

Supply List: Healthy Life

Summer Activity Guide

The **Summer Activity Guide** is a suite of activities and resources intentionally designed to support youth-serving summer programs in delivering programming through multiple approaches during the COVID-19 pandemic. The activities included in the Guide are easy to implement with limited support and readily available materials. Here are the supplies youth will need to complete the activities for Unit 2. The lists are organized by age group.

SUPPLIES FOR AGES 5 – 9

- Paper (white or colored)
- Pen or pencil
- Scissors
- Markers, colored pencils or crayons
- Tape, glue or a stapler
- 3 pieces of construction paper or colored paper
- 2 plastic drink bottles
- 2 empty milk cartons
- A towel or mat
- Masking tape
- 3 hardboiled eggs
- 3 containers for holding liquids
- Soda
- Vinegar
- Water
- Smartphone or other recording device
- Soil
- One of these veggie scraps: base of celery stalk, carrot tops or base of a head of lettuce

Handouts:

- Workout Handout
- Dragon Breath Handout
- Self-Portrait Handout
- Mindful Eating Handout

SUPPLIES FOR AGES 10 – 12

- Paper (white or colored)
- Pen or pencil
- Scissors
- Markers, colored pencils or crayons
- Tape, glue or a stapler
- 3 pieces of construction paper or colored paper
- 2 plastic drink bottles
- 2 empty milk cartons
- A towel or mat
- Masking tape
- ¼ cup measuring cup
- 3 hardboiled eggs
- 3 containers for holding liquids
- Soda
- Vinegar
- Water
- Smartphone or other recording device
- Soil
- One of these veggie scraps: base of celery stalk, carrot tops or base of a head of lettuce

Handouts:

- Workout Handout
- Self-Portrait Handout
- Mindful Eating Handout

SUPPLIES FOR AGES 13 – 15

- Markers, colored pencils or crayons
- Pens or pencils
- Scissors
- Plain white paper or colored paper
- Various food items (already found at home)
- 1 split pin/paper fastener/brad pin/tack
- 1 paperclip
- Access to the internet

SUPPLIES FOR AGES 16 – 18

- Markers, colored pencils or crayons
- Pens or pencils
- Plain white paper or colored paper
- Blank journal or loose paper
- Various food items (already found at home)
- Access to the internet