

Olympic Camp At Home

Ages 2-7

At Home With SICM is now celebrating our summer camps! This week we were inspired by our Olympic camp. We hope your family enjoys doing these outdoor activities together! The Olympics Games are made up of contests in over 28 sports in summer and over a dozen winter sports. The event is meant to bring the world together through sports, art, and culture. These contests take place every four years and have done so for thousands of years beginning in ancient Greece and then started up again in 1896.

Create

Olympic Rings Art Collage

Here's a fun project to try! The Olympics flag has a symbol of 5 rings on it which represent the 5 continents that participate.

Supplies: magazines, glue, scissors, a large piece of paper.

Process: First trace or draw 5 circles in the same pattern as the 5 Olympic rings.

Cut and glue magazine shapes into each ring until the inside is fully colored. Each ring should only be made up of one kind of color. From left to right the color order is 1. Blues, 2. Yellows, 3. Blacks, 4. Greens, and 5. Reds. If you have any sports magazines you can add people into your rings as if they were competitors!

Play

Move it! Toss It! Hop to it!

The Olympics are meant to be friendly contests between people from everywhere! Why not challenge a family member or friend to see who can do more jumping jacks, , jump the highest, throw a paper ball into the trash, or even hula hoop! Don't forget to be a good sport and thank them for playing the game no matter who ends up being the winner.

Make

Yummy Fruit Salad Rings!

Each Olympic ring color represents a color found on flags from around the world and first appeared in the 1920 games. You will need 5 plates or one large plate to arrange the fruit of your choice on. For this sharable treat you need to match your fruit to the colors of the Olympic flag and arrange each in a color in a circle.

From left to right the color order is 1. Blues (blueberries), 2. Yellows (Banana, yellow melon, or pineapple), 3. Blacks (blackberries or dark grapes/blueberries), 4. Greens (green grapes, green melon, or cucumber, and 5. Reds (raspberries or strawberries).

Olympic Heroes

Every country has its heroes,
Winners from years past.
Champion athletes, gymnasts, swimmers,
Skillful, strong and fast.

Explore More

Official Olympics Website

<https://www.olympic.org/about-ioc-olympic-movement>

Indoor Home Games!

<https://www.mother.ly/child/home-olympics-indoor-activities-for-kids>



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