



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 OLYMPICS

Family Olympics are a great way to spend a day or weekend! Below are examples of idea you can rustle up from household items.

Pantyhose Bowling - Each player inserts a large orange into the foot of pantyhose and wraps the elastic band around their head. Set up 10 water bottles across from each other (five on each side) and have two people swing their orange to knock over the water bottles. Whoever knocks over all their bottles first, wins.

Egg Race - Place eggs on spoons and have your contestants race from one end of the yard to another without dropping them. First to reach the end of the course and come back with their egg in one piece, wins.

Book Balance - Stick a long piece of tape to the floor and have contestants walk the line with books on their heads without dropping them. 1 book = 1 point, 2 books = 3 points, 3 books = 5 points.

Fruit Roll up Challenge - Every contender gets one fruit roll up. Take away the parchment side and insert one end into your mouth. On the count of three, everyone races to eat it. First to finish wins.

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

SUNNY DAY ACTIVITY

Leaf Rubbing Collage

What you'll need: Assortment of leaves, crayons, paper

- While you're out forest bathing, gather different types of leaves to bring home
- Set the leaves underneath a sheet of paper
- Take your crayons and colour the top of the sheet
- Watch leaves imprint on the paper in colours of your choice!

FUN FOOD CREATIONS FOR KIDS

Homemade Fruit Roll Ups

What you'll need: 1 cup strawberries, 1 cup raspberries, 1 cup cherries, 2 tbsp lemon juice, honey, parchment paper

- Line a baking tray with parchment paper
- insert all your fruit, lemon juice, and honey into a food processor and blend
- Pour mixture onto your baking tray
- Dehydrate in your oven on lowest temperature (approximately 4-6 hours)
- Remove from oven and cut into strips
- Roll them up individually!



KIDS MENTAL HEALTH ACTIVITY

Forest Bathing

What you'll need: A forest to wander in

Benefits of Forest Bathing:

- Improves mood
- Slows the heart rate
- Decreases cortisol and stress hormones
- Decreases blood pressure
- Kick starts creativity

Creative Literacy

What you'll need: Note Pad and pen

- While forest bathing, encourage your children to write a story and let their imaginations run wild!
- Perhaps being in the forest will induce certain emotions or feelings - journaling thoughts is also an option
- Be creative and have fun with it!

KIDS ARTS AND CRAFTS

Beach Art

What you'll need: Items found on a beach, sea weed, shells, rocks, crab carcasses, sticks, etc.

- Encourage your child to use these items to create ANYTHING they want
- Leave a message in the sand for others to see!



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