



Monday – Healthy Hearts: Campers will explore the Circulatory System. They will work on flexing their creative muscles and getting active through exercises that target their heart rate.

Tuesday – Major League Lungs: Campers will work on their lungs while learning about the respiratory system. They will work on their breathing, learn about the importance of oxygen, and how they are similar to a unique fish.

Wednesday – Muscles and Bones: Campers will make gains in their knowledge of the human musculoskeletal system. They will get a deeper understanding about how their muscles and bones make them move.

Thursday – Brain Training: Campers will work on training their brains and start to understand how the nervous system controls functions of their bodies.

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
Paper bag	1	Trash bag
Paper	20 sheets	Construction paper
Coloring materials	Various	
Permanent markers	2	Pens
String	5 ft	Paper
Scissors	1 pair	
Tape	1 roll	Scotch tape or Duct tape
Empty paper towel roll	1	Empty toilet paper rolls
Small kitchen funnel	1	Small disposable cup

Tuesday

Item	Quantity	Substitution
Plastic water bottle	1	Plastic cups, Empty paper towel rolls, Paper
Straw	1	Paper or reusable straws
Balloons	3	Snack sized zip lock bag
Coloring materials	Various	
Ruler	1	
Scissors	1	
Rubber bands	2	String
Tape	1 roll	Scotch tape or Duct tape
Paper	20 sheets	Construction paper





Wednesday

Item	Quantity	Substitution
Push pins	10	Paper clips
Empty Paper towel rolls	2	4 Empty toilet paper rolls
Glue	1 bottle	
Masking tape	1 roll	Scotch tape or Duct tape
Small rubber ball	1	Paper
Paper	20 sheets	Construction paper

Thursday

Item	Quantity	Substitution
Egg	2	Bowtie or corkscrew pasta
Empty paper towel rolls	2	
Empty toilet paper rolls	3	
Disposable cups	2	Paper
Disposable bowls	2	
Disposable plates	2	Paper or construction paper
String	1 roll	Rubber bands
Coloring materials	Various	
Paper	20 sheets	Construction paper

Friday

Item	Quantity	Substitution
Disposable cups	5	Paper or construction paper
Disposable plates	5	Paper or construction paper
String	1 roll	
Tape	1 roll	Glue
Paper clips	15	
Index cards	1 pack	
Coloring materials	Various	
Paper	20 sheets	Construction paper

