

A Company of Girls (ACOG) afterschool empowerment program presents...

DAY 5!

Camp IMaGiNATION

First, let's check-in...how are you feeling?

"Check-In Circle"

How each of us feels is unique and important. "Check-In" is a time for you to have your voice heard and to let your feelings out. And that can feel great! Go around the "circle" and answer the questions below. The person who starts gets to choose the direction that you go around the circle. Maybe draw a name from a hat to choose? Be creative in how you decide who starts! If there are only 2 of you – take turns.

Remember: Let each person have their time without talking over them. You don't have to compete or compare yourself with each other's stories. You will have your time to share. Let everyone have their moment. Listen to each other. Learning about each other is how we build community.

Answer these questions...

How are you feeling (emotionally) today?

(need help with that – we've got a chart of emotions you can choose from)

What are two POSITIVE words that describe you?

TODAY'S THEME: **BIRDS!**

If you go outside for 5 minutes how many different types of bird to you see?

Can you name any of them?

Malicia's Bird Facts



- There are around 10,000 different species of birds worldwide.
- Birds have hollow bones that help them fly.
- Some bird species are intelligent enough to create and use tools.
- Hummingbirds can fly backwards.
- The Ostrich is the largest bird in the world. It also lays the largest eggs and has the fastest maximum running speed (60 mph).
- Birds will bathe in water or even go out when it is raining. For birds that live in areas with little water, they will clean their feathers by giving themselves a dust bath.
- Most birds like to eat fruit, plants, seeds, insects, and other small animals. Birds don't have any teeth, so their bodies are used to digesting their food whole.
- They will often puff up their bodies and feathers to show off their authority, or to make a threatening display to try to scare away predators. Some birds even take part in dances in order to attract a mate.

“Stick and Grass Nest Making”

Go out into your yard or a local nature space and collect fallen twigs and grass... perhaps some clay or mud could be incorporated. Attempt to be as good as a bird at building a little nest outside.

“Citizen Science Birding”

If you would enjoy being more involved in the birds around us, while helping to inform scientists of the birds local to your area, consider getting these apps: Song Sleuth and eBird

“Salt Dough Eggs and Birds”

Make homemade salt dough and sculpt into little eggs and a bird for your nest.

Homemade Salt Dough Recipe:

2 C all purpose flour

1 C salt

1 C water

- In a large mixing bowl stir together the flour and the salt
- Gradually add water while stirring and mixing to form a Play-Doh like consistency
- Form the Dough into a ball and knead for approximately 5 minutes, adding a bit more flour if the dough is too sticky or a bit more water if its too dry

Eggs:

Make salt dough and sculpt into eggs to go in your stick and grass nest. Add food coloring to make different colored eggs. After sculpting let the dough eggs dry to harden. You could also paint on spots to make your eggs look even more authentic.

Bird:

Roll a small bird shaped ball out of your salt dough and shape to resemble a bird shape. Attach two bead eyes by pressing them into the dough or simply press a hole into the dough. Don't forget to shape a beak. Paint it however you would like your bird to be! It's your personal creation! Or simply stick in feathers for wings.



Susan made this nest from things right in her yard.



“Quadrabird Bird Drawings”

Faster than a speeding bullet.
More powerful than a locomotive.
Able to leap tall buildings in a single bound.

Look! Up in the sky! **It's QUADRABIRD!**

Have fun creating your own original bird that includes features from 4 different bird species. Look birds up online or in a field guide to give you some fun choices. Now make up your own species name for the bird you invented.

Here's Sarah's one of a kind - **“Cardinalgull-a-dee-duck”**

Cardinal head, seagull body, chickadee legs, mallard feet.

Then maybe make up
a story about your bird.
What does it eat?
Who are it's friends?

theater



Jen's Joke of the day!

Why do hummingbirds hum?

(go to the cooking page for the answer)

Theater games are a fun way to express yourself. There are no wrongs or rights. Just have fun!



Today's Vocal Warm-up:

The Blue Bluebird Blinks

Start saying it slow, and try it a few times to get it as fast as you can!



One Word Story:

Players sit in a circle. One person says a single word to begin a story. The person to his left says another word, then the next person says another word, continuing around the circle. The object is to tell a coherent story, one word at a time. We even did this on Zoom the other day! It worked great once we established the order of who would go next and we wrote it out in the chat box. We ended up with "Today flowers are consuming the ground and the sun eats the stars."

"Mad Libs! Bird Style"

Mad Libs are a fun way to be creative, silly and learn about language.

Here's a fun one we found about birds on Woojr.com!

Here's the order of words you will need:

adjective
plural noun
adjective; color
adjective; color
adjective; color
adjective
noun
plural noun, body parts
verb
verb
adjective
plural noun; animals
verb
noun
verb
plural noun; animals
plural noun
verb
plural noun
plural noun

All About Birds



Birds are _____ animals with _____
(adjective) (plural noun)
that come in almost every color, from
_____ to _____ to even
(adjective; color) (adjective; color)
_____. Birds are _____ because
(adjective; color) (adjective)
unlike any other _____, they have
(noun)
_____ that allow them to _____.
(plural noun, body parts) (verb)
Many birds also _____ songs.
(verb) (adjective)
Some birds, like ducks and _____
(plural noun; animals)
can both _____ through the air and
(verb)
swim in _____. A few birds cannot _____,
(noun) (verb)
like penguins and _____. Birds
(plural noun; animals)
live in _____ that they _____
(plural noun) (verb)
themselves using _____ and _____.
(plural noun) (plural noun)



cooking

(and eat)

We love to cook at ACOG!

One of the projects we do is called "Family Traditions." Each girl brings in a recipe from home that means something to them and they present it to the group, determine the ingredients and tasks, and lead the kitchen for the day. It's a wonderful way to teach leadership skills, time management, and also to share stories with each other and build community.

When staff member Maliea was an ACOG participant - this was her special "Family Traditions" food project

Maliea's Dad's "Birds in a Nest"

This is a great and simple dish to make in the morning (or night!) with your family. My dad used to make it with me and my siblings when we were little! We loved to eat them with bacon, home fries, and nice cold orange juice.

Bread (white or wheat)
Eggs
Butter
Salt and pepper (to taste)

- To start, heat up the skillet you'll be using.
- Add butter to the skillet and let it coat the pan.
- Take your bread (whatever kind you like to use) and cut out circular pieces from the middle using a cookie cutter or a cup.
- Add the pieces of bread to the pan (save the small circular pieces for later).
- Crack an egg into the empty hole in the middle of the bread slice and let the egg cook.
- Flip the bread and egg and cook the other side.
- Once that's done, you can put the circular bread pieces in the pan and toast them.
- Serve with a side of bacon or hash browns and enjoy!

We even made fresh squeezed orange juice that day!



Q: What did one egg say
to the other egg?

A: Let's get crackin'!

Jen's Joke
Answer:

Because they don't
know the words!

