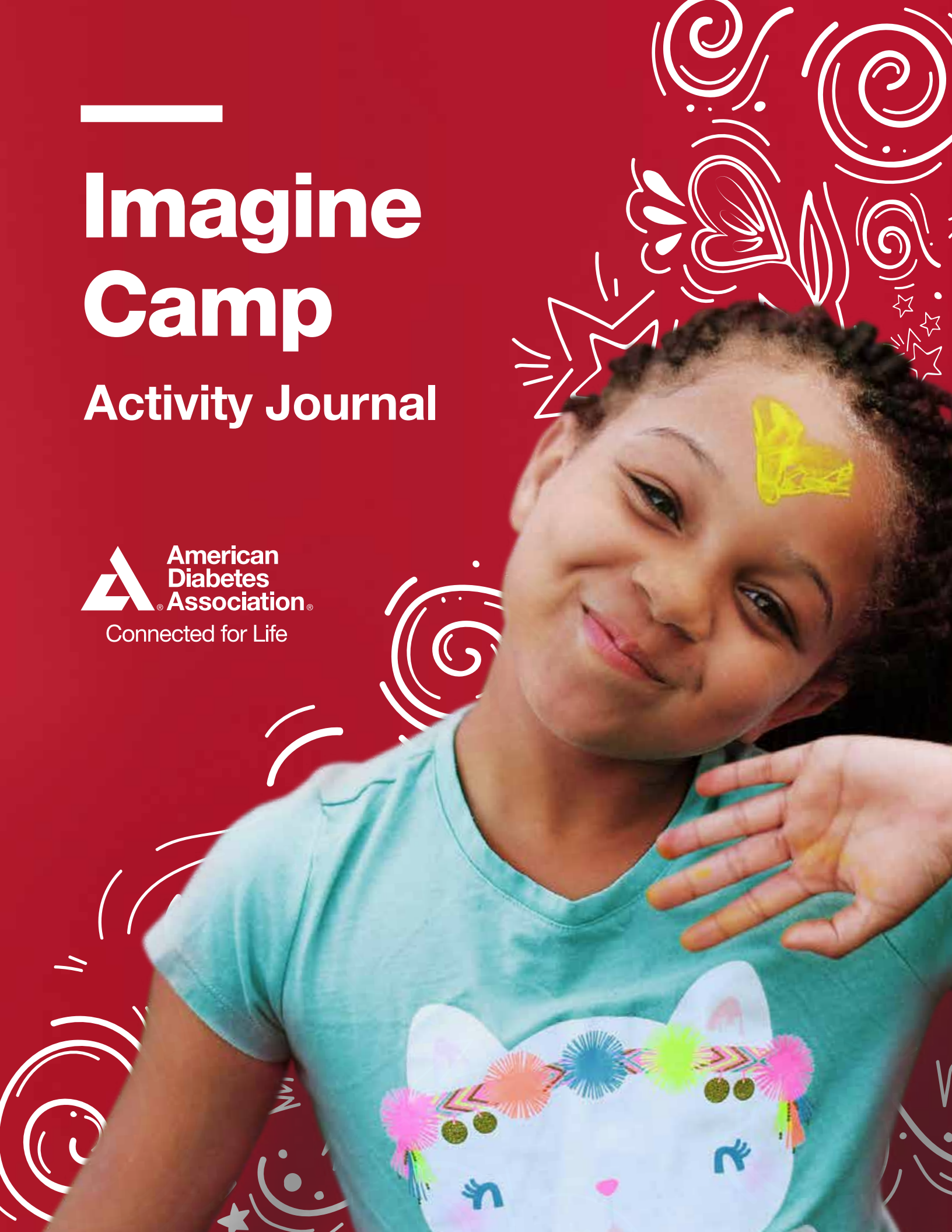

Imagine Camp

Activity Journal

 **American
Diabetes
Association**
Connected for Life



IMAGINE CAMP

THIS ACTIVITY JOURNAL BELONGS TO:



From the CEO of the American Diabetes Association



My name is Tracey D. Brown, and I am the Chief Executive Officer of the American Diabetes Association (ADA). I have the best job in the world, because I get to make sure that the ADA is helping people like me and you—people living with diabetes. That's right: I live with diabetes, too! I know how important it is to have people who understand what you're going through, and that's why so many people love ADA camps. We are excited to bring fun to **YOU** with **ADA Imagine Camp**. Until there is a cure for diabetes, there is a community and we want you to know that you are not alone. Your camp family is always here for you and together we are **Connected for Life**.



He Ola Ke Keiki

CHALLENGE

Can You Find It? All these ADA camps are hidden within the illustrations:

180 | Aldersgate | Aspire | AZDA | Can-Do | Carefree | Carolina Trails | Charm City | Colorado | Confidence | Courage | Crossroads | Daypoint | Discovery (IL) (KS) | EDI | Freedom | GranADA | He Ola Ke Keiki | ICANDO | JADA | John Warvel | Camp K | Kick Start | Korelitz | Lakota | Lo-Be-Gon | Midicha | Montana | Needlepoint | New Horizons | NoLoHi | Planet D | Rainbow | Sandcastle | Sealth | Sioux | Sugar Falls | Sweet Pea | Teen Adventure | Triangle D | Victory | Wana Kura | Rocky Mountain Teen Adventure



Welcome to **ADA** Imagine Camp



Friendships for Life



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E-MAIL	SOCIAL MEDIA	
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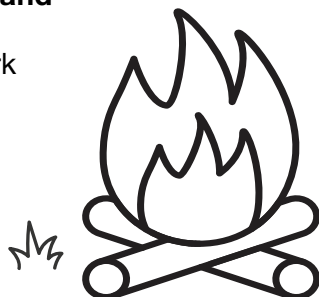
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Opening Campfire

Imagine yourself on the first day of camp—checking in, seeing your cabin, meeting your counselors and meeting your new cabin friends!

Before you know it, it's getting dark and it is time to head to Opening Campfire! When you get there, your cabin group is asked to build a campfire.



Complete Activity 1

Your counselors take the stage and we are ready for skits and songs! Songs are sung, talents are shared, skits are performed and you can't believe how goofy, fun and cool your camp counselors are.

CHALLENGE

CHECKLIST | Share on Social Media

Complete the activity checklist below—some activities will be demonstrated by counselors or campers. Give them a try and share your final picture or video on Facebook, Instagram and/or TikTok using **#ADAImagineCamp**, **#BecauseofADACamps** and **#ConnectedForLife**

☐ Campfire Song

Sing your favorite campfire song!

☐ Nutrition

Make a s'more or a camp snack and post a picture of it (be creative with what you use; try veggies, cheese or something else). What's the carb count?

☐ Arts & Crafts

Use sidewalk chalk to leave positive messages on the sidewalk, driveway or street for your family & neighbors

☐ Games

Create a laser maze out of streamers and work your way through the maze without touching a streamer and "setting the alarm off."

☐ T1D Challenge

Show us how you test your blood sugar

We'll be singing this song with you:

This song is a crescendo—meaning it starts *quietly* and gets louder and **louder**.

Leader: This is a REPEAT AFTER ME SONG

Campers: This is a REPEAT AFTER ME SONG

Leader: Hey Campers

Campers: Hey Campers

Leader: Ay yay yay yay yay yay campers

Campers: Ay yay yay yay yay yay campers

Leader: Checking Blood, Counting Carbs

Camper: Checking Blood, Counting Carbs

Leader: Diabetes Won't Stop Me

Campers: Diabetes Won't Stop Me

You can find more songs on page 13.

When you see icon make sure to check the ADA YouTube channel for instructions. Videos will be uploaded throughout the summer.

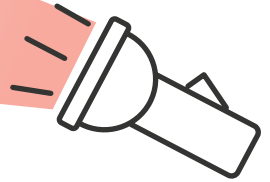


Activity 1

Build a Flashlight “Campfire”



Instructions: Put a flashlight or head lamp inside your empty water bottle. Circle around your water bottle with your family and sing your favorite songs.



Ball Games

Use different things around your house to create ball games you can play on your own or with your family!

Recommended Supplies: 1–10 small balls, fly swatters, laundry baskets, cardboard boxes—be creative. What other items could you use if you don’t have these?



Fly Swatter Hockey

Instructions on

<https://www.youtube.com/user/AmericanDiabetesAssn>



Get Rid of the Balls

Instructions:

1. Use 2 chairs and put them 3–4 feet apart.
2. Drape a sheet over the chairs.
3. Each player will start with the same number of balls (5–10). Use toy balls, stuffed animals, clean/dry sponges or other soft objects to play.
4. Start tossing the balls to the other side of the sheet. If playing with a partner, pick up the balls they throw and toss them back over.
5. The person who is left with no balls on their side wins.
6. Try playing on your own or with your partner for time. Who can set the fastest record?



The Longest Game of Catch

Instructions:

1. Stand back-to-back with your partner.
2. Take 3 steps away from each other. Turn back around to face each other.
3. Toss the ball to each other and count the number of times you catch it without it touching the ground.
4. After 10 catches, take another step back.
5. Toss the ball to each other and count the number of times you catch it without it touching the ground.
6. After 10 more catches, take 2 steps back.
7. Toss the ball to each other and count the number of times you catch it without it touching the ground.
8. Keep going and see how far away you can get without dropping the ball.



Challenge Option:

Break your own record each day and add another ball!



Opening Campfire

Activity 3

Alphabet Walk



Description: Imagine your feet have been dipped in paint. Explore how the body moves by pretending to paint letters and numbers on the ground. Below are challenges of how you can create an imaginary project.

Instructions: Try writing with your feet. Try your first/last name, best friend's name, name of your favorite book/movie/ice cream/movement, a new friend you made through camp, the name of your counselor ... or anything else you can think of.

Take It to the Next Level!

- Try with real paint and paper! Be sure to **ask your parents** before trying this activity with paint. To keep the house clean, try it outside and make sure to rinse your feet off with water before going back inside the house.
- Paint fast/slow, paint like a cheetah/snail, paint like a train that chugs faster and faster and then gets slower and slower, etc.
- Paint and glide/stomp, paint moving sneaky/scared, paint feeling angry/sad/happy/confused, etc.
- Paint like you are floating in the sky/climbing a ladder, paint with exploding jump stops/drifts lazy walk.



Activity 4

Out of This World Star Gazing



Description: As you walk back to your cabin, your counselors whisper to keep quiet as you sneak past some sleeping cabins and into the field where the trees open up to display the night sky! Your cabin group lays down in the field pointing out the Big Dipper and Orion's Belt, and your counselors teach you how to find the star Polaris. How many stars can you find?



Use the checklist to identify the stars.



Polaris – The North Star:

- ★ Did you know that the North Star has a name? It's called Polaris
- ★ Polaris isn't the brightest star in the sky, it's the 50th. What makes it so significant is that, in the northern hemisphere, it always points to the North! Sailors and explorers have used the North Star for hundreds of years to find their way.
- ★ Polaris is located 408 light years from Earth!
- ★ What is a light year? A light year is the distance it takes for light to travel in 1 year, which is approximately 6 trillion miles! So, the North Star is approximately 2,448 trillion miles away from Earth! Outer space is immensely huge—maybe even infinite!

North Star

Little Dipper

Big Dipper

Out of This World
EVENTS

Alpha Capricornids
Shower

July 28th and 29th

Perseids Shower

August 12th and 13th

Starry Night Checklist:

- | | |
|---|--|
| <input type="checkbox"/> Identify Orion's Belt | <input type="checkbox"/> See a shooting star |
| <input type="checkbox"/> Find the Big Dipper | <input type="checkbox"/> Howl at the moon |
| <input type="checkbox"/> Find the Little Dipper | <input type="checkbox"/> Find a plane in the night sky |
| <input type="checkbox"/> Find Polaris, the North Star | <input type="checkbox"/> Find a satellite |
| <input type="checkbox"/> Find the brightest star | <input type="checkbox"/> Observe a meteor shower |

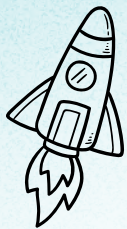
Star Gazing Apps:

Download a star gazing app (available on Apple & Android) to identify constellations, find planets and more! Here are some examples:

- SkyView
- Star Chart
- SkySafari

Opening Campfire

Time to Doodle!



**Draw out the stars
that you saw ...**



ADA Imagine Camp MAD LISTS

Instructions: Complete the table below with the first word that comes to mind. When the table is complete, use the associated numbers to fill in the blank spaces in the paragraph below to create your own diabetes journey to ADA Imagine Camp.

1 VERB/ACTION

2 THING

3 EMOTION

4 THING

5 OBJECT

6 EMOTION

7 THING

8 BODY PART

9 FOOD

10 CAMP NAME

11 NUMBER

12 FOOD

13 SONG

14 ACTIVITY

15 FRIEND NAME

16 ADJECTIVE

When I was diagnosed with diabetes, I had all the common symptoms: I frequently had
to _____, I couldn't get enough _____, and
I was _____ all the time. The doctor told me all about how to count
_____ and had me use a _____ to inject insulin.
I thought that was pretty _____. The **craziest** part about it was that
they made me wear a _____ which hardly covered my _____!
The best part is that I get to eat _____, because it helps keep my blood sugar up.
I also get to attend Camp _____ . I have been going to camp for _____ year(s).
I wish every meal could be _____.
In my opinion the BEST camp song is _____. My favorite camp activity is _____.
I will always remember _____.
Because of ADA camps I am _____.
My camp friends and I will always be **#ConnectedForLife!**



Opening Campfire

ROSE



Share a rose

(something good that happened this week)

BUD



Share a bud

(something you're looking forward to)

THORN

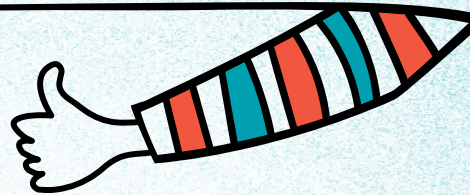


Share a thorn

(something that didn't go well or didn't work)

Celebrating My Firsts ...

Something you did for the first time
(diabetes skill, new activity, etc.):



How did it feel?

What advice would you give to someone in your cabin?

What do you want to try next?



More Campfire Songs!



Juicy Moose

There was a great big moose
Who liked to drink a lot of juice
There was a great big moose
Who liked to drink a lot of juice

Chorus

Singing oh-way-oh
Way-oh-way-oh-way-oh
Waaay-oh-way-oh
Way-oh-way-oh-way-oh

The moose's name was Fred
And he drank his juice in bed
The moose's name was Fred
And he drank his juice in bed

(Chorus)

He drank his juice with care
But he spilled it in his hair
He drank his juice with care
But he spilled it in his hair

(Chorus)

The moose's hair went stiff
So he combed it in a quiff
The moose's hair went stiff
So he combed it in a quiff

(Chorus)

(Don't repeat) His friends began to laugh
(Everyone) HA HA HA HA
So he went to take a bath
(Don't repeat) His friends began to laugh
(Everyone) HA HA HA HA
So he went to take a bath

(Chorus)

As the water went down
Fred the Moose began to drown
As the water went down
Fred the Moose began to drown

Glug-glug-glug-glug-glug
Glug-glug-glug-glug-glug-glug-glug-glug
Glug-glug-glug-glug-glug
Glug-glug-glug-glug-glug-glug-glug-glug

(Don't repeat) now let's all count to five
(Everyone) one two three four five!
Fred the Moose is back alive!

ADA High and Low Song

(Sung to the tune of "If You're Happy and You Know It")

If you're shaky, dizzy, sweaty then you're LOW (clap hands)
If you're shaky, dizzy, sweaty then you're LOW (clap hands)
Check your glucose right away, Drink some juice before you play
If you're shaky, dizzy, sweaty then you're LOW (clap hands)

If you're weak and your head aches, then you're LOW (stomp feet)
If you're weak and your head aches, then you're LOW (stomp feet)
Check your glucose right away, Drink some juice before you play
If you're weak and your head aches, then you're LOW (stomp feet)

If you're itchy, thirsty, tired then you're HIGH (slap knees)
If you're itchy, thirsty, tired then you're HIGH (slap knees)
Check your glucose right away, and call the nurse that same day
If you're itchy, thirsty, tired then you're HIGH (slap knees)

If you're happy and you know it say Hooray! (Hoo-Ray!)
If you're happy and you know it say Hooray! (Hoo-Ray!)
Since you're having fun at Camp, you are really quite a Champ
If you're happy and you know it say Hooray! (Hoo-Ray!)

What a Reaction (with motions!)

OOOOOOHHHHH (rapidly hit thighs alternating right and left hands)
What a reaction (hit thighs twice, clap twice)
What a reaction (hand jive—hands parallel to ground pump right over left twice, left over right twice)
Doodly do (right finger touches nose and place on left ear, left finger touches nose and place on right ear)
Doodly do (move right hand from ear waving across face back to right side, move left hand from ear waving across face back to the left side)

What a reaction (hit thighs twice, clap twice)
What a reaction (hand jive—hands parallel to ground pump right over left twice, left over right twice)
Doodly do (right finger touches nose and place on left ear, left finger touches nose and place on right ear)
Doodly do (move right hand from ear waving across face back to right side, move left hand from ear waving across face back to the left side)

Some of us shake (shake) and others
get clammy (back of hand o head)
Some of our eyes do a double
whammy (point to eyes, move
fingers in "crazy" circles by
side of head)
Tabs from the pack (touch/point
to backpack)
put us back on track (glide hand
forward as if on a track)
Singing doodly doodly do do do
(train conductor)





Ropes

Your cabin group is headed out to the ropes course today! On your way there you swing by the nature center to learn about **Leave No Trace!** Later, you hike to the ropes course and you see wild animals in the woods. You finally arrive at the ropes course; you feel both excited and a little nervous looking up at the course.


The instructor explains that you are going to start with some team building activities on the ground and hands you a blindfold. Complete the Blindfolded Obstacle Course activity. At the end of the activity, the instructor teaches your cabin group knot tying.



CHALLENGE

CHECKLIST | Share on Social Media

Complete the activity checklist below—some activities will be demonstrated by counselors or campers. Give them a try and share your final picture or video on Facebook, Instagram and/or TikTok using **#ADAImagineCamp**, **#BecauseofADACamps** and **#ConnectedForLife**

- | | |
|---|---|
| <input type="checkbox"/> Social Media | Show us your best dance moves in 30 seconds |
| <input type="checkbox"/> Games | Make your own dance pad and play the game. Look out for more information from Counselors! |
| <input type="checkbox"/> Nutrition | What's in your cup? Hydration is important: 8 servings of 8 ounces per day. What better than a nice cold glass of H ₂ O (water) on a hot summer day? Freshen it up with a slice of fruit! Show us how you hydrate on a hot summer day. |
| <input type="checkbox"/> Arts & Crafts | Show us your favorite knot (ex: square knot, bowline, figure 8, clove hitch, etc).  |
| <input type="checkbox"/> Arts & Crafts | Use yarn, string, rope or shoelace to make a friendship bracelet, plant hanger, cup sleeve, keychain, necklace or wallet. |
| <input type="checkbox"/> Games | Rope Stations: 1 Rope balance beam (put the rope in a zig zag pattern on the ground and walk along the rope like a balance beam—try not to step off the rope). 2 Rope limbo (have 2 people standing apart hold the rope, while a third person passes underneath. Take turns, and lower the rope for more difficulty). |



Activity 1

Blindfolded Obstacle Course

Description: Complete this activity with siblings or your caregivers. All participants in the group will be blindfolded except for two, the leader and the spotter. The leader will be giving instructions to the blindfolded participants. The spotter will keep an eye out for safety.

Instructions: Before you start make sure there is nothing breakable in your path. The spotter will watch the group and call out safety information. The blindfolded participants will stand in a straight line, with their hands on the shoulders of the person in front of them. When the time starts, the leader has to guide these participants through a man-made obstacle course (set up by you) in the shortest time possible. The leader has to shout instructions: "Turn left, walk 2 steps forward..." and so on.

The leader is not allowed to touch the team members and is only allowed to give instructions. While moving through the obstacles, the participants are not allowed to let go of the person's shoulders in front of them. The round is complete when the last person has crossed the finish line. Switch it up so that everyone in the group gets a chance to be the leader.



Challenge Option:

Leader with the fastest time wins!

Ropes

Activity 2

Leave No Trace

Description: In this activity, we are going to make a leaf rubbing.

Recommended Supplies: Blank paper, crayons or colored pencils, tables or flat surfaces to draw on and leaves that are found on the ground but are not yet shriveled up or dried out.

Instructions:

1. Place the leaf on a hard surface. It's a good idea to use notebook paper or a piece of cardboard under the leaf. Make sure the leaf veins (on the bottom of the leaf) are facing up.
2. Put a sheet of paper on top of the leaf.
3. Using the side of a crayon or colored pencil, color on the paper on top of the leaf.
4. Repeat the process using the same piece of paper but try using different colored crayons for the remaining etchings.
5. Remember to put the leaves back outside. Once you are done, on your paper there should be an imprint of the leaf for you to keep!

Leave No Trace is a program that helps young people learn how responsible actions can help protect the outdoors. Below are the seven principles to live by to help our local environments:

- 1 Plan ahead and prepare.
- 2 Travel & camp on durable surfaces.
- 3 Dispose of waste properly.
- 4 Leave what you find.
- 5 Minimize use & impacts of fire.
- 6 Respect wildlife.
- 7 Be considerate of other visitors.



Activity 3

Kid Choreography

Description: Dance is an art. Some people dance to express their feelings and emotions—let's see how you tackle the dances below.

Instructions: Campers can work individually or with family.

1. In the table below there is a list of dance moves. You can cut these out or create flash cards using pieces of paper to write down each dance move.
2. Find an open area. Scatter the cards face down on the floor.
3. Pick up one card and practice a dance move for 20–30 seconds while playing your favorite song or favorite playlist.
4. Repeat until you have practiced all dance moves.
5. If playing with 2 or more people, repeat steps 3 and 4 with each person taking a turn.

Challenge Option:

Repeat the activity by making up your own dance moves or draw 4–5 cards to create a mini dance routine.



Cut out these dance moves—ask your parents for permission/help before using scissors—or create flashcards using pieces of paper to write down each one. *(Feel free to write down your own moves.)*



Skip Funky

Washing Machine

The Floss

Grocery Shopping

Attitude Walk

Pivot

One Step

Two Step

Jump & Twist

The Robot

High Kicks

Skier

Plunge

Smash Bugs

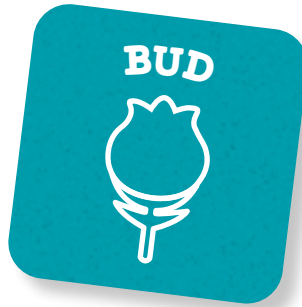
Bop

Heel Touch

Ropes



Share a rose
(something good that happened this week)



Share a bud
(something you're looking forward to)



Share a thorn
(something that didn't go well or didn't work)

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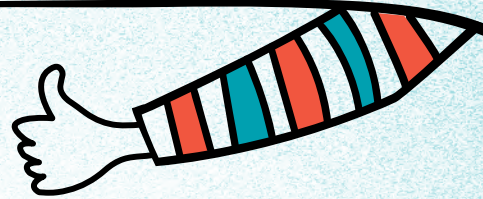
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Celebrating My Firsts ...

Something you did for the first time
(diabetes skill, new activity, etc.):



How did it feel?

.....

.....

.....

What advice would you give to someone in your cabin?

.....

.....

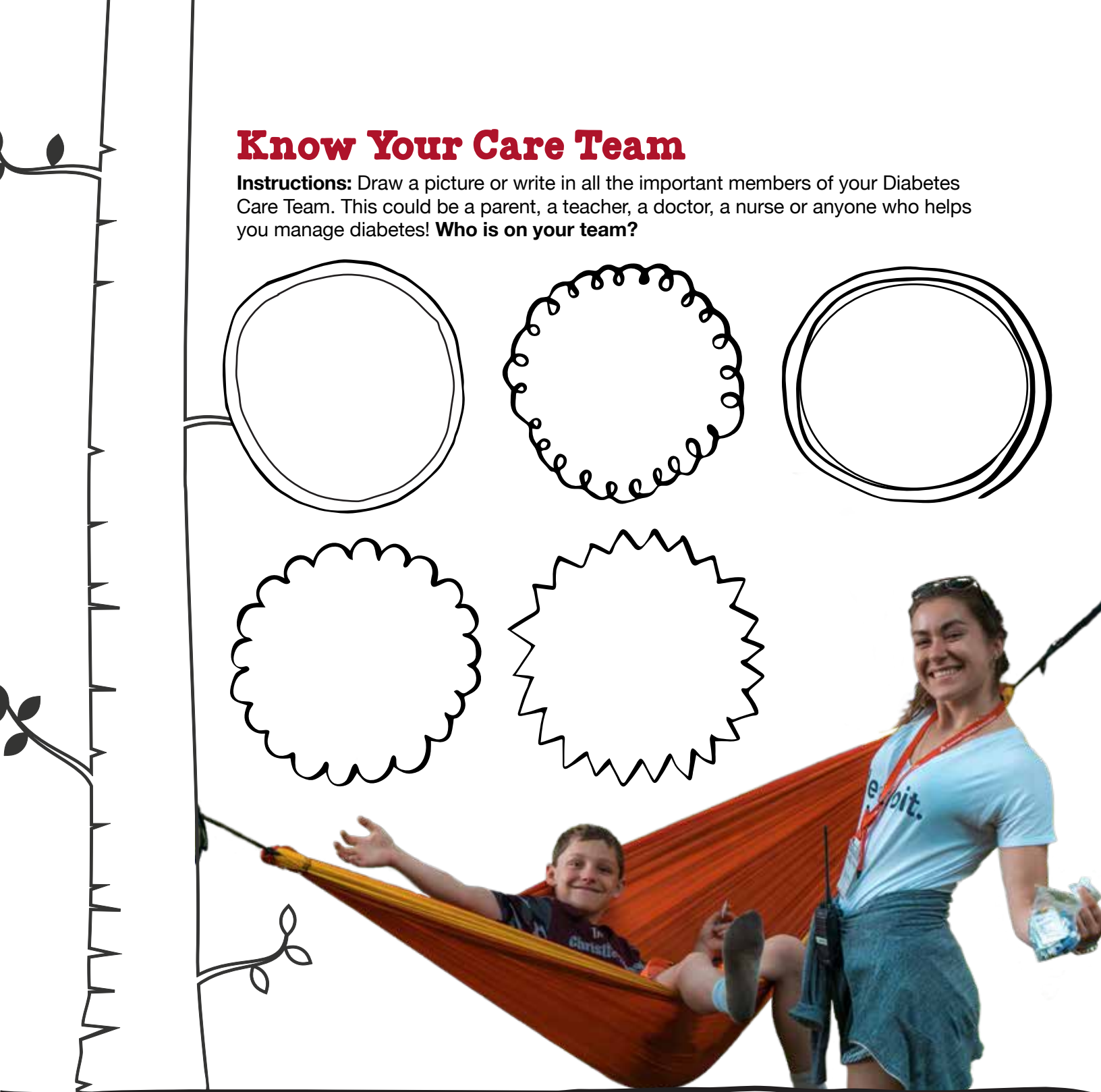
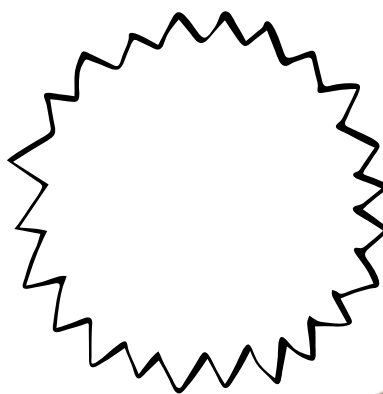
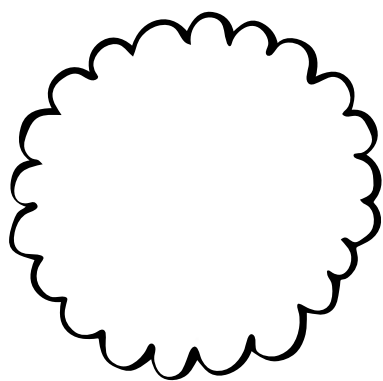
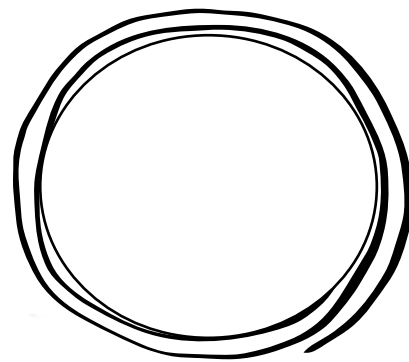
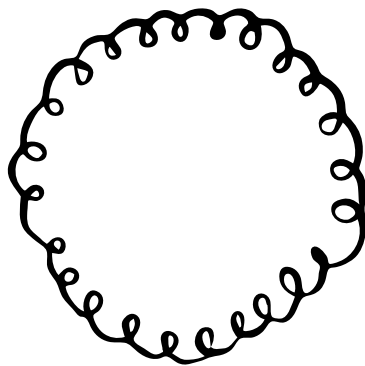
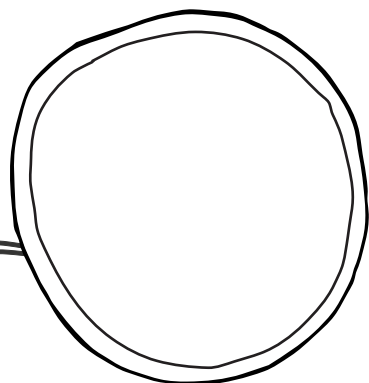
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What do you want to try next?

.....

Know Your Care Team

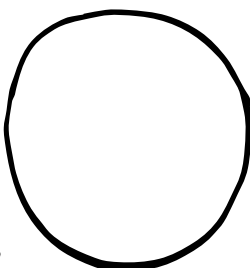
Instructions: Draw a picture or write in all the important members of your Diabetes Care Team. This could be a parent, a teacher, a doctor, a nurse or anyone who helps you manage diabetes! **Who is on your team?**



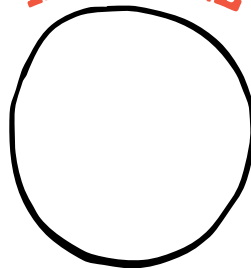
Time to
Doodle!

You When Your
Blood Sugar is ...

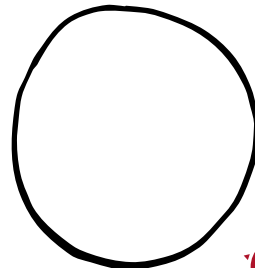
LOW



IN RANGE



HIGH





Arts & Crafts

You awake from sleep with a ton of energy!

You just had the most amazing dream! The rest of the cabin is getting ready to head to breakfast and you remember that after that is Arts & Crafts. You grab your backpack and run out the cabin door.

As you walk up to the Arts & Crafts shed you are explaining your dream to your cabinmates. The Arts & Crafts Director hears the

story and pulls you aside and says; “That sounds like quite the dream! One that is worth coming true. I have some special arts and crafts supplies that when used to draw a dream can make that dream come true. Care to give them a try?”

As you rejoin the rest of the cabin group you see that they are building catapults—before you know it, you’re launching marshmallows across the room!

CHALLENGE

CHECKLIST | Share on Social Media

Complete the activity checklist below—some activities will be demonstrated by counselors or campers. Give them a try and share your final picture or video on Facebook, Instagram and/or TikTok using **#ADAImagineCamp**, **#BecauseofADACamps** and **#ConnectedForLife**

<input type="checkbox"/>	Social Media	Decorate pump site, continuous glucose monitor or blood sugar meter
<input type="checkbox"/>	Games	Build a Blanket Fort
<input type="checkbox"/>	Arts & Crafts	Dress up Contest (<i>more instructions to come from your counselors!</i>)
<input type="checkbox"/>	Arts & Crafts	Create your own Dream Catcher
<input type="checkbox"/>	Arts & Crafts	Draw a picture of a dream you want to come true
<input type="checkbox"/>	Arts & Crafts	Talent Show/Show and Tell—Display a talent or show and tell with your cabin group
<input type="checkbox"/>	Arts & Crafts	Use leftover diabetes supplies to make fun items (robot, jewelry, etc.)

Activity 1

DIY Catapult

Description: See how far you can send a marshmallow or another soft, small object.

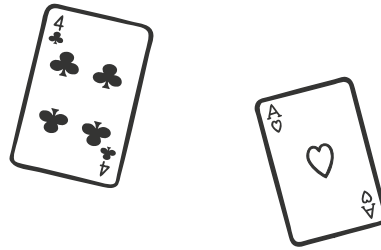
Recommended Supplies: Popsicle sticks or twigs (10–15), rubber bands, bottle cap and glue, marshmallow or another soft, small object. If you’re missing one or more items, be creative—what other supplies can you use?

Instructions:

1. Rubber band 2 popsicle sticks together at one end, then set aside.
2. Stack 8 popsicle sticks and rubber band them together at both ends.
3. Slide the stack of 8 sticks in the middle of the 2 sticks that you already banded together.
4. Make an X at the center by using a rubber band to secure all of the popsicle sticks together.
5. Use glue to secure a bottle cap to the end of the catapult. Wait for glue to dry.
6. This is a perfect spot for a soft, little object (ex: a mini marshmallow).

Activity 2

Card-er-cise

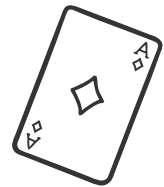


Description: Grab a deck of cards and turn your living room or backyard into a gym. Let's get those hearts racing! Each suit represents a workout move and the number on the card equals the number of reps for each exercise.

Recommended Supplies: Playing cards, card-er-cise activities (see chart below) and music (optional).

Instructions: If playing with more than one person, make sure each person has enough space to exercise.

1. Grab the deck of cards and remove any blank or unnecessary cards. Shuffle the deck.
2. Spread the cards upside down in the center of the room or area.
3. Grab one card. Perform the number of repetitions for the exercise matching that card.
Example, if you draw a 5 of Hearts, you will do 5 jumping jacks.
4. Repeat until you finish the whole deck.



Card-er-cise Exercise Cards
(Feel free to make up your own)



Jumping Jacks



Push-ups



Squats



Sit-ups



Challenge Option:



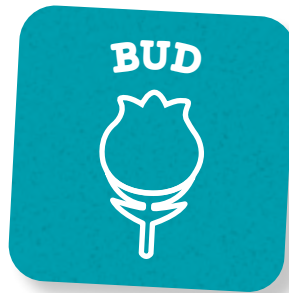
Set a timer for 5, 10 or 20 minutes and see how many cards you or the group can complete. Also, try changing up the exercises to make them harder!



Arts & Crafts



Share a rose
(something good that happened this week)



Share a bud
(something you're looking forward to)



Share a thorn
(something that didn't go well or didn't work)

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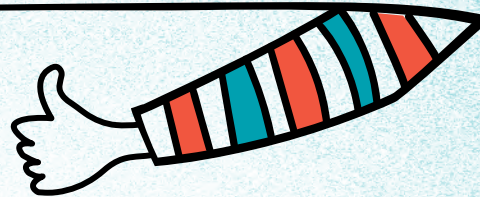
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Celebrating My Firsts ...

Something you did for the first time
(diabetes skill, new activity, etc.):



How did it feel?

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What advice would you give to someone in your cabin?

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What do you want to try next?

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Diabetes

Bingo



Instructions: Play with a partner, your siblings or your caregiver. Write down the words on individual pieces of paper and put them into a bowl or hat. Pick a piece of paper out until someone gets **BINGO**.

Long-Acting Insulin	Basal	High	Continuous Glucose Monitor	Type 1
Glucagon	Nutrition Label	Pancreas	Hyperglycemia	Fingerstick
Type 2	Carbs	FREE	Insulin-to-Carb Ratio	Bolus
Shots	Low	Glucose Tabs	DKA	Glucose Meter
Pump	Ketones	Endocrinologist	Insulin	Test Strips

Challenge Option: For every word you get on your card teach your partner about the item.

Waterfront

It is HOT at camp! Your cabin group is looking for a way to cool down. On the way back to the cabin after lunch there is a splash in front of you! You look up to see another cabin group filling up and launching water balloons at you! Your group runs over to join the fun!

CHALLENGE

CHECKLIST | Share on Social Media

Complete the activity checklist below—some activities will be demonstrated by counselors or campers. Give them a try and share your final picture or video on Facebook, Instagram and/or TikTok using **#ADAImagineCamp**, **#BecauseofADACamps** and **#ConnectedForLife**

- | | |
|--|---|
| <input type="checkbox"/> Social Media | Drink a glass of water with your elbow locked and arm straight |
| <input type="checkbox"/> Games | Build your own can jam game. Set up 2 goals (garbage cans, recycling bins, boxes) and try to get the frisbee into the goal  |
| <input type="checkbox"/> Social Media | Tell your best joke (15 seconds or less video) |
| <input type="checkbox"/> Games | Try this with your family or friends. Freeze a t-shirt and/or shorts. First one to defrost the items and get it on wins! |

Activity 1

This or That

Pump

Injectons

Low Carb

Gimme
All the
Carbs

Glucose
Tabs

Juice
Box

CGM

BG
Meter



Activity 2

Sprinkler Dance Party

Recommended Supplies: Pool noodle, duct tape, scissors and a hose.

Instructions: Cut 2 inches off the end of a pool noodle; ask parents for permission/help before using scissors. Cut that piece into 4 sections and then take 2 of those pieces to clog the cut end. Put duct tape over the cut end to keep the pieces in. Use scissors to put holes into the pool noodle. Lastly, slide the hose into the other end and turn the water on. Put on some music and have a party!



Activity 3

Fun Games to Keep You Cool in the Summer!

Here are some other games to beat the heat. If you don't have or are unable to use water balloons, use a sock, sponge or whatever you can find.



Pool Noodle Obstacle Course

1. Gather your pool noodles.
2. Place them inside your house or outside in your yard in any pattern or obstacle that you want.
3. Complete your obstacle course with your family. Time yourself to see how long it takes.



Water Balloon Piñata

1. Blow up your water balloon with air or water if you are outside.
2. Put fun items in the balloon.
3. Take turns trying to pop the balloon.



Balloon Air Toss

1. Fill a water balloon or soak a sponge and toss it up in the air.
2. Count how many times you can clap or spin before catching the balloon.



Beach Towel Volleyball

1. Get a beach (or bath) towel, a water balloon and a buddy—you will need 2 teams, and 2 people per team.
2. Per team, one person holds one end of the towel; then, toss the water balloon back & forth.



Clean up Challenge

1. Clean up all the water balloon pieces or other splash toys. We want to leave no trace.

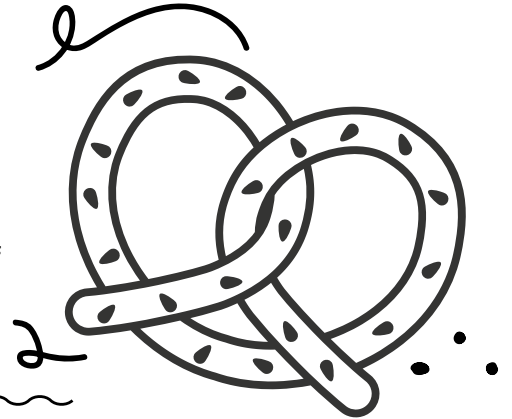


Yoga

Activity 4

Yoga

Instructions: Campers will move quietly and slowly through each yoga pose. Start with the low pose, transition to the medium pose, and finish with the high pose. Hold each pose for at least 10–20 seconds. Increase the length of time as you become more capable of maintaining your balance. Play calming/relaxing music, if desired.



LOW POSES:



Child's Pose or Acorn Pose: Kneel down and sit back on your heels. Bend at the hips and bring your chest down toward your thighs. Your arms should be along the sides of your legs resting on the floor with palms facing upward. See if you can place your forehead on the floor. Inhale and exhale for a slow count of 10.



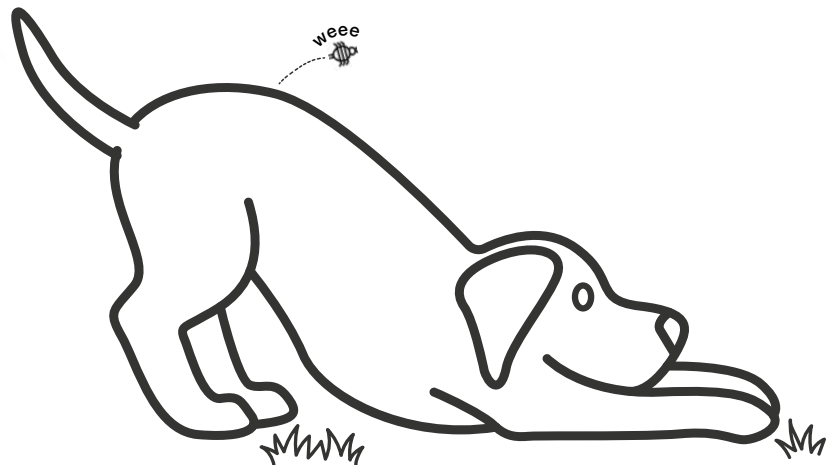
Superman: Lie on your stomach with your arms out in front of you. Exhale as you raise your head, arms, shoulders and legs up off the floor. Only your stomach should be touching the floor. Take three full breaths and relax your legs and arms. Repeat once.

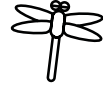


Fish: Lie on your back. Arch it and lift it off the floor and use your back muscles to balance gently on your elbows and forearms. Stick your tongue out. Hold for 10 seconds.



Stretching Starfish: Lie on your back with arms at your sides and legs together. Slowly spread and stretch your arms and legs apart. Inhale and exhale as you stretch out. Inhale and exhale again as you return your arms and legs back together. Repeat 3 more times.





MEDIUM POSES:



Lizard: Lie on your stomach. Place your hands on the floor under your shoulders as if preparing to do a push-up. Push up until your arms are straight but keep your hips on the floor. Stick out your tongue and slowly lower your chest back to the floor. Repeat 3 more times.



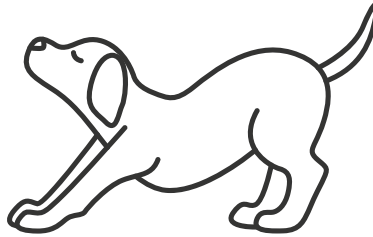
Cat and Cow: Start on your hands and knees. Arch your back up and drop your head down. Breathe out long and “meooooowwwwww” like a cat. Now drop your back, look up and “mooooo” like a cow. Go back and forth meowing and mooing. Repeat 4 times.



Downward Dog: Start on your hands and knees. Lift your hips up high straightening your arms and legs, shifting your weight to your hands and feet. Let your head hang down. Slowly return to your hands and knees. Repeat 4 more times.



Camel: Kneel down with your legs shoulder-width apart. Slowly place your hands on your heels. As you arch your back, slowly allow your head to fall back. Stay in the pose for a count of 10.



HIGH POSES:



Half Moon: With your feet together, hold your hands together above your head. Keep your hands together and stretch your arms to one side at the same time you stretch your hips to the other side. Breathe in and out and repeat 3 times on both sides.



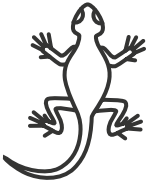
Triangle Side Stretch: Stand with your feet more than shoulder-width apart. Stretch your arms out to the sides parallel to the ground. Stretch your left hand down to your left shin and reach your right arm over your head. Breathe fully 3 times and repeat on the other side.



Warrior: Stand with your feet more than shoulder-width apart. Bend your left knee over your left foot. Hold your arms out to the sides and look over your shoulder toward your left. Hold for the count of 10 and repeat on the other side.



Tree: Balance on your left foot and bend your right leg, resting your right foot on your left inner thigh (start off by resting your foot on your ankle, then slide your foot up to your calf, and then thigh if you can). As you get better at balancing, reach arms up over your head with your palms together.





Activity 5

DIY Rain Stick Craft

Description: Design and build your own rain stick, that actually sounds like rain!

Recommended Supplies: Paper towel roll, aluminum foil, uncooked rice, clear tape, scissors (have an adult use or supervise use of sharp objects), wooden spoon, broom handle, colored paper and funnel.

Instructions:

1. Start by tearing a sheet of foil about 10 inches long. Then twist the foil into a stick-like shape and wrap around the broom handle to make a foil spiral.
2. Tear a second sheet of foil about 7 inches long. Then twist this piece of foil into a skinny, wire-like shape and wrap this thin piece of foil around the handle of a wooden spoon in order to make a tight spiral.
3. Then insert the smaller spiral into the larger spiral. Note: This is the key step that makes the rain stick work.
4. Next, place the end of the paper towel roll onto a sheet of paper and trace a circle around it. We did this twice (once for each end of the stick).
5. Draw a bigger circle around the small circles we had just drawn.
6. Cut out the larger circles, and used scissors to make a lot of cuts from the edge of the paper to the inner circle.
7. Tape the paper to one end of the paper towel roll, wrapping the flaps we had cut up the sides of the tube and securing them with clear tape.
8. Add about 1/4 cup of dried rice to the tube pouring into the uncovered side (use a funnel if you have one to keep your area clean).
9. Tape the paper to the end of the paper towel roll, wrapping the flaps we had cut up the sides of the tube and securing them with clear tape. Use enough tape to make everything stay together.
10. Wrap a sheet of colored paper around the outside of the tube to make it bright and colorful. Decorate your rain maker. Then, put your finger over the tip of the straw to trap the air.





Share a rose
(something good that happened this week)

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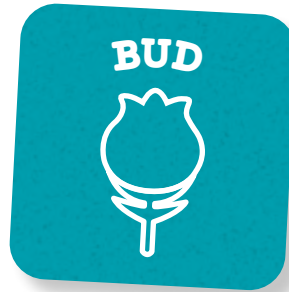
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Share a bud
(something you're looking forward to)

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Share a thorn
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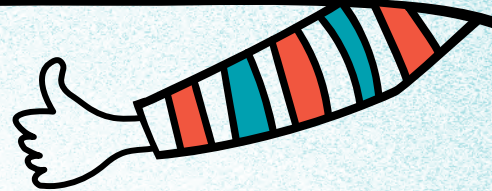
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Celebrating My Firsts ...

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How did it feel?

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What advice would you give to someone in your cabin?

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What do you want to try next?

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Ideas for Life

Cherished Memory

Best Activity

New Diabetes Skill

Favorite Speaker

Ideas for Next Year

New Friends

Greatest Challenge

Favorite Song

Favorite Video



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Calling All Pen Pals!

Use the letter above and the weekly inspiration in the email to write your Pen Pal! Don't have a Pen Pal? Sign up for our Pen Pal Program or write to a friend or family member! **Stay connected.**

Contact PenPalCamp@diabetes.org for more information or to sign up!



Imagine Camp

2451 Crystal Drive, Suite 900 • Arlington, Virginia 22202
1-800-DIABETES • diabetes.org

THANK YOU FOR YOUR SUPPORT

