



Calgary AfterSchool is invested in the future of every young person. We offer fun, safe, free or low-cost after school programs for a diverse group of children and youth. We have hundreds of programs that focus on sports, arts, healthy living and leadership development. Please enjoy these activities that will help keep your mind and body active!

**Theme: Outdoor**

Being outside exposes children to the natural world through exploration, experimentation, motivation and manipulation of their senses. Outdoor play also helps children stimulate neurological pathways to the brain and is essential for cognitive and physical health.

**Play Activity:**

Set up a camp out or tent using household items in your backyard or nearby park and spend some time under the sky. What do you see in the clouds? Can you find the moon? Maybe you can discover the different constellations and begin to differentiate between planets and stars!

**Sample Materials at Home:**

- Bedsheets
- Blankets
- Tarp
- Flashlight
- Binocular
- Pillows
- Lawn chairs



## Play Challenge:

Squirrels are nimble, bushy-tailed rodents that can be found in your backyard, around parks or running across the fence! Squirrels are always on the move to find food. What household and recycled items can you use to build a squirrel picnic table or bench so that they have a place to eat and hang out? Remember not to feed the squirrels. They have enough natural food which is better for them.

## Sample Materials at Home:

Scrap wood pieces

Jenga blocks

Play blocks

Popsicle sticks

Glue

Tape

Nails

Safety glasses

Small hammer

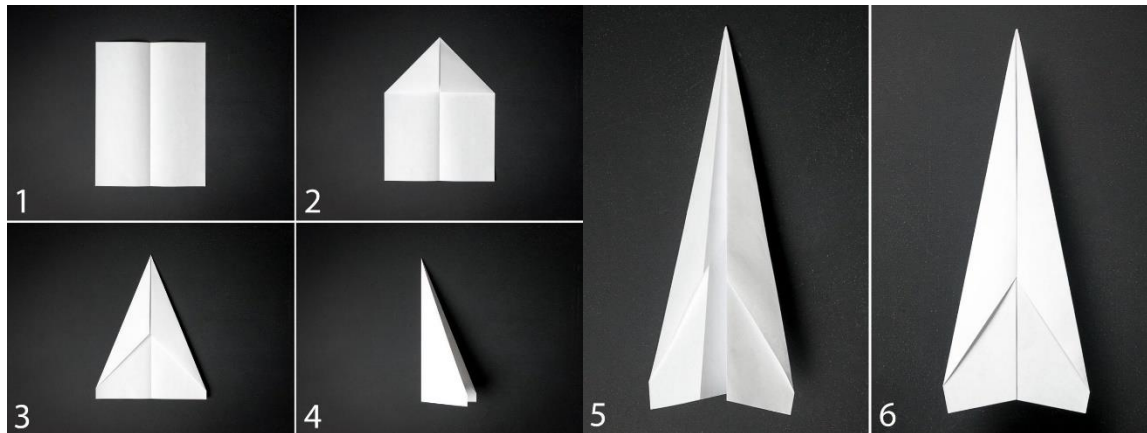


**Play Challenge:**

Build a paper airplane and challenge your friends and family to see who can let soar the furthest! Use our designs below or take a chance to create your own airplane. You can do this inside or out. See how the winds and weather change how your plane flies.

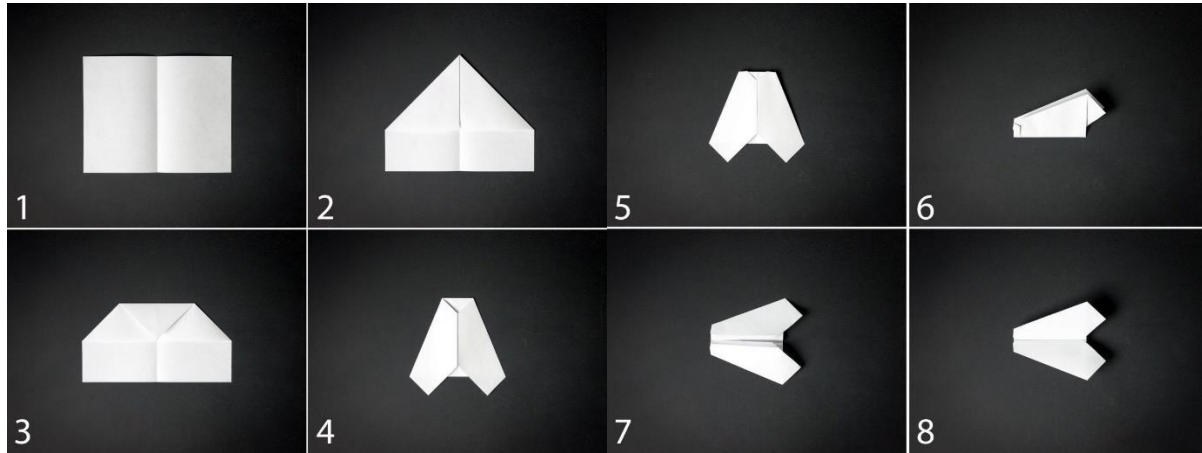
**Samples:**

**The Arrow:**



1. Fold the paper in half vertically.
  2. Unfold the paper and fold each of the top corners into the center line.
  3. Fold the top edges into the center line.
  4. Fold the plane in half toward you.
  5. Fold the wings down, matching the top edges up with the bottom edge of the body.
  6. Add double stick tape to the inside of the body. The finished plane should look like this.
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The Stealth:



1. Fold the paper in half horizontally.
  2. Unfold the paper and fold each of the top corners into the center line.
  3. Fold the peak down to meet the edge of the previous fold.
  4. Fold the upper sides into the center line.
  5. Fold the top edge 1/2" away from you.
  6. Fold the plane in half towards you.
  7. Fold the wings down 1/2" from the bottom of the plane.
  8. Add double stick tape to the inside of the body. The finished plane should look like this.
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### Play Challenge:

Challenge yourself by trying progressively harder catches. Can you come up with your own catching challenges or tricks?

Where to play: Open area inside the house or outside in the backyard/driveway/sidewalk

Safety Tip: Find an open area/space that is clear of other objects.

### Supplies:

Crumbled up ball of paper, any type of ball, bean bag or soft toy

### Directions:

Step 1: Standing with your feet shoulder width apart and slightly staggered, hold your ball in one hand.

Step 2: Underhand toss your ball into the air as high as possible above your head.

Step 3: Keeping your eyes on the ball when it is in the air, clap your hands as many times as you can before you catch the ball.

Step 4: Once ready to catch your object, bring one arm out with a slight bend in your elbow and cradle the ball.

Step 5: Challenge yourself! Throw the ball between your legs and catch it.

Step 6: Extra Challenge: Throw the ball up, do a cartwheel and catch the ball before it drops to the ground.

Step 7: Bonus: Find different size and weight of balls according to your ability.

