



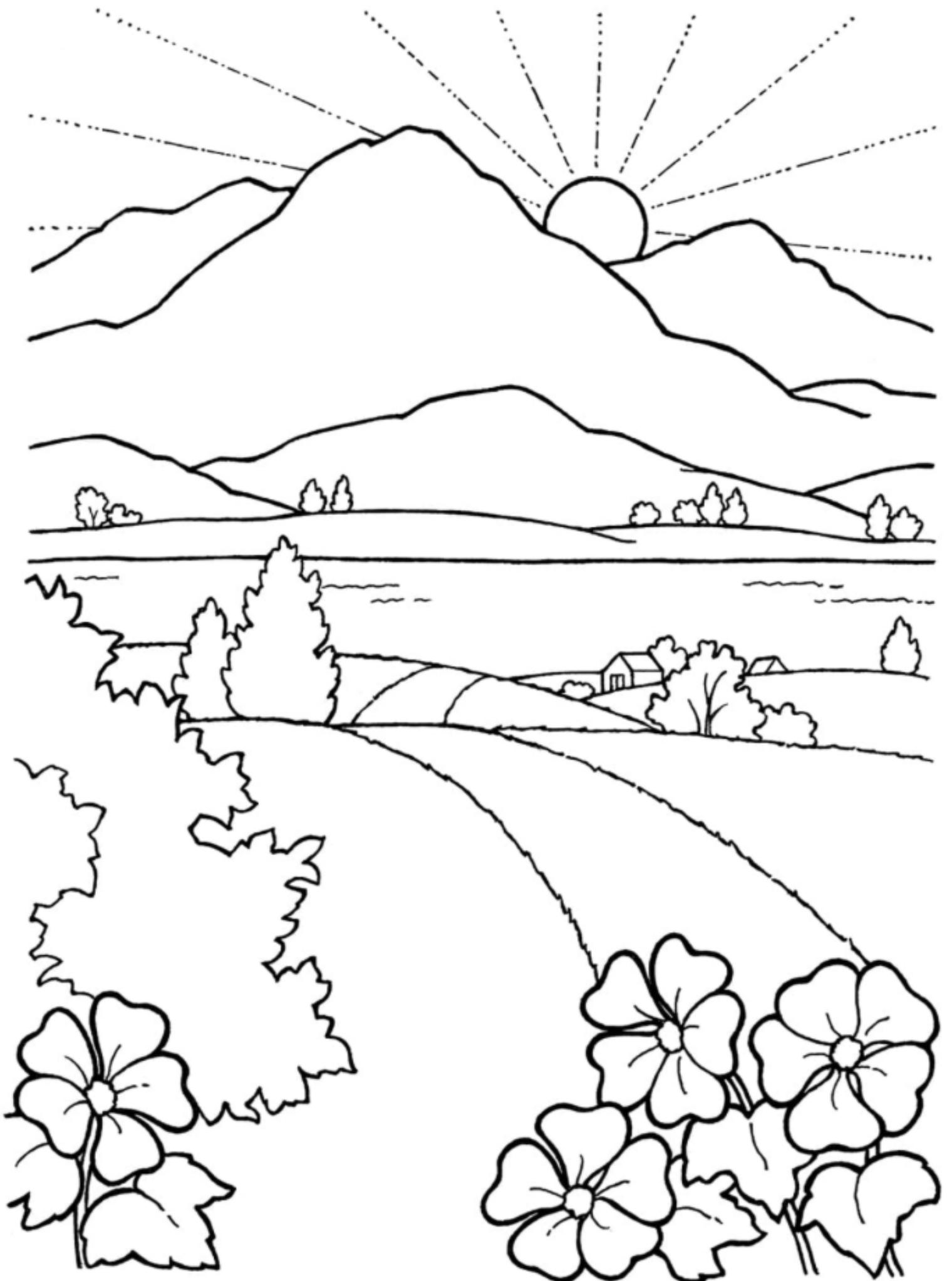
Youth Activity Packets

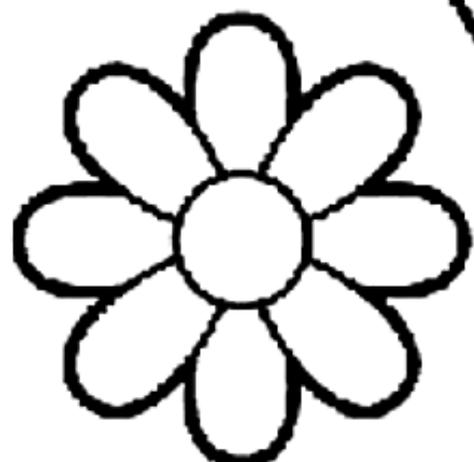
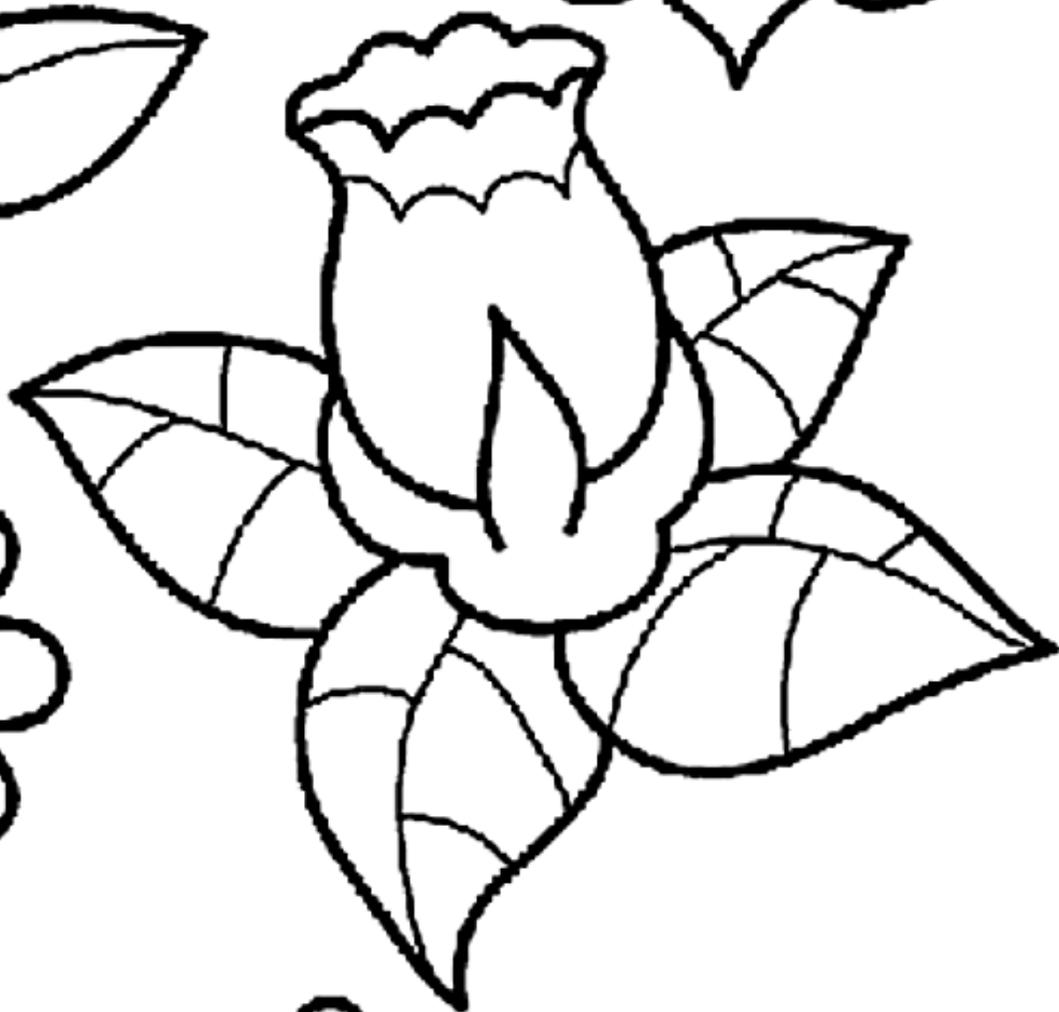
(2nd edition)

Maides Park ● 1101 Manly Avenue Wilmington, NC ● 910.341.7867

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DIY Chalk Paint

What you will need:

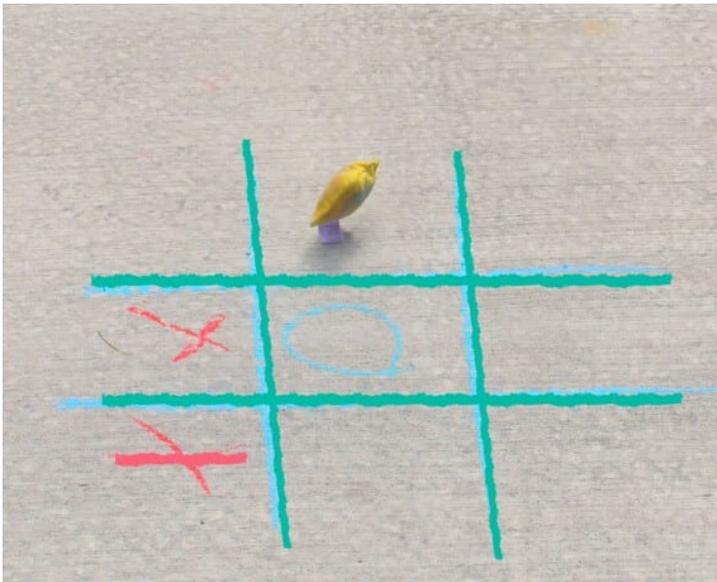
- Water
- Food Coloring
- Corn Starch
- Measuring Cups
- Plastic Bowl

1. Put 1/3 cup of corn starch in your plastic bowl.
2. Put 7-9 drops of food coloring in a bowl with 3/4 cup of water and mix.
3. Next, slowly pour the water mixture into the corn starch. Stir as you slowly pour.
4. Lastly, go outside and be creative! Turn to the next page to see activities you can try with your chalk paint!

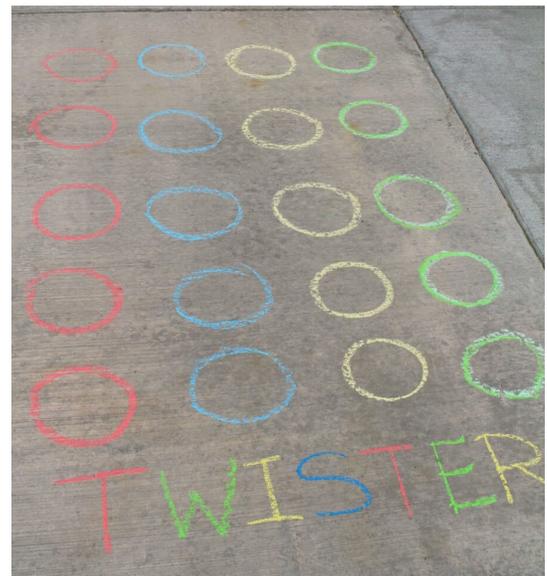


Activities to do with Chalk!

Tic-Tac-Toe



DIY Twister



Hopscotch



Exercise Course



Target Practice



Color by Number

1- **Green**

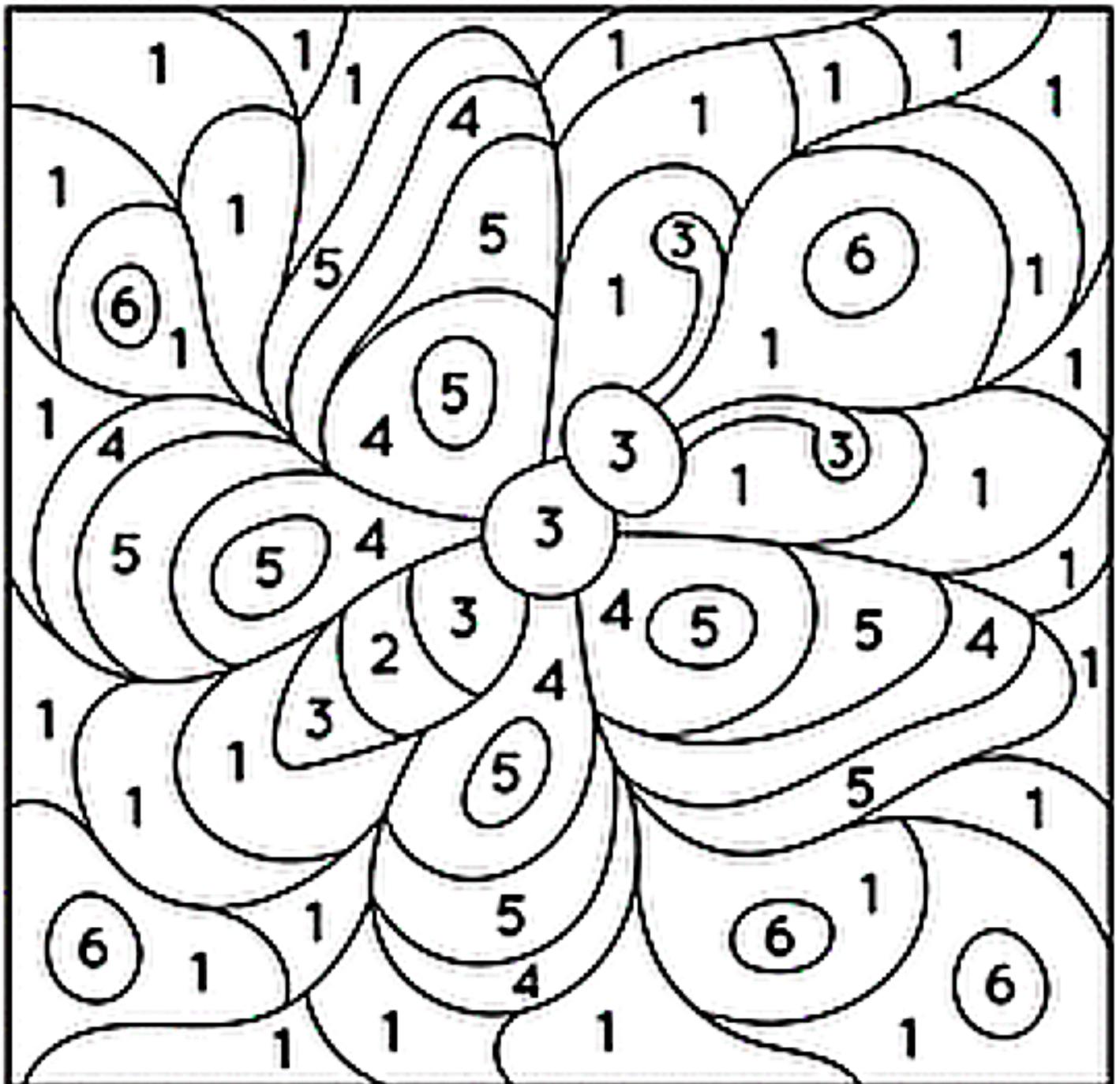
2- **Orange**

3- **Brown**

4 - **Blue**

5- **Purple**

6- **Yellow**



DIY Laser Maze

What you will need:

- Crepe Paper (Streamers)
- Masking Tape

1. Tape the crepe paper on the wall in a zig zag pattern, back and forth, high and low, down the hallway.
2. The idea is to create a maze that you can work your way through. Challenge yourself!



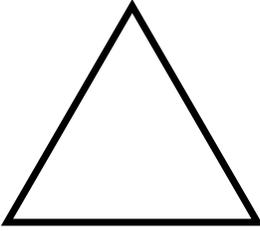
Summer Word Search

August
Barbecue
Beach
Camping
Humid
Ice Cream

July
Lemonade
Ocean
Picnic
Sailing
Sand

Sandals
Shorts
Sunglasses
Sunny
Towel
Warm

N H C D C S U N G L A S S E S R S Z X C A Y N
D A E T M A A H G C F R U I B V A C Y U E E T
X O C E A N H A O S K D N J L E C A M P I N G
O C E F B D M F Q H L N N P I E C A O O J K V
B R D S B C T M U O X X Y T T O W E L I D D L
R A Z C G N K K M R D Z H J N F R S C B V Y J
T W I L P D G C O T Q U C N P K L T Z E A Y U
B A R B E C U E M S S S A N D A L S R R G K L
B R N D R H I B C D S Z A T G F R D E A B N Y
R M J D F G B C C R O U E S A I L I N G F V N
Z D C H Y T G D E A S R N B J M O J U H Y P I
A E D F P M B X G P I C N I C H K H H F D J
A V E C P O E S R D T T G K L B M A U G U S T
I C E C R E A M R C V L M P U K N E M X M T J
E Z I C R A C M B M K P P T H G E N I W S H H
T P J N B E H M L E M O L E M O N A D E E S R

Color. Find the 's



Indoor Scavenger Hunt

- { } A stuffed animal.
- { } An item you use to bake.
- { } A picture of people you love.
- { } Something that has a map.
- { } Something that makes bubbles.
- { } Three things that are yellow.
- { } Something that plays music.
- { } Something round.
- { } Something with wheels.
- { } Something that makes you happy.
- { } Something that starts with the first letter of your name.
- { } Something that smells.
- { } A coin.
- { } Something you can write with.
- { } Your favorite book.



WHAT'S YOUR NAME?

Spell out your full name and complete the exercise listed for each letter. For a greater challenge include your middle name & do each one twice! For variety you can use a different historical person's name or a family member's name.

A 10 jumping jacks

B 5 push-ups

C 1 burpee

D 20 high knees

E 5 crunches

F 10 mountain climbers

G 5 squats

H 10 front lunges

I 10 side lunges

J 10 second wall sit

K 5 calf raises

L 5 second plank

M 3 squat jumps

N 10 second jump rope

O 10 russian twists

P 5 plie squats

Q 10 arm circles

R 10 skaters

S 10 second jog in place

T 10 butt kickers

U 5 inchworms

V 5 tricep dips

W 3 star jumps

X 5 bird dogs

Y 10 leg raises

Z 5 squat jacks

Maides Park

1101 Manly Avenue Wilmington, NC
910.341.7867

Amenities:

- Baseball/softball field and open athletic field Rental Information
- Outdoor basketball courts
- Playground equipment
- Picnic areas - Reserve shelter
- Walking trail
- Tennis courts
- Derek GS Davis Community Center with two multi-purpose rooms, an arts and crafts room, full service kitchen and computer room Rooms are available for rental.
- Afterschool Program and Summer Camps
- Athletics

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