

RVRN-100 Elk Online Family Camp Program
October 12-16
Activity Descriptions

Activity	Description
Arts and crafts	Connect with your creative side and have fun with a variety of arts and crafts projects.
Bible Lesson discussions	Adapted Bible Lesson reading and discussions
Chair yoga	Stretch, move, and breathe from the comfort of a chair. Ahhhhh :) You will need a comfortable chair that you can move in.
Cooking	Join Chef Matthew in a culinary experience. A list of needed ingredients will be provided on the "packing" list.
CS Nursing Arts	A Christian Science nurse will share some ideas and inspirations about care from a CS nursing perspective.
CS Practitioner talk	A Christian Science practitioner will share words of love and inspiration to participants.
Eco hike	Follow the 100 Elk staff as they take you on an adventure through the woods. Learn fun facts and play games with the Eco hike materials that are in your Adventure Day Pack.
Horeback riding	Meet some horses, cows, and dogs while exploring the Sky Valley corral.
Lodge time	A variety of interactive activities will be led from the cozy Valerie Lodge at the A/U Ranches. Bring a cup of hot cocoa and some cookies :)
Music class	Music, movement and singing with 100 Elk staff musicians
Parent/caretaker gatherings	An opportunity for fellowship among the parents and caregivers will be offered every evening.
Show and tell	Favorite pets, hats, objects, foods - so many things to share and we can't wait to see a few of your favorite things.
Storytime	A dramatic interpretation of the book "The Wonky Donkey" will be performed by 100 Elk staff. You won't want to miss this! Every family will receive a copy of the book "The Wonky Donky" in their Adventure Day Pack.
Theater games	What better way to laugh and have fun than with a variety of participatory theater games.
Zumba/dance/movement	Let's get up and move our bodies to fun music!