TOUGO CHALLENGE

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



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.

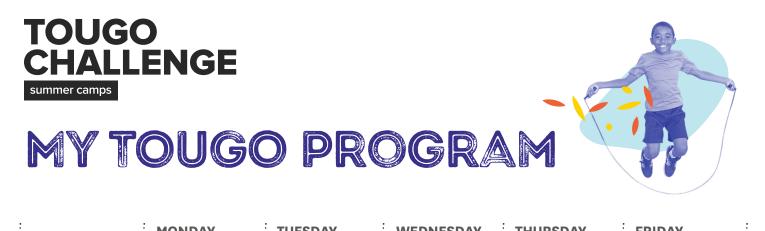
Examples:

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





Special collaboration Association québécoise de la garde scolaire



	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	SNACK O Delicious Misfits!	SNACK The Mystery of the Masked Banana	SNACK	SNACK
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.			D Lunchtime Icebreaker	LUNCH AT THE	LUNCH
12:30 p.m. – 1:30 p.m.	Magic tricks	💬 Gratitude Wall	Zen Challenge	PARK AND WATER GAMES	Zen Challenge
1:30 p.m. – 2:30 p.m.	Recharge yourself!	Jump Rope Challenge	OUTING TO THE	GARDENING	Pick up the pace
2:30 p.m. – 3:30 p.m.	SWIMMING POOL	READING WORKSHOP	BEACH	Survivor Island	SPECIAL ACTIVITY ORGANIZED BY TH CAMP
3:30 p.m 4 p.m.	SNACK - GATHERING				