the students will come to the point where they understand the same meaning as you. Once conversation has slowed a bit, introduce the following question: “What is art?” Ask for different mediums of art (paint, crayons, pencils, charcoal, etc.)



What Are the Different Mediums Used in Art?

Show the video using the QR code above to help explain different art media. Ask; “How can you use art to express yourself?” Dive deeper into that question by being more specific if needed. “How can you express yourself through painting/sculpture/etc.?”

Fun Facts:

- Art media are the types of material used by the artist to create their piece.
- Oil paints are one of the oldest methods of painting, but it is very delicate to work.
- Watercolors are one of the cheaper art mediums.
- Acrylic paints are one of the newest art mediums.



DURATION/SCHEDULE

45 minutes – 9 to 9:45 a.m.



MATERIALS

- Multi-media player
- Fun facts from above