



Monday – The Circulatory System: Welcome to camp! Today campers will delve into matters of the heart. Explore the inner workings of our major pump and get their blood moving!

Tuesday – The Respiratory System: Breath in... Breath out... Campers will hone their breath and practice increasing their lung capacity through various challenges today.

Wednesday – The Musculoskeletal System: Bones, Muscles, and Cells oh my! Campers will make model skeletal systems and dive into a microscopic world, seeking out the powerhouses of our cells!

Thursday – The Nervous System: Campers will learn about the amazing functions of the brain, how to protect it, and what they can do to help other people’s brains!

Friday – Career Connections: After a week of learning all about the human anatomy, campers will have a day to see how these skills are used in different careers.

Monday

Item	Quantity	Substitution
Stopwatch	1	Clock, timer
Art supplies	various	Craft supplies
Recycled Materials*	various	See the table below for ideas
Paper	1	Construction paper, cardstock
Styrofoam cup	1	Plastic cup
Party size balloon	1	
Toothpick	1	paperclip
Drinking Straws	2	
Tape	2 inches	
Clear Glue	1/2 cup	White glue
Liquid Shampoo	2-3 tablespoons	Liquid body wash, saline solution
Red food coloring	2-4 drops	Red water color paint
Bowl	1	cup
Spoon	1	
Small red beads	5	Red buttons, red plastic bits
White buttons	5	White beads, white plastic bits
Aluminum foil	5 1”x1” squares	Silver sequins





Tuesday

Item	Quantity	Substitution
Construction paper	1-2 sheets	Cardstock, thin cardboard
Scissors	1	
Large bendy straws	4	Small tubing
Tape	12 inches	
Glue	1	Liquid, or stick
Coloring supplies	various	
Wire	3-4 feet	Twist ties, pipe cleaners
Zip lock bags	2	
Q-tips	20-30	Cotton balls
Shoebox	1	Plastic Tupperware
Wax paper	12"x12" square	Parchment paper
Newspaper	2-3 sheets	
Aluminum Foil	2-3 12"x12" squares	
Rubber bands	1	
Bowl	2	cup
Balloon	1	
Ruler	1	
Recycled Materials*	Various	See table below for ideas
Straws	2-5	Tubing
Yarn	2 feet	String, twine, rope
Spoon	1	
Liquid Shampoo	1/2 cup	Liquid body wash
Liquid Dish soap	1/2 cup	Liquid hand soap
Corn Syrup	1 tablespoon	Honey
Sugar	1 tablespoon	





Wednesday

Item	Quantity	Substitution
Wire	10-12	Paper clips, twist ties
Newspaper	3-4 sheets	Tissue paper
Twist ties	8-10	wire
String	3-4 feet	Yarn
Sticks	2	Cardboard, dowels, paper
Masking tape	1 roll	Opaque tape
Coloring materials	various	
Push pin	1	Pencil or pen
Paper towel rolls	2	Toilet paper rolls
Rubber bands	2	
Glue	1 bottle	Tape
Paper clips	2	String
Ball (3 in diameter)	1	Paper rolled into a ball
Scissors	1	
Coloring materials	Varied	
Ruler w/ cm	1	

Thursday

Item	Quantity	Substitution
Egg	1 - 2	Dried pasta
Paper	10 – 20 sheets	
Paper towel rolls	2	
Toilet paper rolls	2- 3	
Plastic bags	2	
Disposable plates	2	
Disposable cups	2	
Straws	10	
Other household materials	Varied	
Scissors	1	
Ruler	1	
Tape	1 roll	
Coloring Supplies	Various	
Thin Cardboard	1	Cereal box, card stock
Tissue paper	2 12"x12" squares	Tissues, toilet paper
Aluminum Foil	12"x12" square	
Yarn		
Beads	20-30 same size, different colors	Buttons, marbles
Cotton balls	5-7	
Plastic wrap	12"x12" square	
Glue	1	Liquid or stick
Bowl	1	Cup or plate





Friday

Item	Quantity	Substitution
Potato chips	1/4 - 1/2 cup	Cheeze-its, tortilla chips
Rollin pin	1	Heavy book
Zip lock bag	2	Plastic wrap
Copy paper	5	Graph paper, card stock, poster board
Tape	1 roll	Glue
Cornflakes	1/4 - 1/2 cup	Frosted mini wheats, multi-grain cheerios
Bowl	1	Cup, Mug
Copy paper	1	Plate
Strong magnet	1	
Spoon	1	
Ruler	1	
Disposable cups	10-20	
Index cards	20-40	paper
String	10 feet	Yarn, rope
Different small items	10	
Coloring Materials	Various	
Straws	10	Pasta noodles
Scissors	1	
Recycled Materials*	Various	See table below for ideas

***Recycled Materials could be any of the following:**

Cardboard boxes	Packing Peanuts	Bubble wrap
Bottle caps	Cans	Bottles
Food jars	Milk cartons/jugs	Old greeting cards
Egg cartons	Clean takeout containers	Plastic cups
Old t-shirts	Corks	Plastic Bags
Paper towel tubes	Toilet paper tubes	Cereal/Cracker boxes
Newspaper	Plastic Utensils	Wooden chopsticks
Old electronics	Magazines	Old books
Hardware (nuts, bolts, washers)		

****Nature Materials could be any of the following:**

Leaves	Twigs	Grass
Wood chips	Bark	Rocks
Pebbles	Acorns	Shells
Sand	Dirt	Feathers
Pinecones	Seed pods	Seeds
Fruit pits	Moss	Flowers

