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!

POWER UP

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

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