



SUMMER
CAMP

Rainbows & Unicorns

Grades: K-3rd

Each of the five days are set to three-hour periods. Depending on how much time is allotted you may extend or shorten times if needed, however, the set minutes are a good time frame. Each day also has time built in for breaks, time overflows, cleanups, and playtime.

Tested, edited &
approved by:

Sarah Springer, Aurora
High School Senior

Day One:

Introductions - Ten minutes:

Have the entire group including the instructor state their name, age, and favorite color. Run through expectations for the kids throughout the week, such as listening skills, being a good friend, sharing, etc.

Rainbow Weaving Fish Craft - One hour:

(If your group is on the younger side allow for an extra half an hour for this activity.)

Each child needs a fish template along with several strips of colored paper cut off the long side of a sheet. Fold the fish in half so that the mouth area and tail meet together and cut slits into the fish, taking care to leave a space between the tail and the end of the cuts, along with the mouth. Make sure that the slits aren't too close to the top and bottom of the fish as well. Weave the paper strips through, and trim the ends sticking out to look like fins. Finish by adding on your choice of eyes and any paper scraps to decorate.

Rainbow Melting Ice Experiment - 45 minutes:

(Demonstration) Learn how colors mix in this activity! There are two parts to this experiment. For the first part, put half a tablespoon of the coarse salt and a few drops of food coloring and mix. Set one of the ice blocks on a tray where everyone can see it. Sprinkle all of the colors across the ice in lines, making sure that they touch. Watch as the salt begins to make craters

in the ice and point out all of the colors mixing together. For the second part, see if you can get a better result by trying something different. Set out the ice block on the tray and sprinkle the salt across the entire block. Use the watercolor paints to paint rainbows onto the ice and watch as the paint sinks into the craters and mix together.

Roll and Design a Unicorn Activity - 45 minutes:

Print out the game card and playing pieces, enough for one of each for each child (or have every two share a sheet of the pieces). Have all the kids cut out the pieces they may want, and explain how each number on the dice stands for a different part of the unicorn - one for eyes, two for ears, three for hair, four for the crown, five for horn, and six for accessories. When ready to play, the rules are as follows: When rolling the dice, you have to roll the numbers in order to be able to add them onto your unicorn. For example, if you just started and rolled a two, you need to re-roll until you get a one. The kids can play for as long as time allows, but if some want to keep their unicorns to take home, they can glue them onto the page with glue sticks.

Day Two:

Unicorn Dream Catcher Craft - 1 hour & 45 minutes:

Cut a long piece of yarn and tie it around the hoop, wrapping it around the entire hoop. Once it's wrapped around completely, secure the end with some hot glue. Using another piece of yarn, tie the end around the hoop and criss-cross it tightly before tying it off (you may need to glue the yarn to the hoop where it is wrapped across). To make the ears, cut out two ear shapes from the stiff felt. For the inner ears, cut out the same shape in a smaller size. Hot glue the inner ears onto the outer ears. Cut out a triangle from the glitter paper for the unicorn horn. Cut various lengths of ribbon and yarn for the hangings, keeping in mind that they will be folded in half to be tied. Hot glue the horn, ears, and flowers to the hoop in that order. To attach the hangings, fold a piece of yarn in half, with the end looped over right under the bottom of the hoop. Take the ends of the ribbon and pull them through the loop, making sure to tighten them. Repeat this step until the bottom of the hoop is covered, and the project is finished.

Unicorn Slime Activity - 45 minutes: In a large bowl, mix the glue and shaving cream together. In a separate cup or bowl, mix $\frac{1}{2}$ teaspoon of borax with a cup of warm water, stirring until the borax is dissolved (do not mix borax in or with utensils that are used for food). Add about a teaspoon of the borax and water mixture into the glue/shaving cream bowl and stir. Begin to knead the mixture with your hands, and add more of the borax mixture if it's still sticky. Once the slime is completely mixed, separate it into three even pieces. Add some food coloring into

each of the three pieces, and knead until the coloring is completely mixed in. Add the pieces together and you're finished!

Exploding Rainbow Experiment - 30 minutes:

(done by instructor as a demonstration) Set one of the small bowls flipped over into the large bowl, setting the other small bowl on top. The large bowl will catch any overflow from the experiment. Start by pouring $\frac{3}{4}$ of a cup of hydrogen peroxide into one of the containers. After that, add about $\frac{1}{4}$ of a cup of hand soap. In the other container, add 2 and $\frac{1}{4}$ teaspoon of dry yeast and $\frac{1}{4}$ cup of warm water. Mix the yeast and water together until both are well incorporated. It may create a paste at the start, but the yeast will dissolve into the water. Separate the soap and hydrogen peroxide mixture into the smaller bowls, and mix different colors of food coloring into each, the more colors the better. One at a time, add the smaller cups into the yeast and water mixture. The mixtures will begin to react to one another slowly, and the vibrant colors will begin to overflow like a waterfall.

Day Three:

Rainbow Beaded Bracelets Craft - 30 minutes:

Cut enough pieces of elastic/string for each child in your group, and tape the end onto the table so the beads don't fall off. Let them have their pick of beads and charms to decorate their bracelet with. Once done, use the pliers to clamp one end of the lobster clasp onto the elastic while the bracelet is still taped onto the table. Afterwards, remove the tape from the bracelet and clamp the other end of the clasp onto the other end of the bracelet, and you're done.

Unicorn Hand Puppets Craft - 1 hour:

Pass out both sheets of paper and have everyone cut out all of the pieces. You need three pieces of felt, two of the same color for the body of the unicorn and one other color for the mane or horn. Next, put the full unicorn sheet onto one of the pieces of felt that you want to be the body. Using a permanent marker, trace the outline onto both pieces of felt. Some kids need help to keep their paper from shifting on the felt as they trace, in which case pinning the paper onto the felt with the optional sewing pins would be beneficial. Cut out the body pieces and hot glue the inside edges together, leaving the entire bottom so that it can function as a puppet. Using the same tracing method, trace and cut out the horn and mane pieces onto the last piece of felt. If you want the horn to stand out, using the other color of felt only for that would help, and vice versa for the mane. Hot glue whichever of the pieces you choose onto your unicorn and move onto the last step, which is decorating. The puffy paint can be used to make details such as the eyes, nose, and any texture on the horn or mane. The jewels can be used to add



some extra dazzle onto your unicorn puppet, just arrange them then hot glue them on the desired areas. After the paint has dried, the unicorn hand puppet is finished!

Paper Towel Rainbow Experiment - 25 minutes:

Fold a paper towel sheet in half hamburger style, and use the permanent marker to draw the lines of a rainbow on the top. Press down hard and trace over the lines a few times to ensure that the marker bleeds onto the other side of the paper towel. Unfold the paper towel so that the bottom layer is visible, and use the washable markers to color the rainbow. Put some water into the bowl. Fold the paper towel back in half and use the droppers to soak the rainbow. Watch as the rainbow appears onto the paper towel!

Spectroscope Craft - 35 minutes:

If desired, each paper towel tube can be painted to whatever color the child wants. This step isn't necessary, but if there's some extra time left painting would fill it well. Towards the bottom of the tube, use the craft knife(only done by an adult) to cut a thin slit at a 45 degree angle. Make a small peephole directly across from the slit with the craft knife, again by an adult only. These steps can be done ahead of time in order to speed up the process if necessary. Trace the end of the paper towel tube onto a piece of cardboard/cardstock and cut it out. Cut a rectangular slit in the center of the circle before taping it onto the top of the spectroscope. With the shiny side up, place the CD into the 45 degree slit. Once finished, take the spectroscope outside, pointing the top slit at the sky(not directly at the sun!!). Look through the peephole to see a rainbow! You can also use the spectroscope in different types of light such as neon, candle, or fluorescent to compare to sunlight. The spectroscope works because a CD has spiral tracks that are evenly spaced. The tracks diffract light, which is reflected to your eye due to the mirrored surface on the CD.

Day Four:

Walking Water Rainbow Experiment - 30 minutes:

(Demonstration) Begin by filling only three of the jars with water, about $\frac{3}{4}$ full. Once filled, add a few drops of food coloring so each jar is either red, yellow, or blue. Take the empty jars and place them in a circle, alternating the jars so that each filled jar has an empty one on both sides. Have the kids predict what will happen once the paper towels are added. Will or how will the colors mix, what shades might be created? Next, take six paper towels and fold them over on the long side twice, so that they are paper towel strips. Stick one end of the paper towel into two jars right next to each other, continuing the process until each jar has two ends of a paper



towel sticking into it. Watch as the paper towels begin to soak up the colored water and slowly start to deposit the colored water into the empty jars. If the jars are left overnight, the water will be distributed into all of the jars fairly evenly. The jars that were originally empty now have secondary colors, and the paper towels will show how the colors traveled from jar to jar.

Unicorn Headband Craft - 1 hr 30 minutes:

Print out the horn and ears template, and cut out the pieces. Trace the horn onto the glitter cardstock, then cut it out. Curl the horn onto itself into a cone shape and hot glue it to secure it in place. Use the larger ear template to trace onto the colored cardstock. Use the smaller template for the inner ears on the glitter cardstock, and cut out both ear pieces. Glue the inner ears onto the outer ears. Use hot glue to attach the horn onto the headband, and trim any excess hanging over the front of the headband. Hot glue the ears onto the headband on both sides of the horn. Finish by gluing the flowers across the front of the horn and ears. Optional: trim any hot glue strings from the headband for a nicer finished look.

Rainbow Rain Cloud Experiment - 25 minutes: Fill the mason jar to the bottom of the rim with water. Add a thick layer of shaving cream on top, but if you have a younger group make the layer thinner as it takes less time for the food coloring to soak through. Using the food coloring, drop the colors onto the top of the shaving cream. Observe as the colors begin to seep through the shaving cream and swirl into the water. Keep adding food coloring until the jar is full of swirling colors. In this project, the shaving cream represents clouds, the water represents the air and the atmosphere, and the food coloring represents rain.

Day Five:

Horse/Unicorn Riding - Full Day

OR*

Unicorn Party - Full Day:

Instead of a full day plan, if you choose to do the unicorn party there are ideas and suggestions in the supply list. This is a great time to catch up on any projects if some kids weren't able to get theirs finished in the allotted time. For the party, have a movie, treats, drinks, and let the kids enjoy themselves. If desired, instead of having snacks and drinks ready ahead of time, have the kids help make them, such as frosting the cupcakes or stirring the lemonade.

*If your association has access to horse rides, on the final day take your group to go riding. If possible, decorate a horse or two to look like a unicorn with a horn accessory. Either way, most kids love horses and this would be a great last day activity.



Supplies: (Unless stated in the activity, each project is done by each child or a small group, so the number of items depends on the size of your group.)

- **Day One**

- Rainbow Fish Weaving Craft
 - Fish template on white cardstock
 - Paper in assorted rainbow colors
 - Scissors and glue
 - Optional: googly eyes or a marker to draw eyes
- Rainbow Ice Melting Experiment\Demonstration
 - Two large ice blocks
 - Coarse salt
 - Seven small bowls
 - Food coloring
 - Watercolors
 - Paintbrushes
 - Tray
 - Seven bowls
- Roll and Design a Unicorn Activity
 - Free [printable](#) for each child
 - Scissors
 - Dice
 - Glue sticks

- **Day Two**

- Unicorn Dreamcatcher
 - 6" embroidery hoops
 - Yarn and ribbon in various colors and textures
 - Stiff felt
 - Glitter paper
 - Scissors
 - Hot glue
- Fluffy Unicorn Slime
 - white glue
 - foaming shaving cream
 - borax powder
 - water
 - Neon food coloring of choice



- Exploding Rainbow Experiment-demonstration
 - Hydrogen peroxide
 - Dish soap
 - Food coloring
 - Yeast
 - Two small size bowls, and one large
 - Several small bowls/containers
 - Two other containers/bowls(should hold about a cup each)
- **Day Three**
 - Rainbow Bracelets
 - Multicolored and/or various colors of beads
 - Thread or elastic of choice
 - Lobster claw clasps with cord ends
 - Needle nose pliers
 - Tape
 - Optional: rainbow or unicorn themed charms
 - Paper Towel Rainbow Experiment
 - Paper towels
 - Washable markers
 - Black Sharpies
 - Large bowl
 - Baking or other type of tray to protect the surface
 - Droppers
 - Dish for water
 - Water
 - Unicorn Hand Puppets
 - Puppet template
 - Various colors of felt(two sheets for each child)
 - Puffy paint
 - Plastic jewels
 - Hot glue
 - Scissors(sharp enough to cut fabric or fabric scissors)
 - Permanent markers
 - Optional: sewing pins
 - Spectroscope Craft
 - Empty paper towel rolls
 - Old or blank CDs

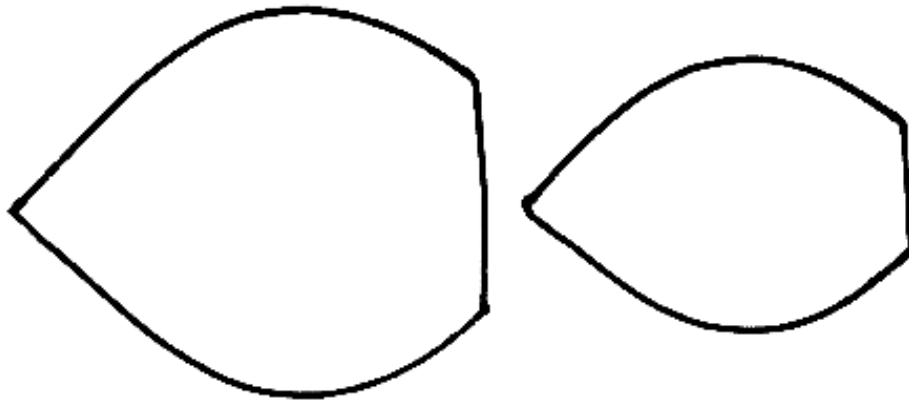
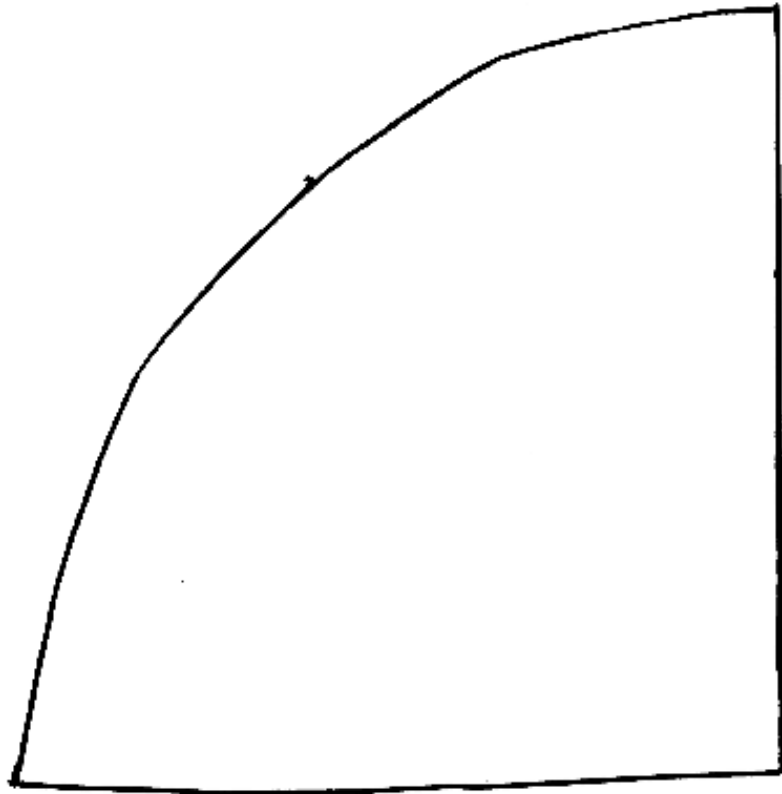
- Cardboard or cardstock
- Scissors
- Pencils
- Tape
- Craft knife, such as X-Acto
- Optional: paint
- **Day Four**
 - Walking Water Rainbow Experiment-demonstration
 - Six small transparent jars or cups
 - Paper towels
 - Red, yellow, and blue food coloring
 - Water
 - Unicorn Headbands
 - Headbands
 - Paper/decorative flowers
 - Cardstock in various colors
 - Glitter cardstock
 - Scissors
 - Hot glue
 - Gluesticks
 - Pencils
 - Unicorn ears and horn template
 - Rainbow Rain Cloud Experiment
 - Mason jars
 - Shaving cream
 - Food coloring
 - Water
- **Day Five**
 - Movie Suggestions
 - Wish Upon a Unicorn - Netflix
 - Barbie: Magic of the Rainbow
 - Barbie and the Secret Door
 - Barbie of Swan Lake
 - Snacks and Drink Suggestions
 - Cupcakes with rainbow frosting, and rainbow or unicorn sprinkles
 - Rainbow and unicorn sugar cookies
 - Vegetables arranged in rainbow order

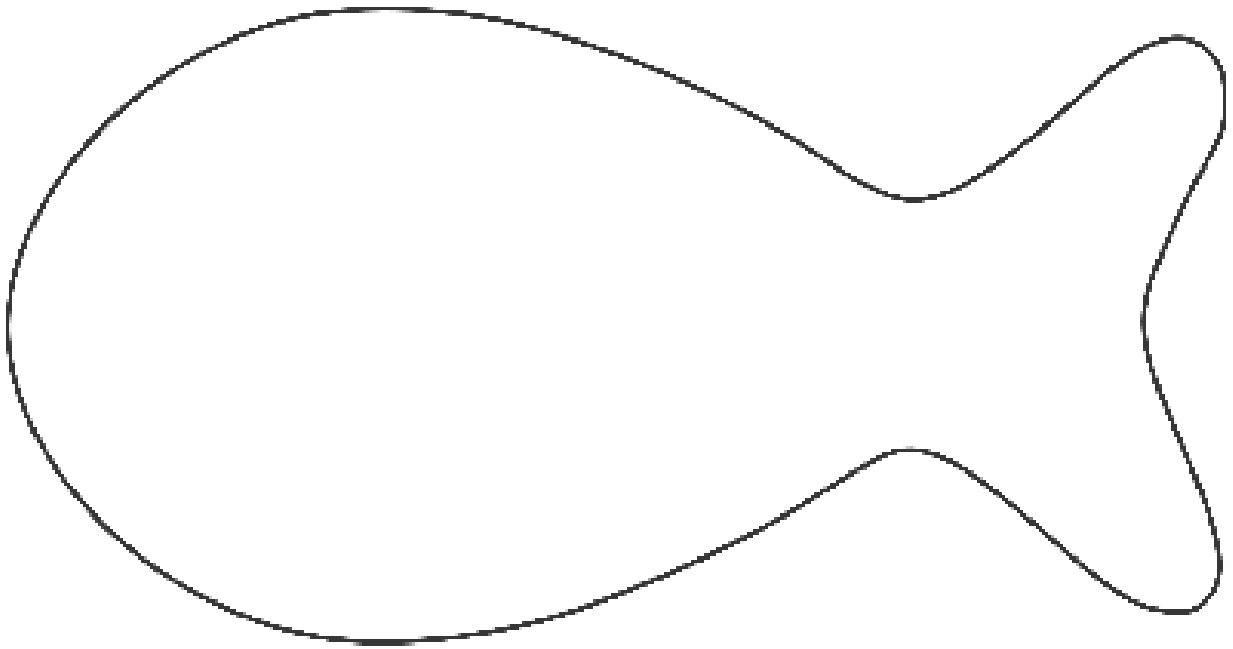
- Fruit kebabs arranged in rainbow order
- Lemonade colored with food coloring
- Fruit punch



The Edgerton Education Foundation is a 501(c)(3) organization. 208 16th Street, Aurora, Nebraska 68818
402-694-4032 * mary@edgerton.org







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