

IN INDIVIDUAL MODE

IN ORDER TO AVOID PHYSICAL CONTACT, FAVOUR ACTIVITIES THAT REQUIRE LITTLE OR NO MATERIAL, OR MATERIAL THAT CAN BE USED INDIVIDUALLY.

1

Practice active movement by transforming your campers into secret agents whose mission is to avoid crossing paths with another group.

2

Encourage your campers to explore a variety of sports and take up active individual challenges:

Skipping rope

- Skip rope for as long as possible (time vs number of repetitions)
- Invent a movement/special jump
- Practice the movements by rolling the rope forwards and backwards

Trick shots

- Pull off a challenging movement using your favourite ball
- Perform an unusual figure (acrobatics)

Games using elastics (<https://bit.ly/3dpOIPD>)

Create dance movements: Move to the sound of music! Use this opportunity to create TikTok-style videos with your group. Slackline, hula hoop, athleticism, gymnastics, circus, hopscotch, etc.



Want ideas for variations? Check out the **skipping rope**, **Nawatobi**, **Ready set go**, **Cascade** and **Slackline** activities.

3

Present an individual challenge with collective results.

ex. Travel together: Count the number of kilometres each camper covers at camp this summer in an effort to venture as far as possible. Why not circle the globe?

4

Use pool noodles to reinvent games and avoid contact between campers.

ex. When playing tag, only the noodles can enter into contact, as contact between the campers should be avoided.

5

Create a garden in which each camper has a plot.

If you don't have enough space, think about using shoots.



Refer to the **I have a green thumb activity**, and you'll see that it's easy!
<https://portail.tremplinsante.ca/boutique/jai-le-pousse-vert/>



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Hold contact-free relay races with several variations:

Set up stations to practice basic motor skills and create a course that calls for a combination of skills, including running, skipping, jumping, crawling, balancing, etc.



For pro tips, please see the **Champions for life activity**:
<https://portail.tremplinsante.ca/boutique/activites-champions-pour-la-vie/>

Integrate healthy eating notions into the courses. For example, place food cartons in different locations along the course and ask the campers to memorize them for purposes of creating a recipe at the end of the activity. You can also organize a slalom between water bottles placed on the ground. Better yet, this lets the campers keep their water bottles close at hand! Do these activities interest you?



Read the **Think & Run duathlon** and **The rapids game sheets**
<https://portail.tremplinsante.ca/boutique/duathlon-pieds-et-meninges/>
<https://portail.tremplinsante.ca/boutique/defi-tchin-tchin-les-rapides/>

7

Focus on individual tasks in cooking workshops.

Provide individual spaces as well as foods and materials for each camper.



Pssst! To help you along, look through the **What's your Recipe guide**.
<https://portail.tremplinsante.ca/boutique/guide-quelle-est-ta-recette/>

8

Invite your group to create a virtual recipe in the colours of the rainbow.




For added inspiration, use the **Virtual chef activity**
<https://portail.tremplinsante.ca/boutique/cuisinier-virtuel/>






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Together with your campers, explore the foods using all five senses.

Think of preparing individual portions in advance or collecting the food items directly from the garden.



Discover the **Mystery foods game** and the **Tasting expert activity** to help you present this activity
<https://portail.tremplinsante.ca/boutique/aliments-mystere/>
<https://portail.tremplinsante.ca/boutique/expert-degustateur/>

12

Favour non-food rewards and avoid material rewards.

Have the campers vote on an activity that you can integrate into your programming.



For further ideas, please see the tool entitled **Rewards that make a difference.**
<https://portail.tremplinsante.ca/boutique/defi-sante-quiz-vitamine/>

10

Invite the campers to explore their creativity.

Ask them to come up with sketches featuring funny and fun-filled recipes.



THANK YOU FOR FULFILLING YOUR MISSION TO PRESENT OUTDOOR ACTIVITIES THIS SUMMER!



11

Integrate guessing games, charades and mimes to spark the campers' interest and foster the acquisition of new knowledge.



The **Energy quiz activity** can help you make your healthy eating activities that much more dynamic.
<https://portail.tremplinsante.ca/boutique/defi-sante-quiz-vitamine/>

