

# ASHGROVE ADVENTURE VIRTUAL CAMP

Welcome to Ashgrove Adventures Virtual Camp! We hope you are enjoying our virtual camp this summer as we have fun Ashgrove style! We know you can't be there in person, but let's start our day Ashgrove Style: <https://youtu.be/Yf3C8HQ9ZeU>

## We start every day with the Camp Song!

(to the tune of "I've Been Working on the Railroad")  
Camping days are here at Ashgrove, are a lot of fun,  
Learning outdoor skills together, archery in the sun,  
Ice cream, nature, crafts, and singing, OP!  
Keep us on the run,  
We make friends that last forever,  
ASHGROVE's number one! We're number ONE!

## Spirit Day:

It is backwards day! What can you do backwards? Breakfast for dinner? Wear your clothes backwards? Walk backwards

## Service of the Day:

Make a card for someone, or more than one person. Looking for ideas, look at our crafts section for a hug to mail!

## Songs to learn!

My Highland Goat: [https://youtu.be/g5S\\_USQ-dYs](https://youtu.be/g5S_USQ-dYs)

John Jacob Jingleheimer Schmidt: [https://youtu.be/YL2AX8ubj\\_c](https://youtu.be/YL2AX8ubj_c)

## Joke of the Day:



## Recipe of the Day:

### Recipe for

ADULT SUPERVISION  
NEEDED FOR  
THE OVEN OR GRILL

English Muffin Pizzas  
NAME OF DISH

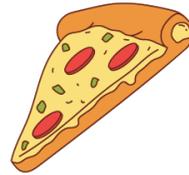
INGREDIENTS

English Muffins or Bagels

Pizza Sauce

Mozzarella Cheese

your favorite toppings



DIRECTIONS

- 1) Split the bagel or English muffin into two
- 2) Make your pizza any way you'd like
- 3) place the pizza on a baking sheet or aluminum foil and bake or place on the grill until the cheese is melted

Enjoy!

## Outdoor Skills:

Let's learn about fires with Edible Fires

Salad fire - <https://youtu.be/sUeHJ0ZWYAE>

Snack fire - <https://youtu.be/cCOIZ0Kece8>

# ASHGROVE ADVENTURE VIRTUAL CAMP

## OP's Virtual Challenge

### Course

As with all OP activities, remember there is no running, jumping, or throwing of people & objects! If you get stuck, feel free to email Rusty at [jmmurphy417@msn.com](mailto:jmmurphy417@msn.com)

. She will do her best to get back to you with a hint to help along the way. And most of all remember there is no right or wrong but only SAFE!!

Have Fun & let's begin!

## Helium Stick. This activity needs at least one buddy

Story: This is Sam the snake. Sam here is really tired and would like to go to sleep. He falls asleep the quickest when he gets his tummy rubbed. However, he is a snake so he does not like to be touch on his back for fear of getting squished. His bed is down here on the ground. You all are going to lower Sam to the ground making sure that your fingers/palms stay flat so that no one accidentally wraps their hands/fingers around Sam's back. Also, everyone must maintain contact with the snake using both hands. And if his head gets lower than his heart, he will bite, so he must be kept level at all times.

Equipment: A hoola hoop or a skinny pole like a broom handle.

Activity: You are going to lower the hoola hoop or tent pole/stick to the ground. You can either use one finger or your palms, it does not matter as long as you use both hands and you keep them flat. And the pole level.

## Answer to Joke of the Day



## Mail A Hug

1. Find or create a length of paper that is as wide as the outstretched arms & includes space for the head of the person you will be tracing
2. Trace the outstretched arms, neck & head of the person sending the hug
3. Let them decorate their hug
4. Fold "hug" to fit inside mailing envelope
5. Label with mailing addresses
6. Attach postage
7. Drop in outgoing mail

