



# FREE SUMMER FUN

*from the Ucluelet Recreation  
Department*

## RECREATION ON THE WEST COAST

We've created a weekly newsletter with fun ways to keep your children active, healthy, and entertained this summer.



## FAMILY WEEKEND FUN

### *Four Square Tournament*

**What you'll need:** *Tape (or some form of marker) to create the court, rubber ball, four players*

- **Create a 16 x 16 foot square and divide it into 4 8x8 ft squares**
- **Each player stands in one square**
- **The person who begins the game (the server) bounces the ball once in their square and then bounces it into someone else's square using one hand**
- **The receiver must bounce the ball to another square before it bounces twice in his/her square. If the ball bounces twice - they're out!**
- **Any player can hit the ball if it hasn't bounced in the square its directed to - if they miss or the ball bounces twice, they're out!**
- **When a player is out, other players can move squares**
- **The object of the game is to get to the square the server began from**
- **Add pressure by creating categories for each game. Every time someone hits the ball they must call out a Canadian city, animal, etc. If they stutter or forget - they're out!**

<https://ucluelet.ca/community/parks-recreation/activity-guide-registration>

## SUNNY DAY ACTIVITY

### **Musical Glasses**

**What you'll need:** Water, glasses, spoons

- Fill up water glasses with different levels of water
- Gently hit the spoons against the glass to create sound
- The fuller the glass, the deeper the sound
- If glasses are crystal, dip a finger inside the water and lightly make circular motions around the rim to create sound!

## FUN FOOD CREATIONS FOR KIDS

### **Rainbow Toast**

**What you'll need:** Bread, bowls, toaster, milk, food colouring, paint brush

- In a few small bowls, mix milk and your choice of food colouring
- Proceed to paint lines of colour onto bread
- Toast once complete and eat!



## KIDS MENTAL HEALTH ACTIVITY

### **Calm Down Kit - Coping Skills Tool Box**

**Create a kit your child can turn to when they're feeling overwhelmed or intense emotions. Kits should be tailored to individual needs!**

**What you'll need:** Small box in a designated place that is accessible, a designated calm down area, add things like: essential oil spray, favourite teddy bear, bottle of bubbles, colouring book, pencils or crayons, fidget spinner, puzzle, visual cards with actions such as, 3 big deep breaths, visual yoga poses, etc. Headphones for listening to calming music, story, or podcast.

Calm down kits are best utilized before a child breaks into tantrum.

## KIDS ARTS AND CRAFTS

### **Milk Painting**

**What you'll need:** plate of high fat milk, food colouring, cotton swab or toothpick, dish soap, paper

- Fill a plate or bowl with milk
- Add a few drops of food colouring to the milk
- Take a cotton swab or toothpick and dip it in dish soap
- Proceed to swirl it around in the milk to create a pattern
- Take your piece of paper and dip it in the milk for beautiful art!

## UCLUELET COMMUNITY CENTRE

500 MATTERSON DR.

UCLUELET, BC

V0R3A0

250-726-7772

