



Today's Family   
Early Learning and Child Care

**SUMMER**  
**CAMP**

**GL Armstrong  
Kinder Camp  
2022**

# Today's Family Kinder Camp 2022



## Week 1: July 4-8

### Monday, July 4 Welcome to Camp! Bricks of Belonging

Welcome to Camp! Children will create building blocks filled with images and words on what makes each one of them unique. The blocks will create a program wide mural on belonging.

Outside, we will use our five senses on a sensory walk exploring all our green space has to offer.

### Tuesday, July 5 Nature Journals

Today, campers will start their own nature journal: a special book where they can record all the interesting things they

see, smell, hear, feel, eat and wonder about throughout the summer.

### Wednesday, July 6 Foods From Around the World

Food is an important part of different cultures and can be a fun way for our campers to explore the world around us. Each week our campers will be choosing a different snack from around the world to learn, prepare and celebrate. Today, campers will be preparing hummus and veggies. .

### Thursday, July 8 Bronte Creek Provincial Park

Today, We are going to hit the trails to explore our surroundings. Campers will be introduced to trail blazing

and learn what it takes to be safe in the forest. After taking a lunch break, the campers will walk down the trail to the pool where we will have the opportunity to go swimming.

### Friday, July 8 Camp Banner

Today, we are declaring our camp pride. Together we will design a banner that will represent our camp. This flag will go with us everywhere showing our camp pride!

We will spend the afternoon outdoors playing various team building games.

## Week 2: July 11-15

### DON'T FORGET!!!



Be sure to bring a nut-free lunch, swim suit, towel, sunscreen, refillable water bottle, comfortable shoes and a hat every day.

campers will create self portraits representing themselves to display around the program.

### Tuesday July 12 Who Lived Here?

Today campers will ask who lived on the land our program is on before we did using this map. Campers will find a way that feels personal to them to honor and give thanks to the land and the people who lived here before us by sitting in nature with their journal to express their gratitude.

### Monday, July 11 Self-Portraits

Today we will continue to cultivate a sense of belonging for everyone at camp. Using various art mediums (printmaking, pastels, paint and collage)



## What to expect at our Backyard Camp each and every week...

### Artasia

Artasia is a thematic annual arts initiative, bringing children together, community-wide, to discover the transformative power of the arts. Culture for Kids in the Arts will join us each week to engage the campers in a variety of arts activities.

### Community Park Exploration

Community Parks create a relaxed space in which our campers can connect and interact. New friendships are formed, and a sense of community develops that is important for good mental health and a feeling of belonging.

### A Focus on Time Spent Outside

Spending time outdoors is essential to every child's development, health and well-being. It builds a connection to our rich natural and cultural heritage. Kids connected to nature grow up caring for the Earth and helping to conserve biodiversity.



**Wednesday, July 13**  
**Food From Around the World**

Food is an important part of different cultures and can be a fun way for our campers to explore the world around us. Each week our campers will be choosing a different snack from around the world to learn, prepare and celebrate. Today, campers will be preparing summer rolls.

**Thursday, July 14**  
**Planting Seeds of Hope**

Planting Seeds of Hope is 46 acres of organic farmland alive with wildflowers, hiking trails, medicine gardens, a young forest, orchards and a one-acre wetland. Campers will enjoy the colours, sights and sounds of an ever-changing landscape, while learning about ecology, conservation, and restoration while engaging with the natural world in ways that are personally meaningful.

**Friday, July 15**  
**How the Fox Got His Legs Crossed**

We are reading, "How the Fox Got His Legs Crossed His Legs" and

other stories by Indigenous Authors today. Campers will be encouraged to wonder about animals and people and why they do the things they do. (eg. why does a skunk smell, why does the fox have a bushy tail?) Campers will then take all this wondering to create their own stories to share with each other.

**Week 3:**  
**July 18-22**

**Monday, July 18**  
**Story Telling Through Water**

Campers are going to arrive at camp today bringing with them a jar of water from somewhere they spent time this weekend. It could be from their kitchen tap, a pool, pond or lake! Campers will demonstrate their personal relationship to water by telling the story of their weekend through this natural artifact: where they had been, what they had done, and with whom they had spent their time.

**Tuesday, July 19**  
**The Mess We Made**

Campers will read, "The Mess We Made" visualizing water pollution problems with art. Through various water cleaning experiments we hope to inspire our young conservationists in-the-making to work towards a sustainable future.

**Wednesday, July 20**  
**Foods From Around the World**

Food is an important part of different cultures and can be a fun way for our campers to explore the world around us. Each week our campers will be choosing a different snack from around the world to learn, prepare and celebrate. Today, campers will be preparing fruit paletas.

**Thursday, July 21**  
**Spruce Lane Farm Bronte Creek Provincial Park**

Today we're exploring a farm with all sorts of animals to see up close. We will also take a step back in time as we tour the Spruce lane Farmhouse, which dates back to the 19th century. After a picnic



Campers will read, "We Are the Water Protectors" by Anishinaabe/Metis author Carole Lindstrom to learn ways to make an impact in your community and further protect the Earth and our waters in everyday life.

**Tuesday, July 26**  
**What Can We Protect?**

We Are the Water Protectors is full of images showing humans as one with nature. Campers will draw a picture of them with something from nature or a natural resource that they would like to protect.

**Wednesday, July 27**  
**Foods From Around the World**

Food is an important part of different cultures and can be a fun way for our campers to explore the world around us. Each week our campers will be choosing a different snack from around the world to learn, prepare and celebrate. Today, campers will be preparing pitas and zatar.

**Thursday, July 28**  
**Wild Water Works**

Pack your bathing suit, because today is going to be a splash! Wild Waterworks is the largest water park in Hamilton, complete with splash pads, a lazy river and an outdoor wave pool. We'll break for lunch and then get back to water.

**DON'T FORGET!!!**  
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lunch, campers will have the opportunity to go for a swim in the pool.

**Friday, July 22**  
**Recycled Fashion Show**

Campers can bring in recycling from their home to turn into sustainable fashions. Our show stopping looks made from beautiful junk will save items from the landfill and have them landing on our camp runway.

**Week 4:**  
**July 25-29**

**Monday, July 25**  
**We Are the Water Protectors**

**Friday, July 29**

**Water Play Day**

Get ready to get wet! We will be breaking out the sprinklers, slip and slide, water balloons and buckets for a super fun day of water play.

## Week 5: August 2-6

**Monday, August 2**

**Program closed for the statutory holiday.**

**Tuesday, August 2  
Mindful Movement**

Today, we are asking our campers to slow things down and check in with their body. We will learn different yoga poses and how to breathe like a bear to manage our bodies, breath and emotions.

**Wednesday, August 3  
Foods from Around the World**

Food is an important part of different cultures and can be a fun way for our campers to explore the world around us. Each week our campers will be choosing a different snack from around the world to learn, prepare and celebrate. Today, campers will be preparing onigiri (Japanese rice balls).

**Thursday, August 4  
Wildflower Memory  
Bronte Creek  
Provincial Park**

We are going in search of the most beautiful wildflowers to collect. Each camper will find five

plants and then test their fellow camper's memory by playing a game of, "Which One is Missing?" After a picnic lunch, campers will have the opportunity to go for a swim in the pool.

**Friday, August 5**

**Teddy Bear Picnic  
Neighbourhood Park**

Bring along your favourite cuddly friend and enjoy a day full of teddy bear themed activities including a picnic and bear hunt at our local park.

## Week 6: August 8-12

**Monday, August 8**

**Rock Storytelling**

Campers are going to arrive at camp today bringing with them a rock or stone from somewhere they have spent time.

After sharing their rock's story, campers will head outside to collect natural materials to create a map of where their rock was found.

**Tuesday, August 9  
Sensory Wake Up Walk**

Today we are waking up our senses to better explore and observe the environment around us. We will get to know our outdoor space in a different way using our five senses, including our "deer ears" learning how sound is captured in larger spaces.

**Wednesday, August 10**

**Foods From Around the World**

Food is an important part of different cultures and can be a fun way for our campers to explore the world around us. Each week our campers will be choosing a different snack from around the world to learn, prepare and celebrate. Today, campers will be preparing kiwifruit salad cones.

**Thursday, August 11**

**Royal Botanical Gardens**

Today, we'll explore the Royal Botanical Gardens! Be on the lookout for some of the prettiest flowers from around the world. We'll also learn some useful gardening tips and inspire our campers to connect with their green thumbs. Children will have the opportunity to explore the Hendrie Valley trail and play in the natural playground.

**Friday, August 12  
Picnic**

**Neighbourhood Park**

Today, we will be taking a walk to our local park where we will spend the day. We will put our sensory awareness skills to the test pairing up with a friend to play the game, "Meet a Tree." After enjoying a picnic lunch we will play games in the vast green space.



## Week 7: August 15-19

**Monday, August 15  
What Makes Me, Me?**

Today we are asking our campers to share what makes them unique. Campers can write, draw, collage or paint to share their various identities with the group.

We will also spend time outdoors building our nature connection to the land we play and learn on, asking questions such as "what stories can we find in this place, and who was here first?"

**Tuesday, August 16  
Habitat Hunting**

Today, campers will be detectives in their outdoor space looking for what plants and animals live there. They will explore ideas of where things live, what is around the area and where does it get food/water?

Back inside, campers will make a colour representation of the species and habitat they discovered. We will put them all together to create our own Habitat Diversity Mural.

**Wednesday, August 17  
Foods From Around the World**

Food is an important part of different cultures and can be a fun way for our campers to explore the world around us. Each week our campers will be choosing a different snack from around the world to learn, prepare and celebrate. Today, campers will be preparing cucumber sushi.

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We will then put a stamp on them, walk over to the mailbox and send them home.

## Friday, August 26

### Camp's Got Talent!

Everyone's a star today in our camp wide talent show. Showcase your best dance moves, singing voice or magic tricks! Props and costumes will be available.

## Wednesday, August 24

### Food From Around the World

Food is an important part of different cultures and can be a fun way for our campers to explore the world around us. Each week our campers will be choosing a different snack from around the world to learn, prepare and celebrate. Today, campers will be preparing fairy bread.

## Thursday, August 25

### Wild Waterworks

Pack your bathing suit, because today is going to be a splash! Wild Waterworks is the largest water park in Hamilton, complete with splash pads, a lazy river, water slides and an outdoor wave pool.

We'll break for lunch and then get back to the water!



## Thursday, August 18

### Bronte Creek Provincial Park

Campers are spending the day at Bronte Creek playing a game of camouflage where they will do their best to blend in with their natural surroundings and not be spotted by their fellow campers! After taking a lunch break, the campers will enjoy a swim in the pool.

## Friday, August 19

### Water Play Day

Get ready to get wet! We will be breaking out the sprinklers, slip and slide, water balloons and buckets for a super fun day of water play!

# Week 8: August 22-26

## Monday, August 22

### When We Are Kind

Today, campers are using Monique Grey Smith's book, *When We Are Kind*, to brainstorm ways we can perform acts of kindness throughout the week. Campers will work together to think about ways they can show acts of kindness in their community.

## Tuesday, August 23

### Postcards from Summer Camp

What better way to tell your family what you did at Summer Camp than to write them a postcard. Campers will create postcards describing all the fun they had this summer.

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# Today's Family



## Program overview

### Kinder Camp (Ages 4-6 years)

Our Kinder Camp Program provides a great opportunity for children ages 4-6 years to explore their environment in a safe and supervised setting. Campers will enjoy trips in their community, physical activity, songs and games, arts and crafts and weekly outings.

### Adventure Camp (Ages 7-9 years)

Our Adventure Camp Program provides campers ages 7-9 years with an active, fun-filled opportunity. Campers will go on weekly outings, swim, enjoy arts, music and drama experiences, physical activities, outdoor adventures and explore their community.

### Camp Extreme (Ages 9-12 years)

Our Camp Extreme Program is an action packed adventure for campers ages 9-12 years. Campers will experience outdoor activities, sports, arts and crafts, swimming, weekly trips and much more.

### Is your camper 9 years old?

If so, s/he gets to decide whether to have an exciting 'adventure' this summer or go 'extreme!'

### HAMILTON ONLY

### Leader-in-Training (LIT) Program (Ages 13-16 years)

Our Leader-in-Training (LIT) Program provides a great opportunity for teens to develop communication skills in a team environment. Participants also learn how to supervise young children as they plan activities to help them learn and grow.

## Did you know...

### Answers to frequently asked questions

#### Welcome to Today's Family

Today's Family is a non-profit charitable agency servicing children and families in and around Hamilton, Halton and Haldimand Norfolk. We offer a wide range of early learning and child care programs as well as parental support programs to help you and your child every step of the way. It's professional, caring support that makes a real difference in the physical, emotional, social and intellectual development of children.

#### Registration

**Registration for Today's Family Summer Camps will be available and completed online.**

Children who have been in care with Today's Family will receive a unique email to register their child when registration is live. For families who are new to Today's Family, to register for camp, please visit: [todaysfamily.ca/programs/summer-day-camps/](http://todaysfamily.ca/programs/summer-day-camps/) and click on "Register now" Need assistance? Please contact us: [childcare@todaysfamily.ca](mailto:childcare@todaysfamily.ca)

#### Financial Assistance

Qualifying families may be eligible for subsidy through the Social Development and Early Childhood Services Child Care Fee Subsidy Office. For further information, please call:

905 546 4870 City of Hamilton  
905 825 6000 Halton Region  
519 426 6170 Haldimand Norfolk

#### Program Hours

Today's Family Summer Camp Programs operate from 7:00 a.m. to 6:00 p.m. Monday to Friday. We are closed on statutory holidays.

#### What to bring to camp:

To be prepared for camp, please remember to bring the following to camp each day:

- ✓ Lunch (nut-free)
- ✓ Swim suit
- ✓ Towel
- ✓ Sunscreen
- ✓ Refillable water bottle
- ✓ Comfortable shoes
- ✓ Hat

✗ We ask that campers not bring any valuables to camp. This includes: cell phones, electronic devices and games.

#### Hot Weather Policy

To ensure the health and safety of all, camp staff will modify activities to accommodate for hot weather. There will be more indoor time and less strenuous activities with more frequent water breaks. This will allow all campers to enjoy even the hottest days.

#### Nutrition

Today's Family provides snacks in accordance with the Canada Food Guide. Menus are posted and copies are also available to parents and families. Please be sure to alert us of any allergies or food restrictions. If possible, we will try to provide an alternative. Please bring a nut-free lunch and refillable water bottle every day.

#### Guiding Behaviour

Today's Family use re-direction and positive behaviour guidance techniques appropriate to the child's age to promote self-discipline and respect for others and their environment.

#### Serious Occurrences

Serious occurrences that happen in your child's Camp Program are posted at the program location for your information.

#### Volunteer and Student Supervision Policy

Only Today's Family employees will have the direct responsibility for the supervision of children in the camp programs. Please note: Volunteers and students are not considered part of the staff / caregiver to child ratio.