4H Day Camp

Theme:  “Clover Camp: H-team Survivor”

We will be doing activities based on the four Hs.

* Head (mental health)
* Heart (physical health)
* Hands (service)
* Health (nutrition)

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| HEAD: | Alex and Kim |
| HANDS: | Jessica and Lindsey |
| HEART: | Dara and Elizabeth |
| HEALTH: | Matasia and Katrina |
| GAMES: | Emily and Abby |

Schedule (tentative):

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| TIME | Head | Hands | Heart | Health | Games |
| Start (15-20) | GAMES | GAMES | GAMES | GAMES | GAMES |
| Transition (5) | Transition | Transition | Transition | Transition | Transition |
| Activity (20) | 1 | 2 | 3 | 4 | B |
| Transition (5) | Transition | Transition | Transition | Transition | Transition |
| Activity (20) | B | 1 | 2 | 3 | 4 |
| Transition (5) | Transition | Transition | Transition | Transition | Transition |
| Activity (20) | 4 | B | 1 | 2 | 3 |
| Transition (5) | Transition | Transition | Transition | Transition | Transition |
| Activity (20) | 3 | 4 | B | 1 | 2 |
| Transition (5) | Transition | Transition | Transition | Transition | Transition |
| Activity (20) | 2 | 3 | 4 | B | 1 |
| End (15-20) |  |  |  |  |  |

TOTAL: 2:45