




# TOUGO CHALLENGE

summer camps

## MY TOUGO PROGRAM

This document shows you what your program might look like during the **TOUGO Challenge** week. The important thing is to make it easy for you to use!

What **daily** objectives should you keep in mind?

-  • One or more activities to get your campers moving for a total of **60 minutes**
-  • An activity that lets you explore **fruits and vegetables**
-  • A **zen** activity that lets you take a moment to relax

## PSST!

The program shown on the following page is an example of what you can do with the **TOUGO Challenge** activities posted on the **Power Up portal**. Have fun adding activities of your choice that will help you meet the objectives of the **Challenge**.

Consider integrating the objectives into what you already do with your campers. The duration of the activities can vary and can be adapted to your needs.

### Examples:

- Quiz on fruits and vegetables while walking to a different location
- Aquafitness at the pool
- Yoga during the general gathering

**ENJOY THE CHALLENGE!**






























Special collaboration  
**Association québécoise  
de la garde scolaire**

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m. – 9:30 a.m.	GREETING THE CAMPERS – GATHERING				
9:30 a.m. – 10:30 a.m.	SNACK  <b>Secrets of Olympia</b>	SNACK  <b>Delicious Misfits!</b> 	SNACK  <b>The Mystery of the Masked Banana</b>	SNACK  <b>Laugh-A-Thon</b>	 SNACK  <b>Energy Quiz</b>
10:30 a.m. – 11:30 a.m.	ARTS AND CRAFTS 	SWIMMING POOL	 <b>Remote Control Race</b>	  <b>Colorful Circuit</b> 	SWIMMING POOL
11:30 a.m. – 12:30 p.m.	LUNCH 	LUNCH	 <b>Lunchtime Icebreaker</b>	 LUNCH AT THE PARK AND WATER GAMES	LUNCH 
12:30 p.m. – 1:30 p.m.	 <b>Magic tricks</b>	 <b>Gratitude Wall</b>	 <b>Zen Challenge</b>	 <b>Zen Challenge</b>	 <b>Zen Challenge</b>
1:30 p.m. – 2:30 p.m.	 <b>Recharge yourself!</b>	 <b>Jump Rope Challenge</b>	 OUTING TO THE BEACH	GARDENING	 <b>Pick up the pace</b> 
2:30 p.m. – 3:30 p.m.	SWIMMING POOL	READING WORKSHOP		 <b>Survivor Island</b>	SPECIAL ACTIVITY ORGANIZED BY THE CAMP
3:30 p.m. – 4 p.m.	SNACK – GATHERING				

