

Activity Book for Teens

THE PAINTED TURTLE



OUTPOST

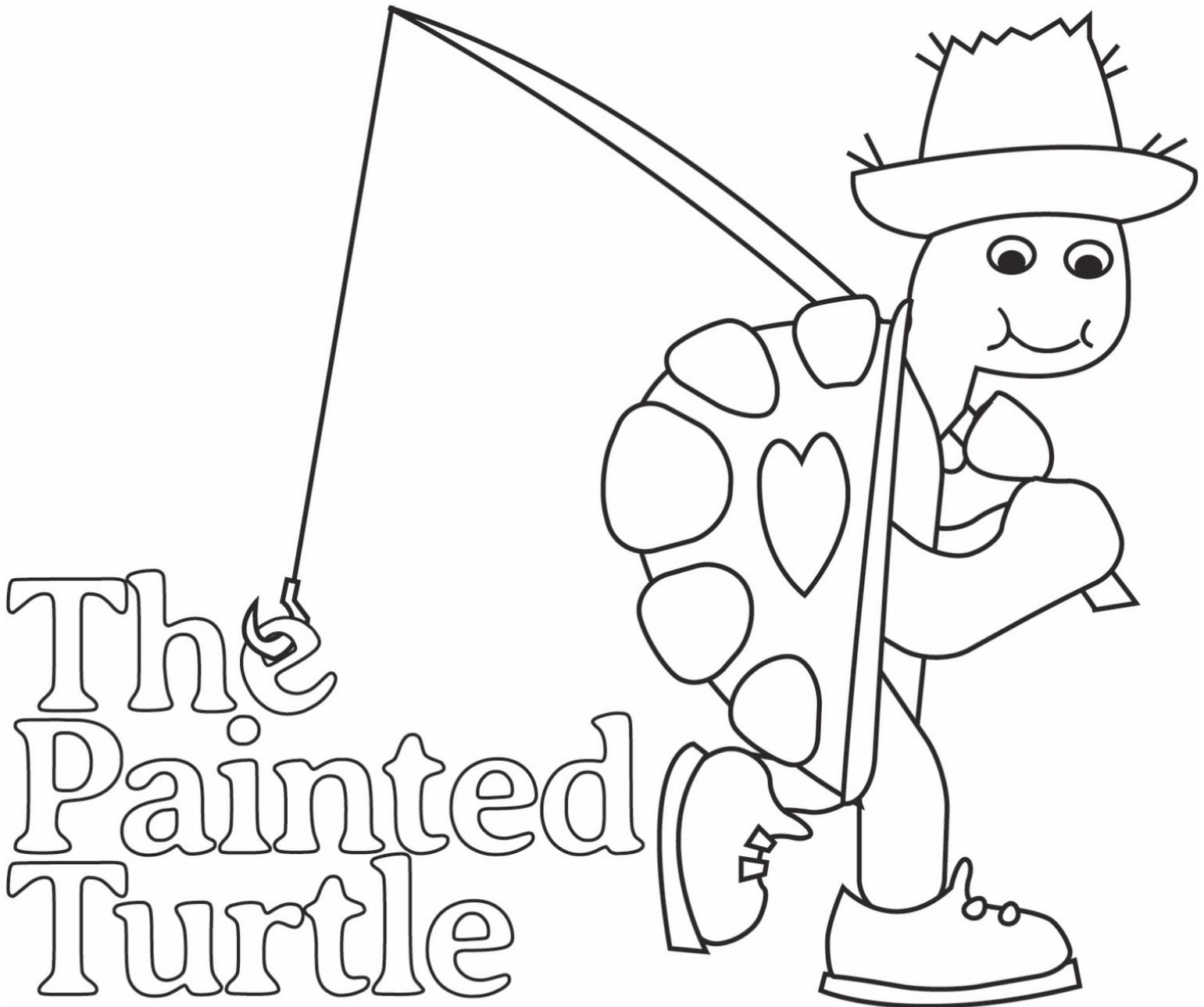
DELIVERING THE MAGIC OF CAMP!

Outpost is endowed by the
Margie & Robert E. Petersen Foundation

Hello!

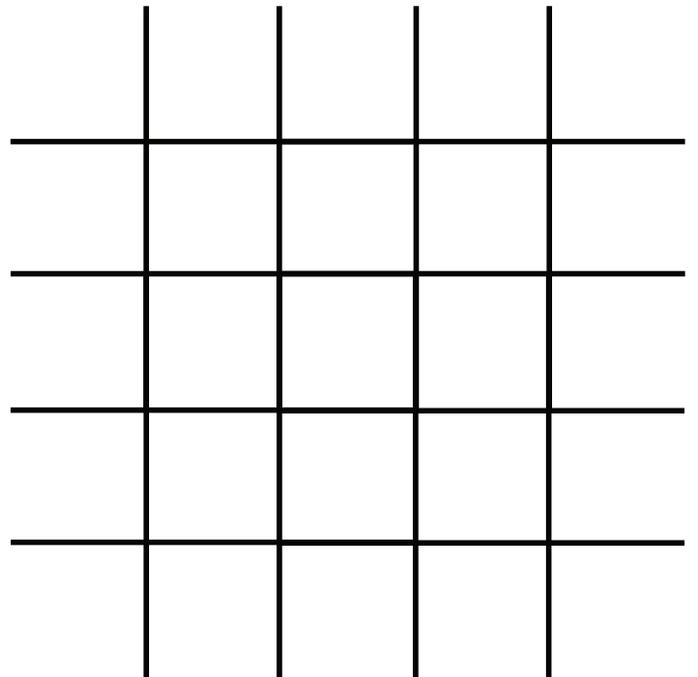
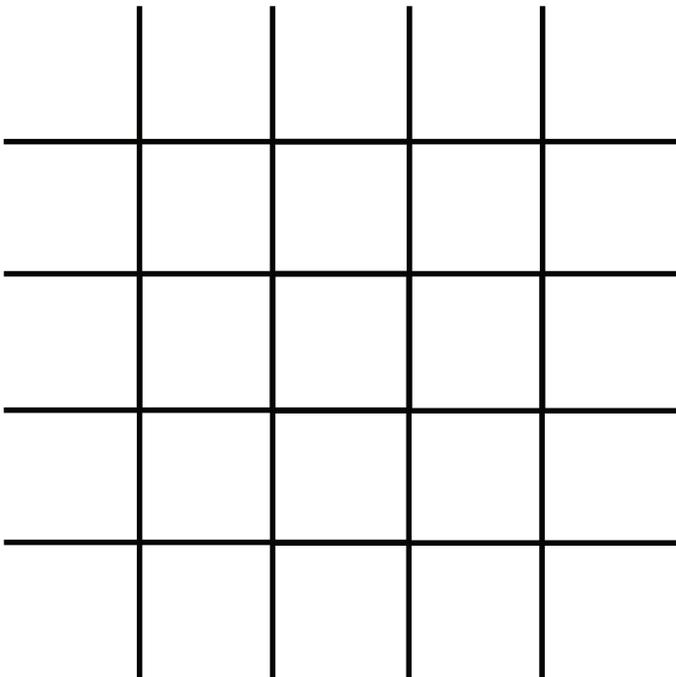
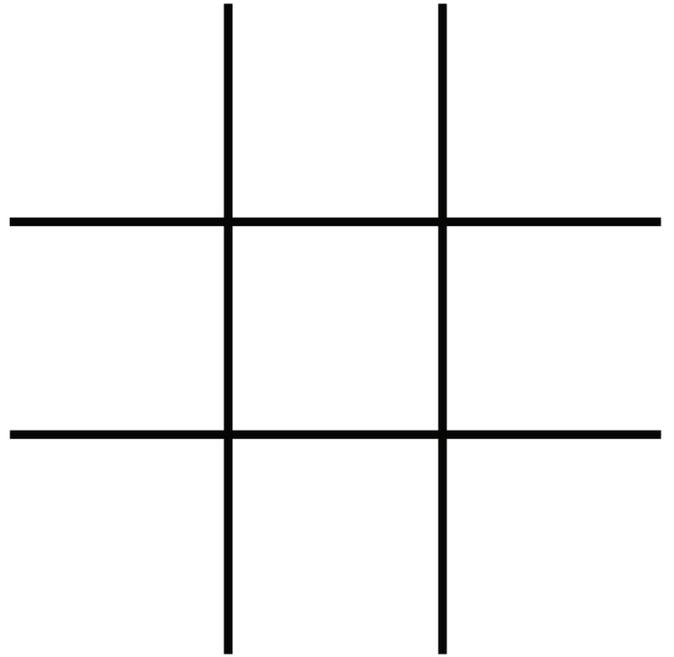
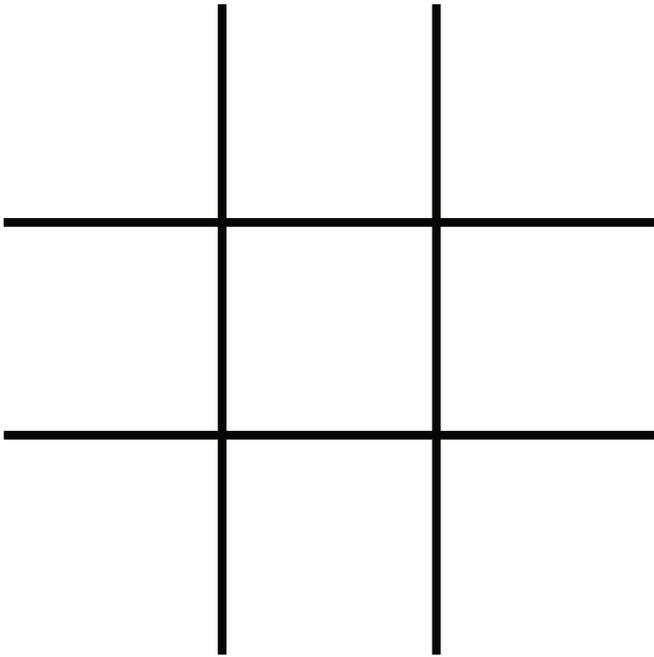
At Camp we do all sorts of amazing activities, and in this book you'll find some fun activities to do as well.

Go for it!



Fun and Games!

Similar to tic-tac-toe, the object is to create the sequence S-O-S either diagonally, horizontally, or vertically, as much as possible. Take turns writing either an S or an O. If you succeed in creating an SOS, take another turn, and continue until no SOS can be created on your turn. The person with the most SOS's is the winner. Try the bigger grid for more fun!



MAD LIBS

Get a friend or do this ridiculous word game on your own. Come up with a word that fits the part of speech listed under the line on this page. Then fill in the matching blanks on the back side of the page to create a nonsensical story!

1. Noun _____
2. Place _____
3. Silly word _____
4. Verb _____
5. Noun _____
6. Verb _____
7. Adjective _____
8. Adjective _____
9. Number _____
10. Adjective _____
11. Adverb _____
12. Adjective _____
13. Adjective _____
14. Number _____
15. Measurement of Time _____
16. Adjective _____
17. Adjective _____
18. Adjective _____
19. Noun _____
20. Number _____
21. Number _____

PARTS OF SPEECH CHEAT SHEET:

Adjective: a describing word, like “smelly” or “big”

Noun: a thing, like “tree” or “cup”

Verb: action word, like “talk” or “sleep”

MAD LIB: TV Ad!

Is your _____ (1) making a mess of your _____ (2) ?

Try _____ (3) ! It will _____ (4) your whole

_____ (5) and _____ (6) to unbelievable levels!

Watch, as we demonstrate, the _____ (7) capabilities of this

_____ (8) product! Everyone should have at least _____ (9) of these!

To order, call the number on your screen. _____ (10) phone attendants will

_____ (11) your request. _____ (12) and _____ (13)

service will be yours! Call within the next _____ (14) _____ (15)

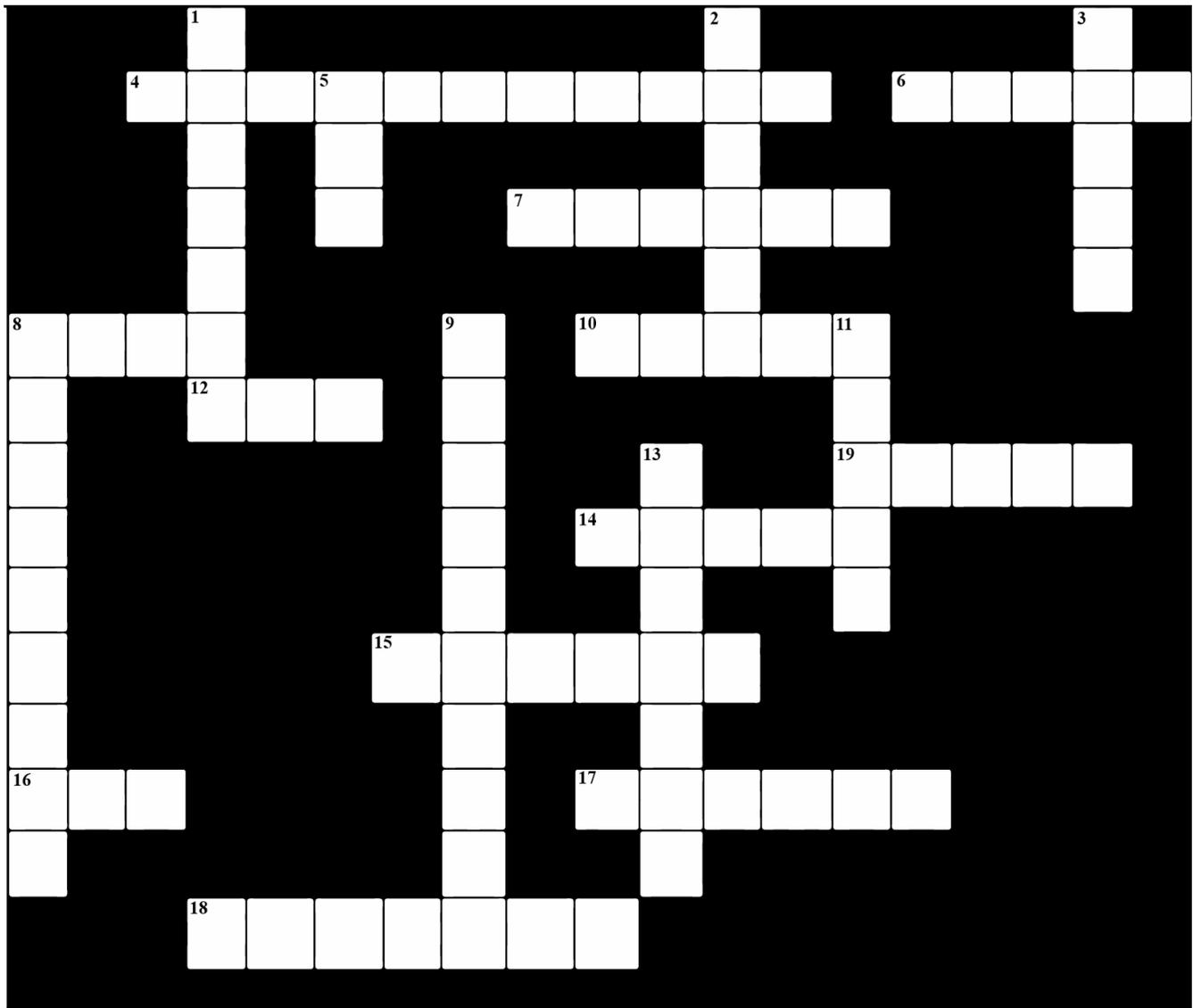
and you will receive a _____ (16) _____ (17).

_____ (18) _____ (19) as a bonus, free for an additional value of

_____ (20) dollars, plus shipping and handling cost of _____ (21) dollars.

Act now!!

Crossword Puzzle



ACROSS

4. Bird that lays the smallest eggs
6. The only fish that can blink with both eyes
7. Chameleons use this body part to catch prey
8. A group of turtles
10. Unit used to measure the height of a horse
12. Harry Potter's best friend
14. Stuart Little is this type of animal
15. Money is made out of this
16. Opposite of truth
17. What flamingos eat that makes them pink
18. Jackson that sang "Thriller"
19. Action words

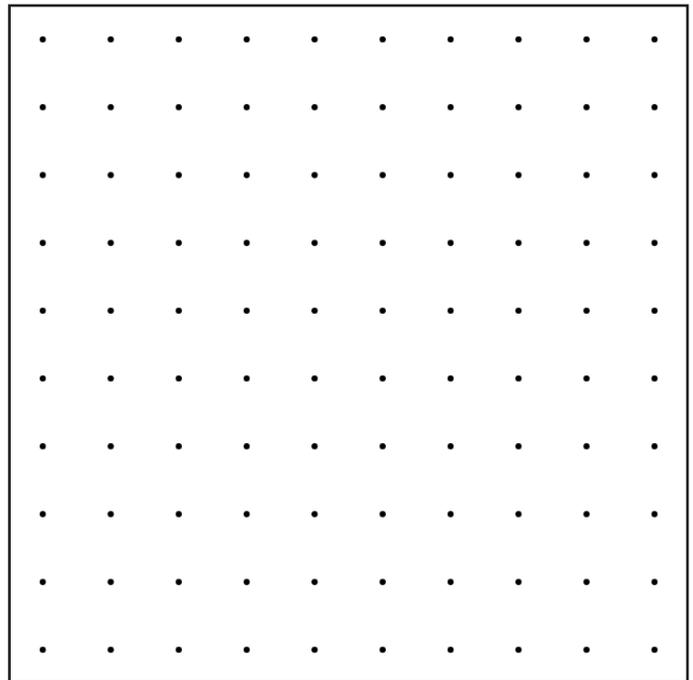
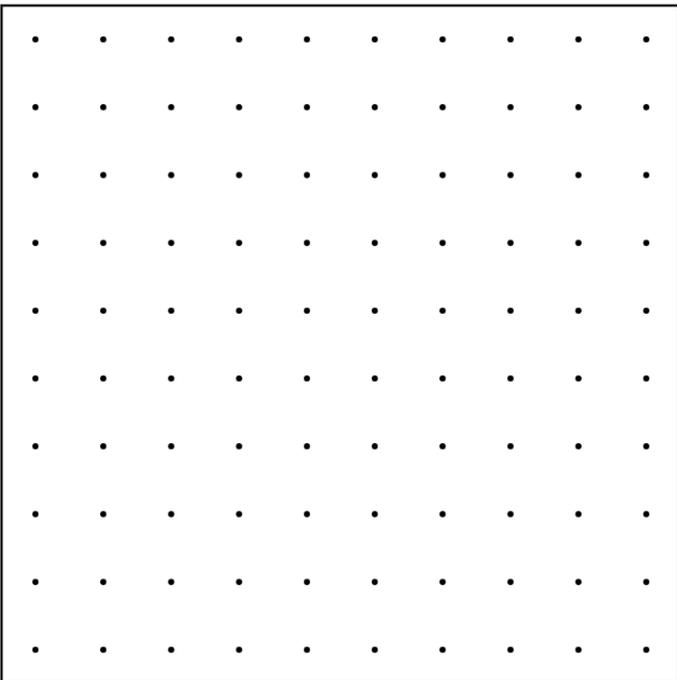
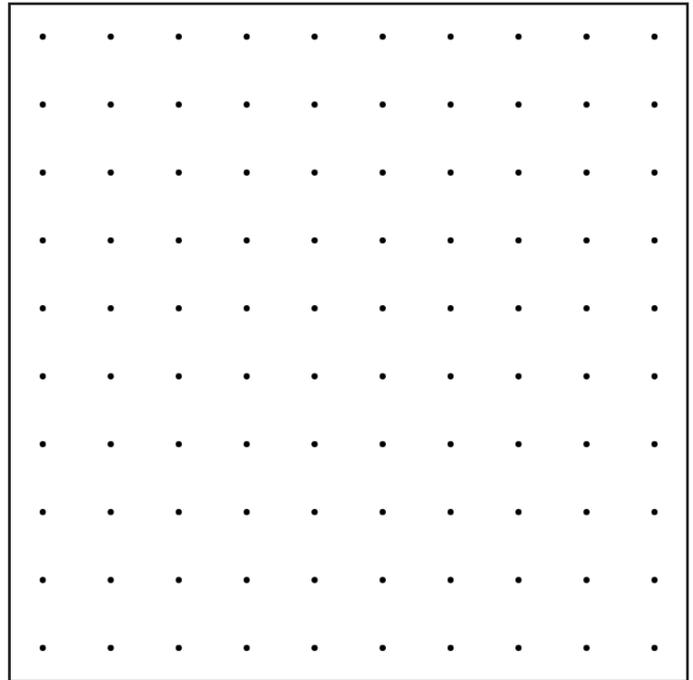
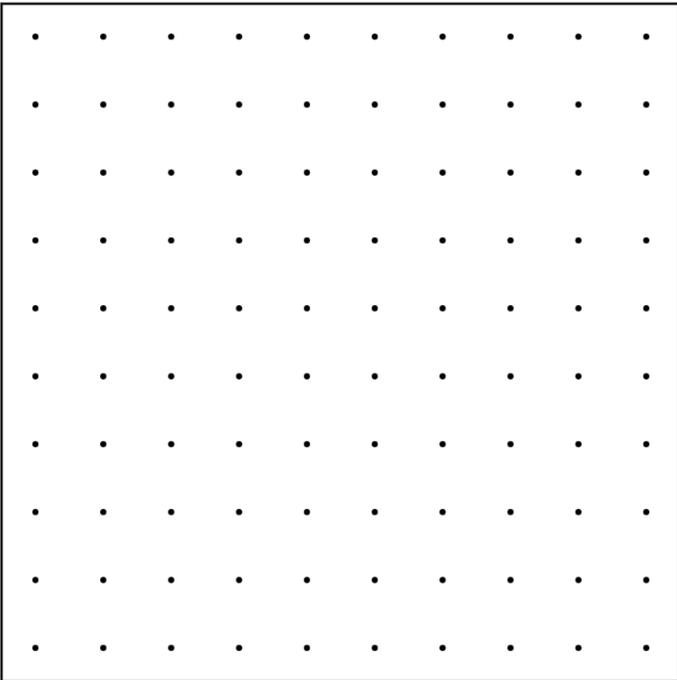
DOWN

1. Largest planet in the solar system
2. Where you can find the deepest lake (Crater Lake)
3. "Verde" in English
5. What you need when you're lost
8. Largest animal
9. State with the largest population (most people living in it)
11. How many months in a year have 31 days
13. Little girl in the Wizard of Oz

The Box Game

To play, grab a friend and take turns drawing horizontal or vertical lines between dots that are right next to each other.

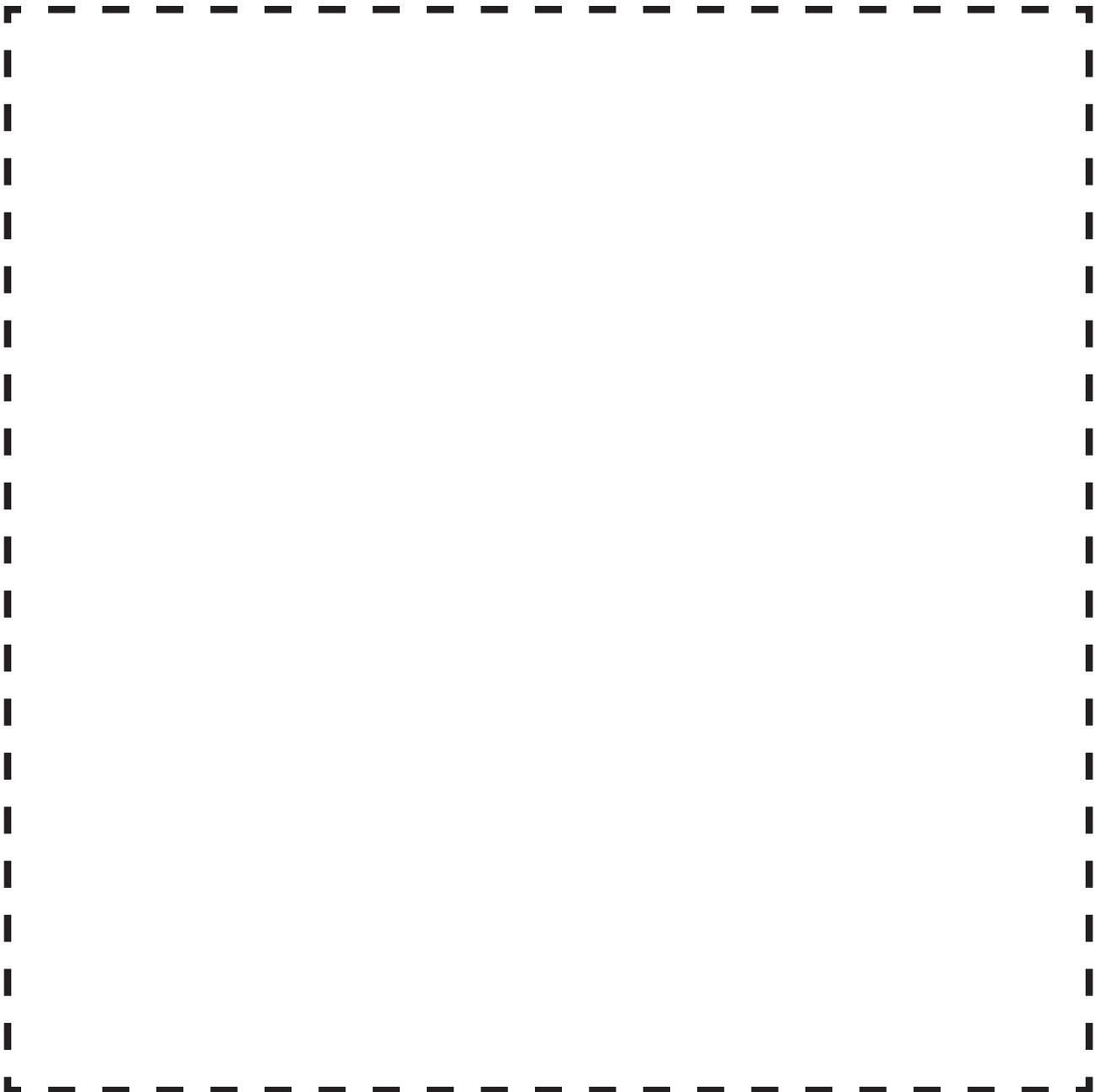
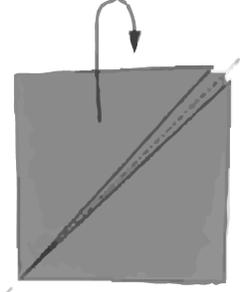
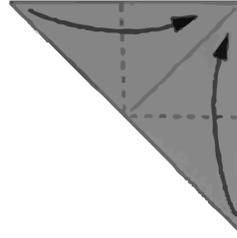
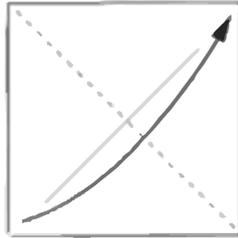
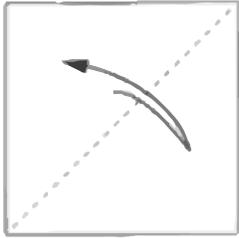
The object of the game is to create more squares than your opponent. Once you have completed a square write your initial inside of it. Once you make a box, you get to go again.



Origami Fox

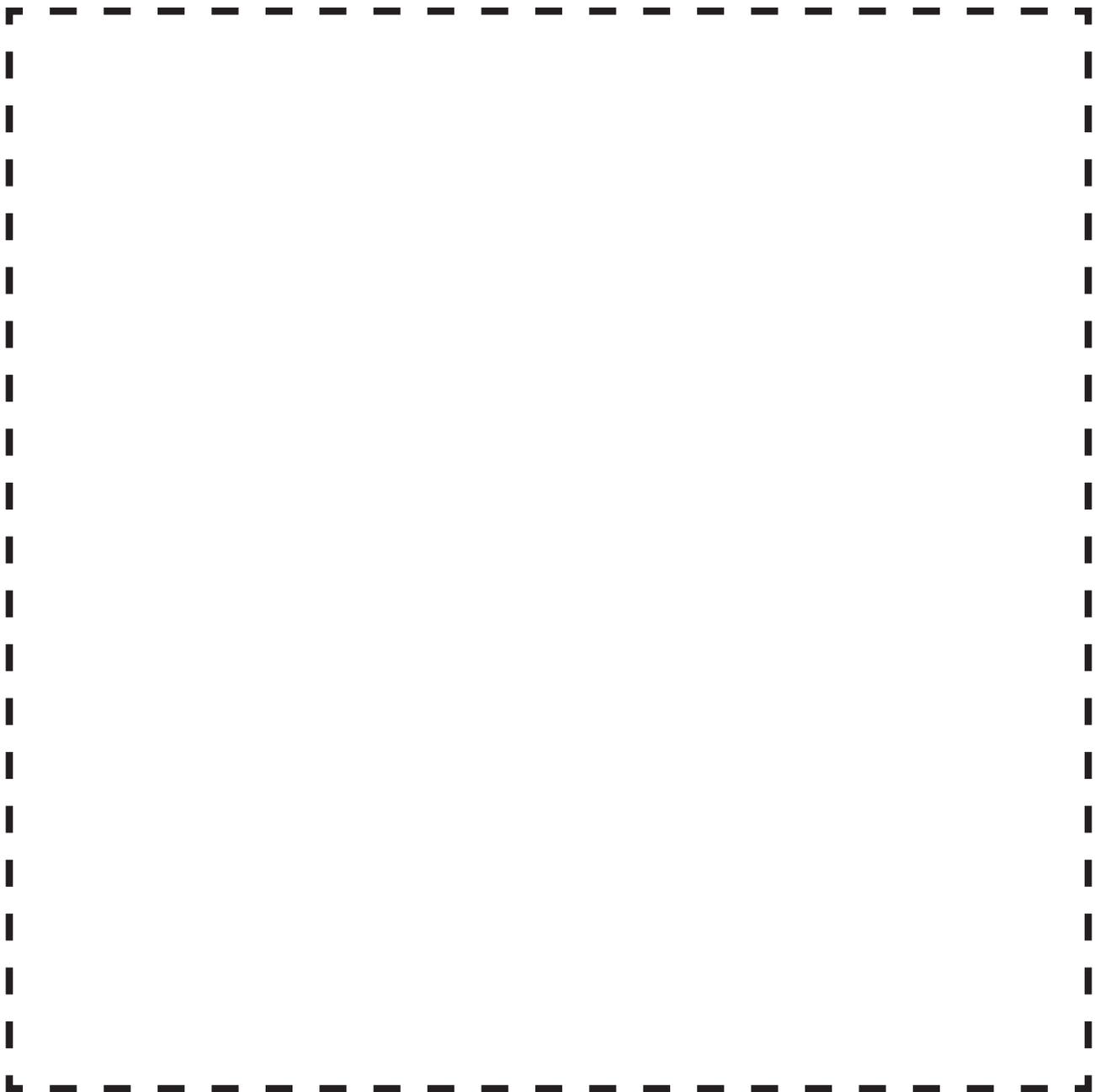
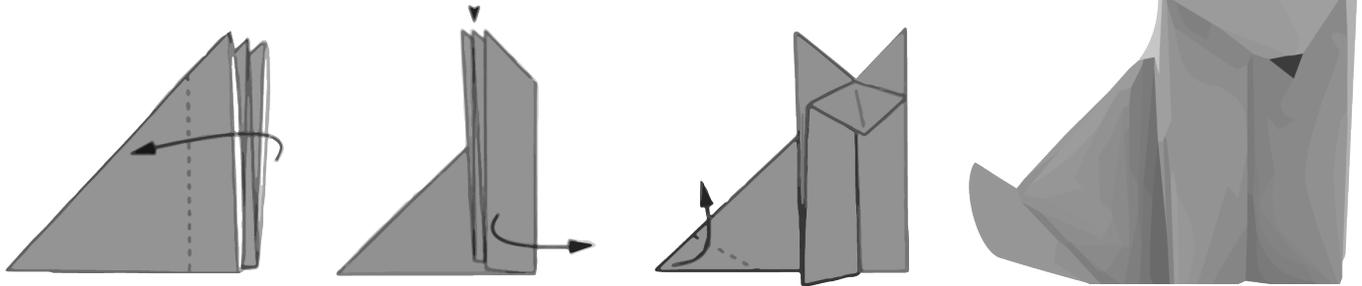
Cut out the box below to fold into a fox! Instructions are continued on the next page.

- 1: Create a diagonal crease by folding one corner towards the other. Unfold it.
- 2: Fold the paper diagonally again, this time bringing the other two corners together.
- 3: Fold the corners on the longest side of your triangle to the top corner
- 4: Fold your square in half so that the flaps are on the outside.



Origami Fox page 2

- 5: Fold the side with the most layers of paper about a third of the way into the rest of the triangle.
 - 6: Split the layers of paper in half then flatten them.
 - 7: Fold the center tip down to form the face
 - 8: Add a face and other details to personalize your fox!
- And that's it! Your fox is complete :)



Sudoku

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow. In a 9 by 9 square Sudoku game:

- Every row of 9 numbers must include all digits 1 through 9 in any order
- Every column of 9 numbers must include all digits 1 through 9 in any order
- Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

6	7						9	4
	9		4		8		6	
		5				3		
	1	2	6		5	9	7	
	6	9	7		2	4	1	
		6				7		
	2		1		4		3	
4	3						8	2

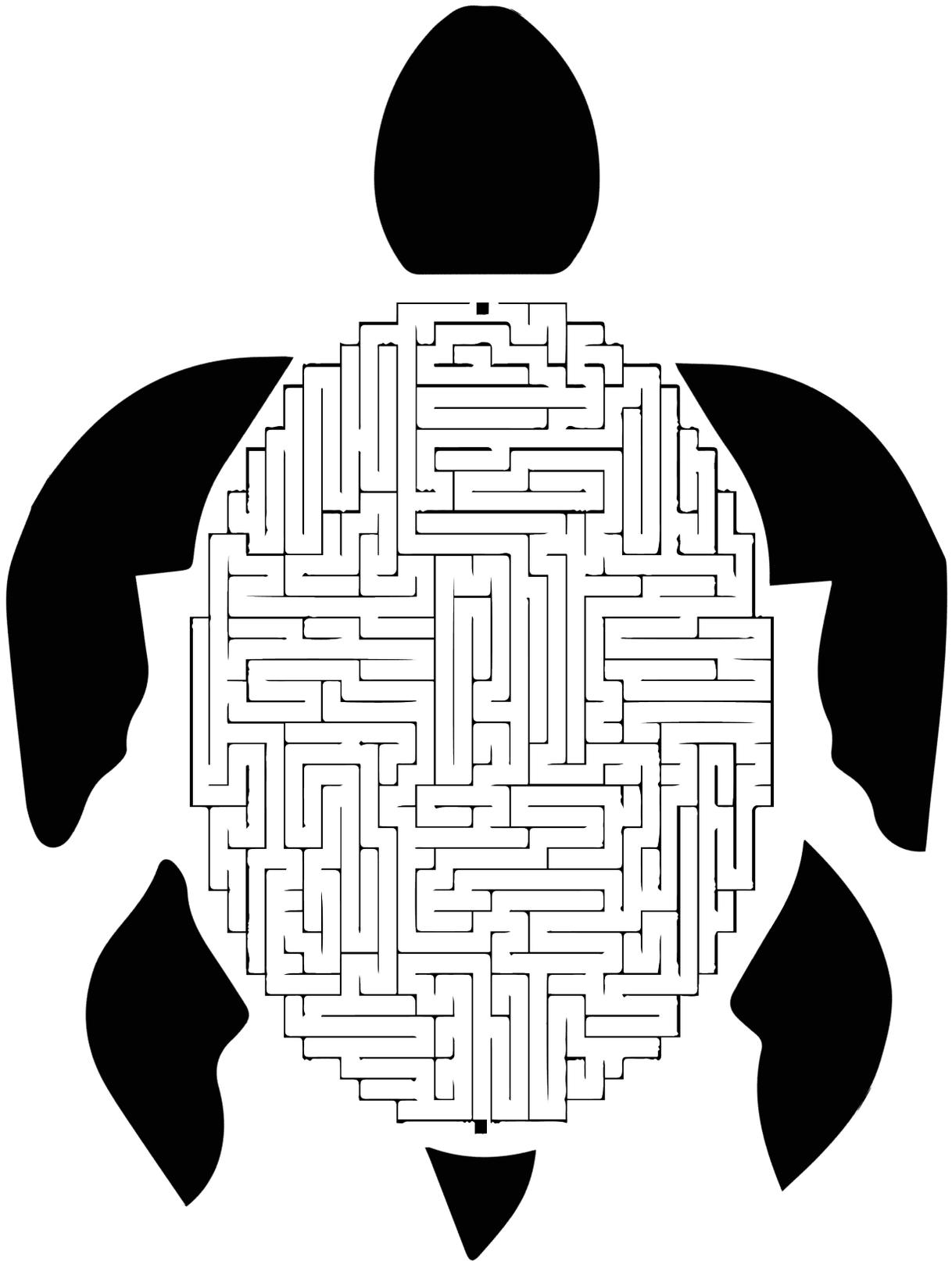
1		2	9		4	8		7
5	7						1	6
3								9
			2	1	5			
		1				3		
			8	9	3			
6								3
8	4						9	2
2		5	7		8	6		1

	6				4	1		
	5	2		8			6	
			6					2
4	1		2	7				
2				5				6
				3	8		1	4
9					3			
	8			1		3	2	
		1	5				4	

7			2		9			3
1								7
		6	4		5	2		
	7		9		3		1	
9								4
	8		6		7		3	
		8	5		4	1		
3								8
5			1		2			6

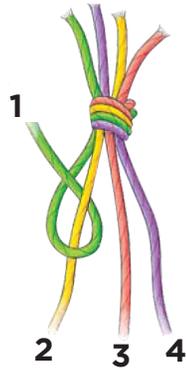
Turtle Maze

See if you can find your way from one side of the turtle to the other...

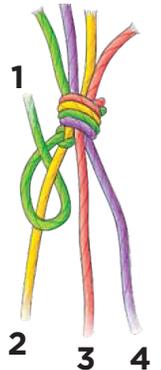


Friendship Bracelet Fun

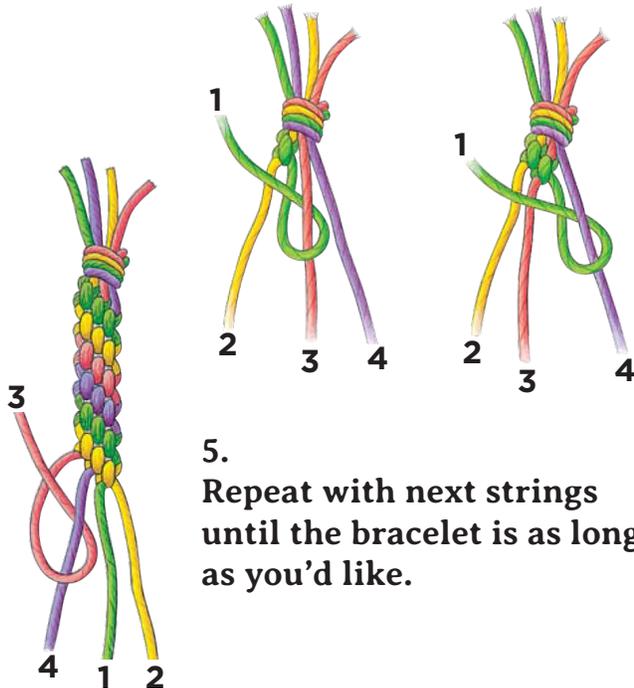
1. Start with String 1 and loop it over and then under String 2. Hold String 2 straight (important!) and pull the knot snug.



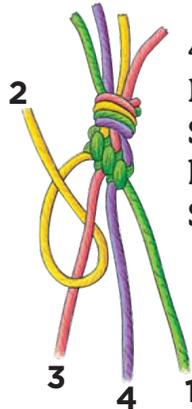
2. Repeat Step 1 with String 1 again, creating a double knot.



3. Take String 1 and make double knots around the remaining strings (3 and 4), left to right.



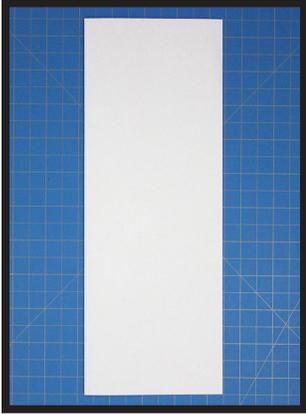
4. Repeat Steps 1-3 using String 2, creating double knots along the remaining Strings from left to right.



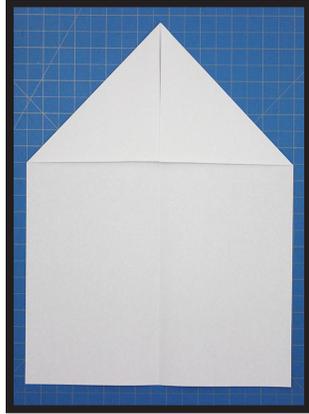
5. Repeat with next strings until the bracelet is as long as you'd like.

Follow these steps and prepare to be amazed!

Up, Up, and Away!!!



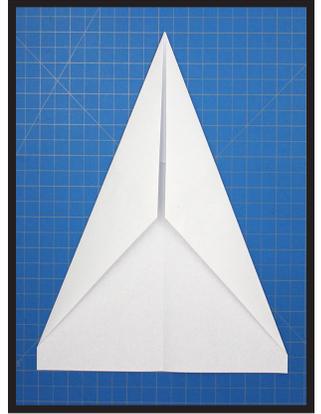
1. Fold a sheet of paper in half vertically.



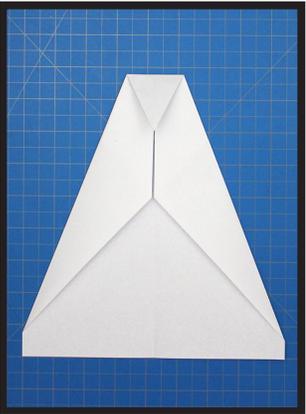
2. Next, fold both upper corners to the center.



3. Fold the top right edge to the center line.



4. Repeat on the other side.



5. Fold the top peak down as shown.



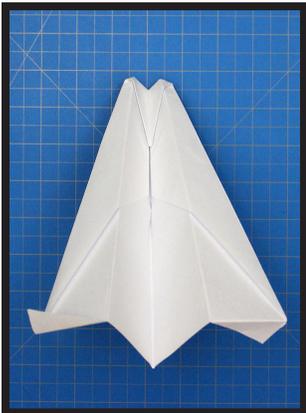
6. Fold the plane in half.



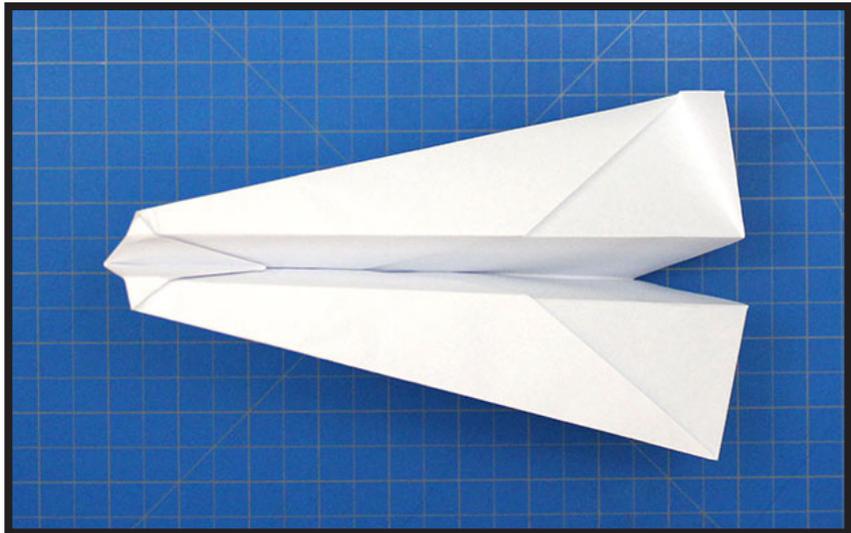
7. Next, fold down one wing.



8. Repeat with the other side.



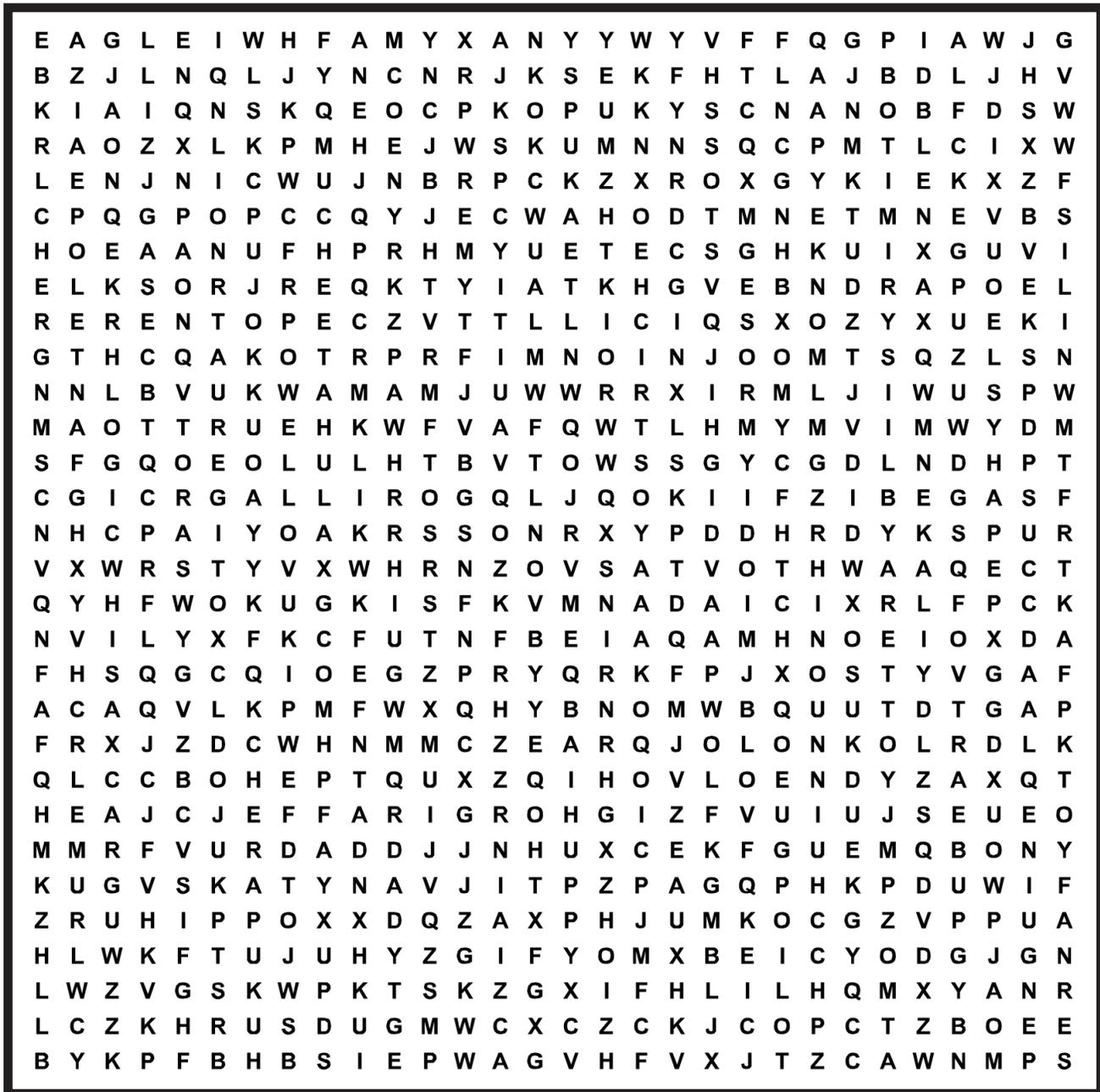
9. Finally, fold the back ends in opposite directions.



...And you're ready for takeoff!

Wild Word Search

Here are 25 words that relate to wild animals...
see if you can find them all!



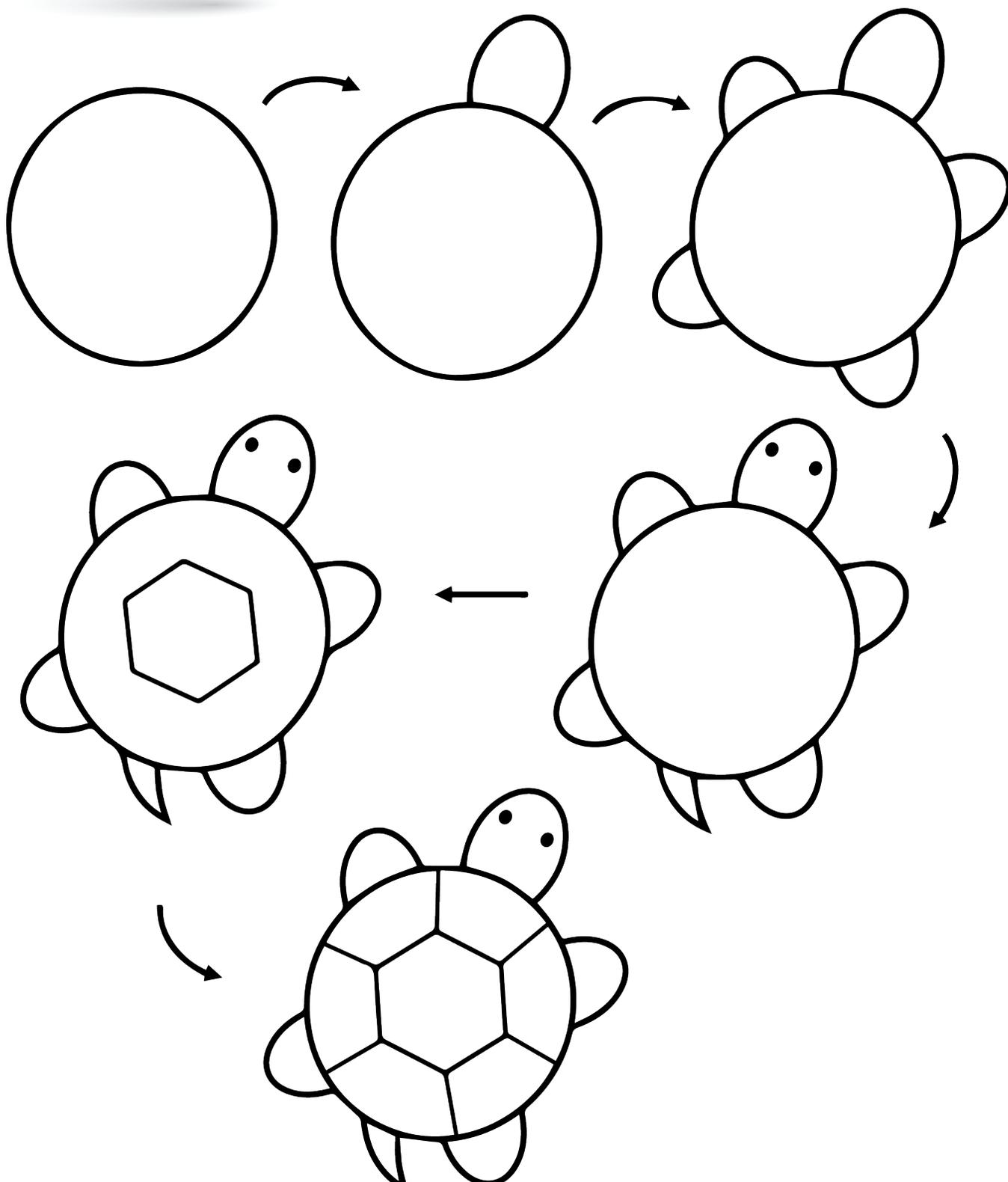
GIRAFFE
LEOPARD
TIGER
MONKEY
EAGLE
WOLF
APE
LION
BEAR

MONKEY
RHINO
CAMEL
CHEETAH
LEMUR
SNAKE
OTTER
HIPPO

KANGAROO
HYENA
ANTELOPE
FLAMINGO
OSTRICH
PENGUIN
GORILLA
ZEBRA

Drawing 101:

How to draw a turtle in six steps



Now let's see what you can do!

Using the directions on the previous page see if you can draw a turtle of your own. Add your own creative flair to make it special!



Word Scramble

See if you can unscramble the words below...
Hint: They are all related to summer!

MWINMGSI _____

SIFRNED _____

ADSNLAS _____

ONTVIAAC _____

MRUESM _____

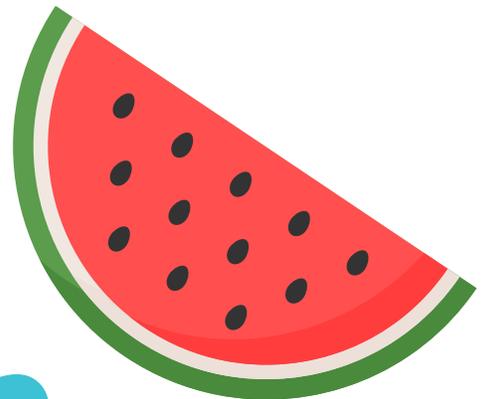
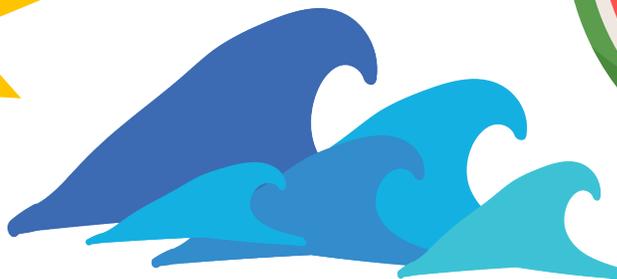
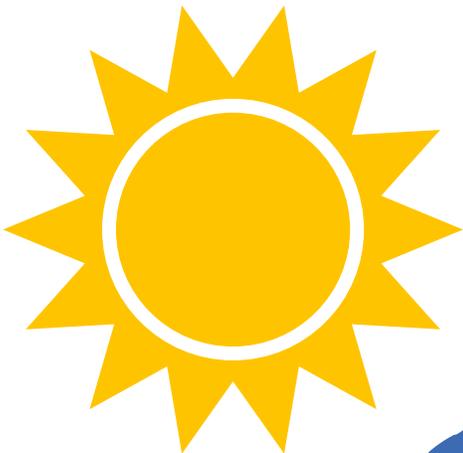
SHNUSIEN _____

IFHGSIN _____

ORMSE _____

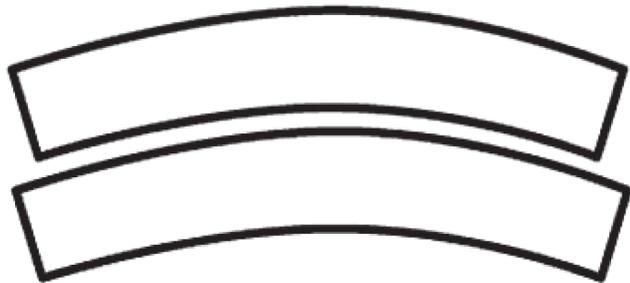
ECFRAPMI _____

SRFOLEW _____

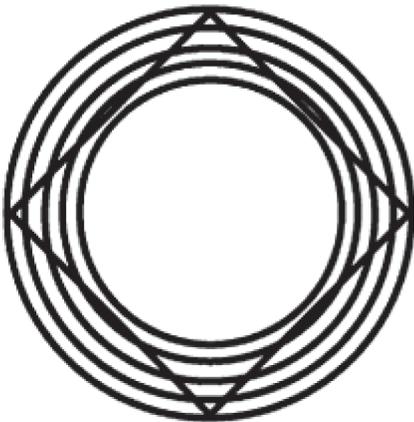


Optical Illusions

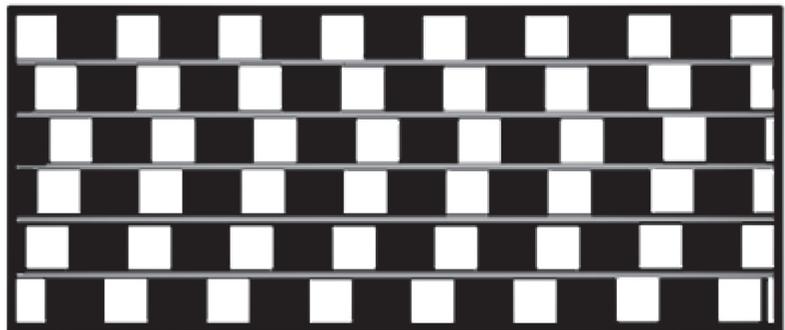
Which side of the box is the star on?
Is it in the front or on the back of the
box? Is it suspended in the middle?



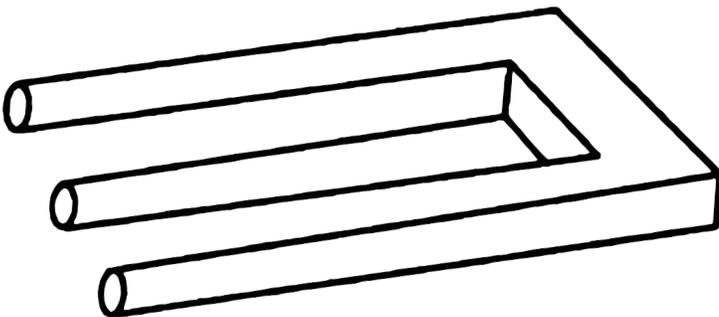
Which of these two curves is larger?
The top curve or the bottom curve?
Actually, both curves are the same
size and length!



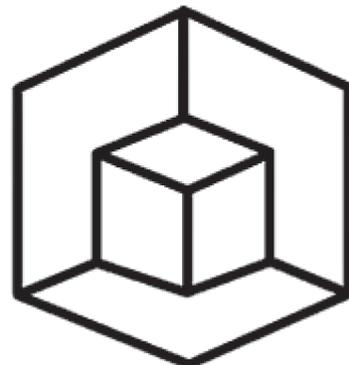
Is the square bent?



Are the grey lines straight?

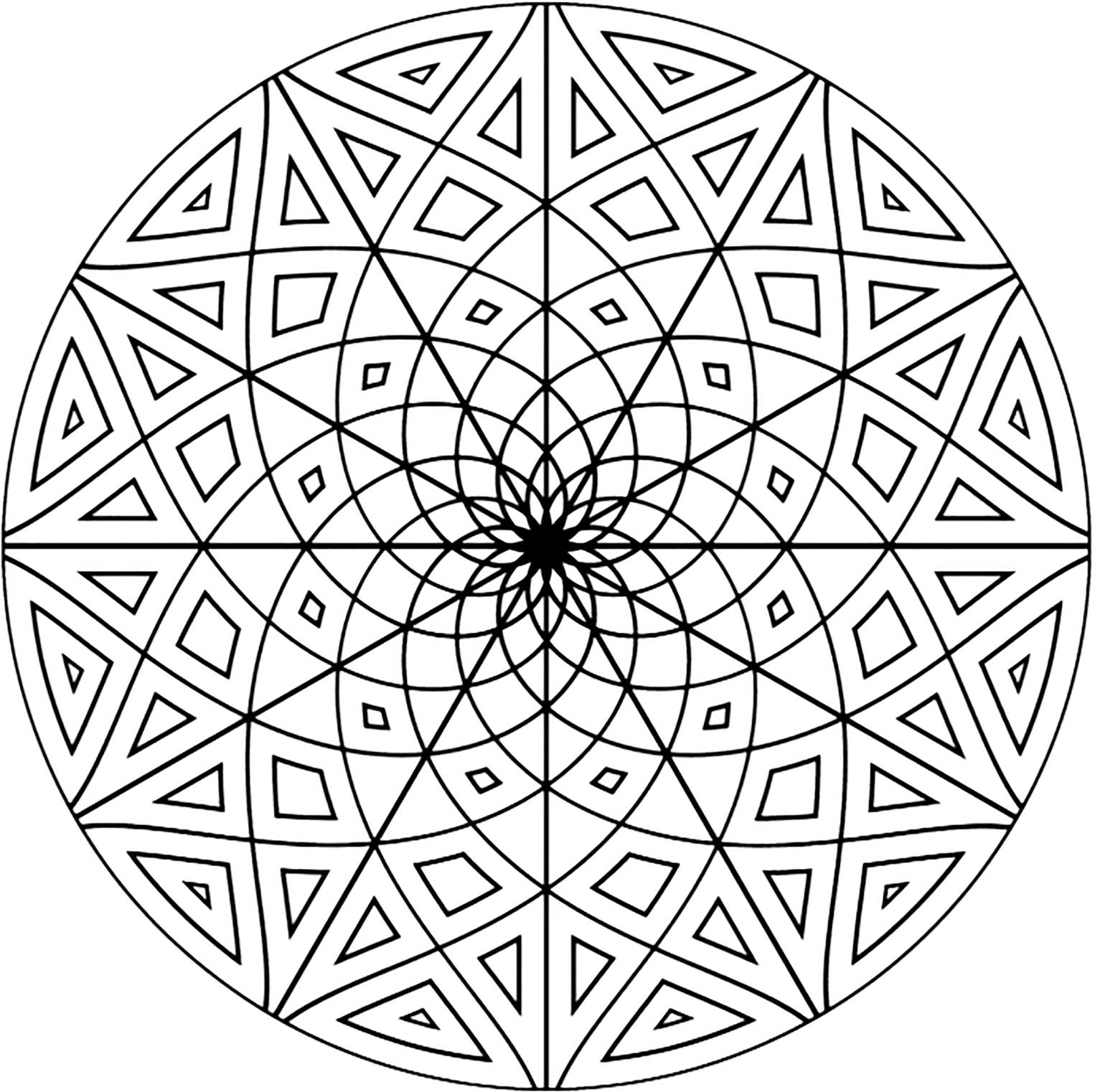


Look at this again.
How many prongs are there?



Is there a corner missing or is there
a small box in front of a large box?

Color Kaleidoscope!



Color in this kaleidoscope pattern with whatever colors you choose.

Around the World in 9 Languages!



Have you ever wondered how to say “hello” in a different language?
Try something new and practice these words
on your friends and family.
¡Buena suerte!

English:
ello (E -low)

Spanish:
ola (O -la)

French:
Bonjour (BON -zhoor)

Chinese:
你好 (NEE-how)

Korean:
안녕하세요 (an-nyeong-ha-se-yo)

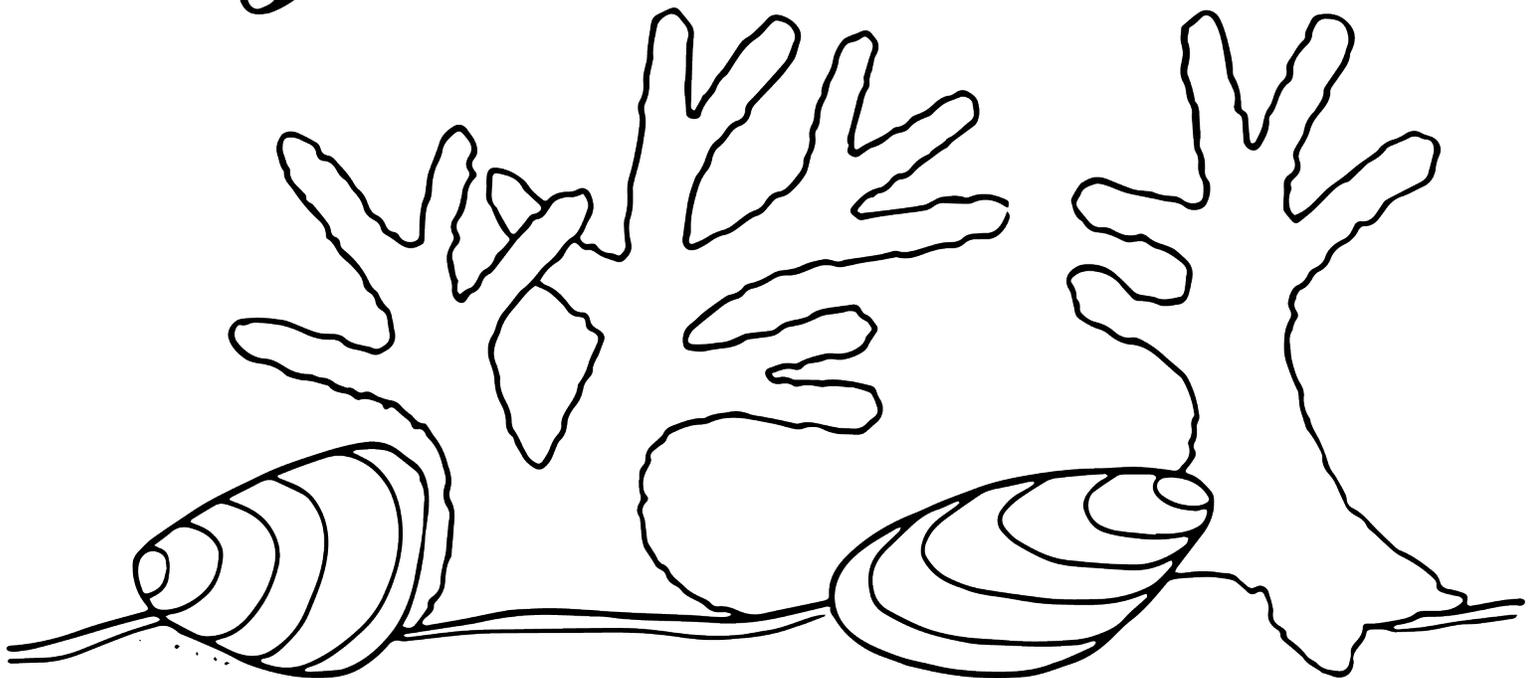
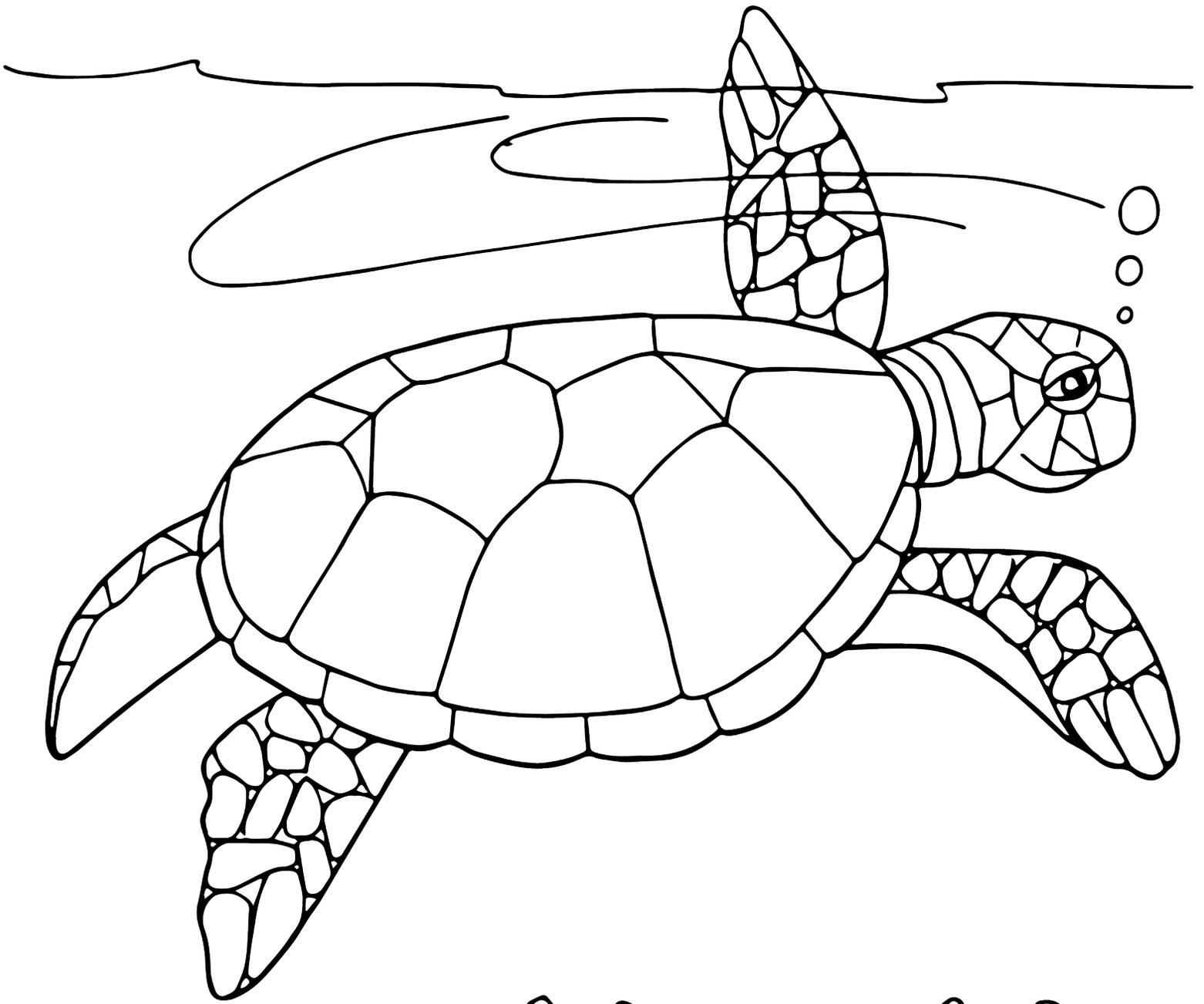
Irish:
Dia Dhuit (GEE-uh gwitch)

German:
Guten tag (goo-tin tahg)

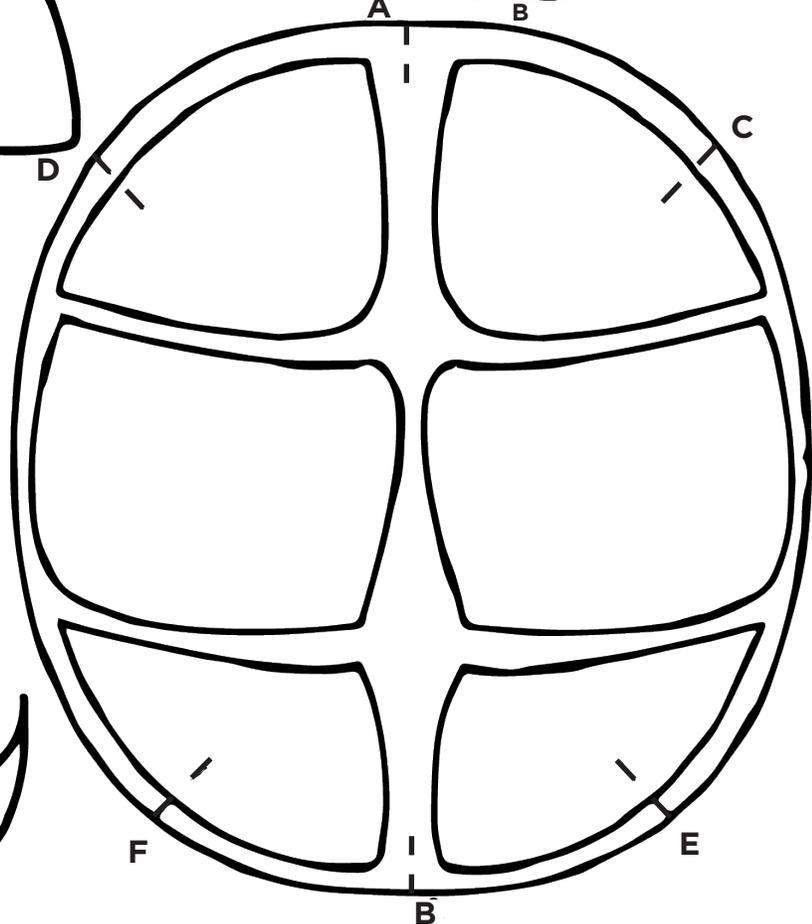
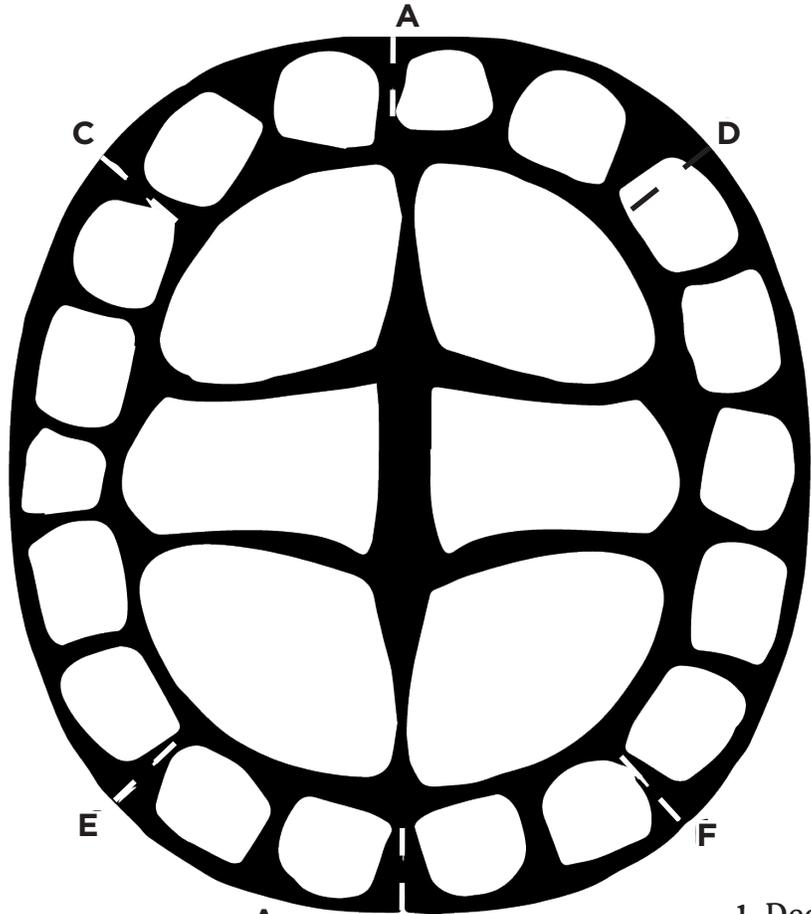
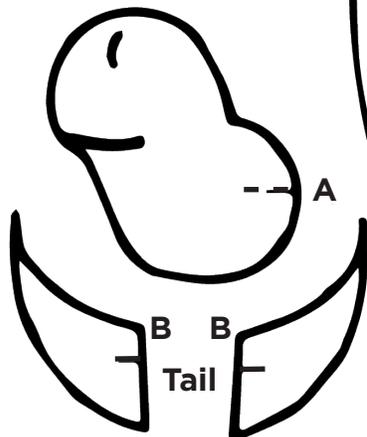
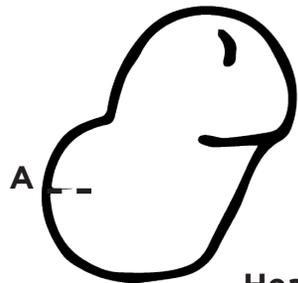
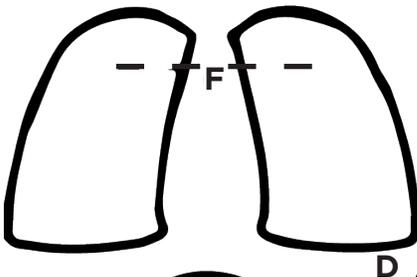
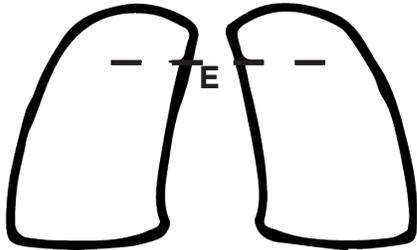
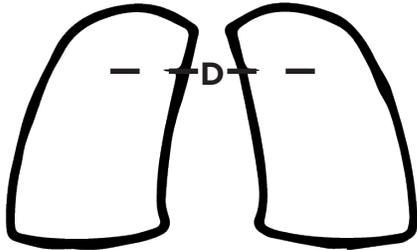
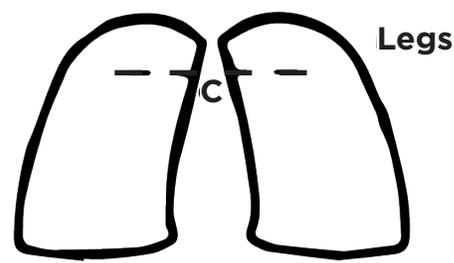
Italian:
Buon giorno (bwon-zhor-no)

Japanese:
こんにちは (Ko-nee-chee-wah)

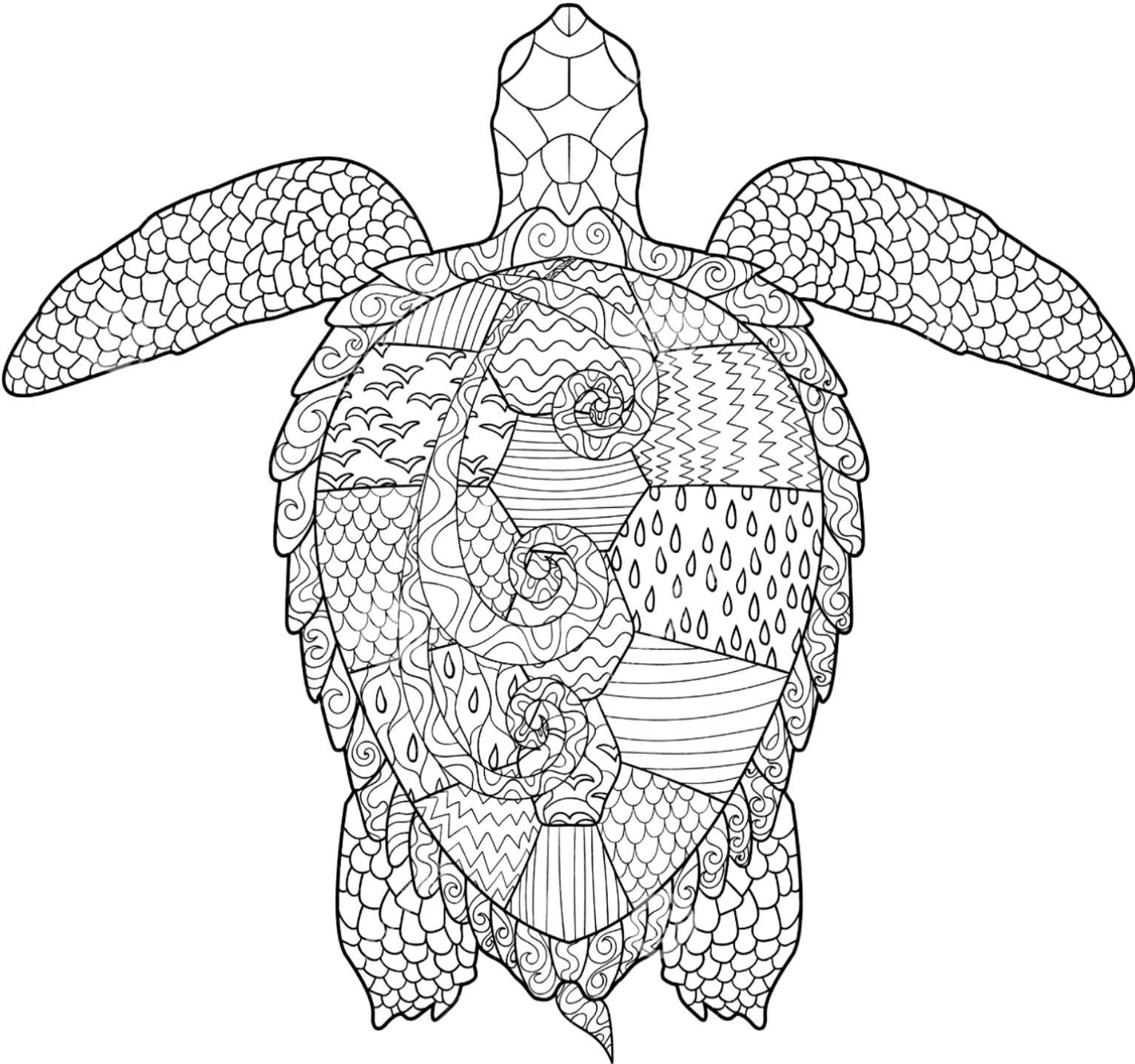




3D Turtle!



1. Decorate your turtle!
2. Cut out one of each shape and glue to a thin piece of cardboard (ex. Cereal box or manila folder).
3. After the glue dries, cut out the cardboard shapes.
4. Cut out the other shapes and glue the matching shape to the back of each cardboard piece.
5. Cut a slit on each dotted line. Fit the pieces together by matching the letters and sliding the slots into each other.



True or False?

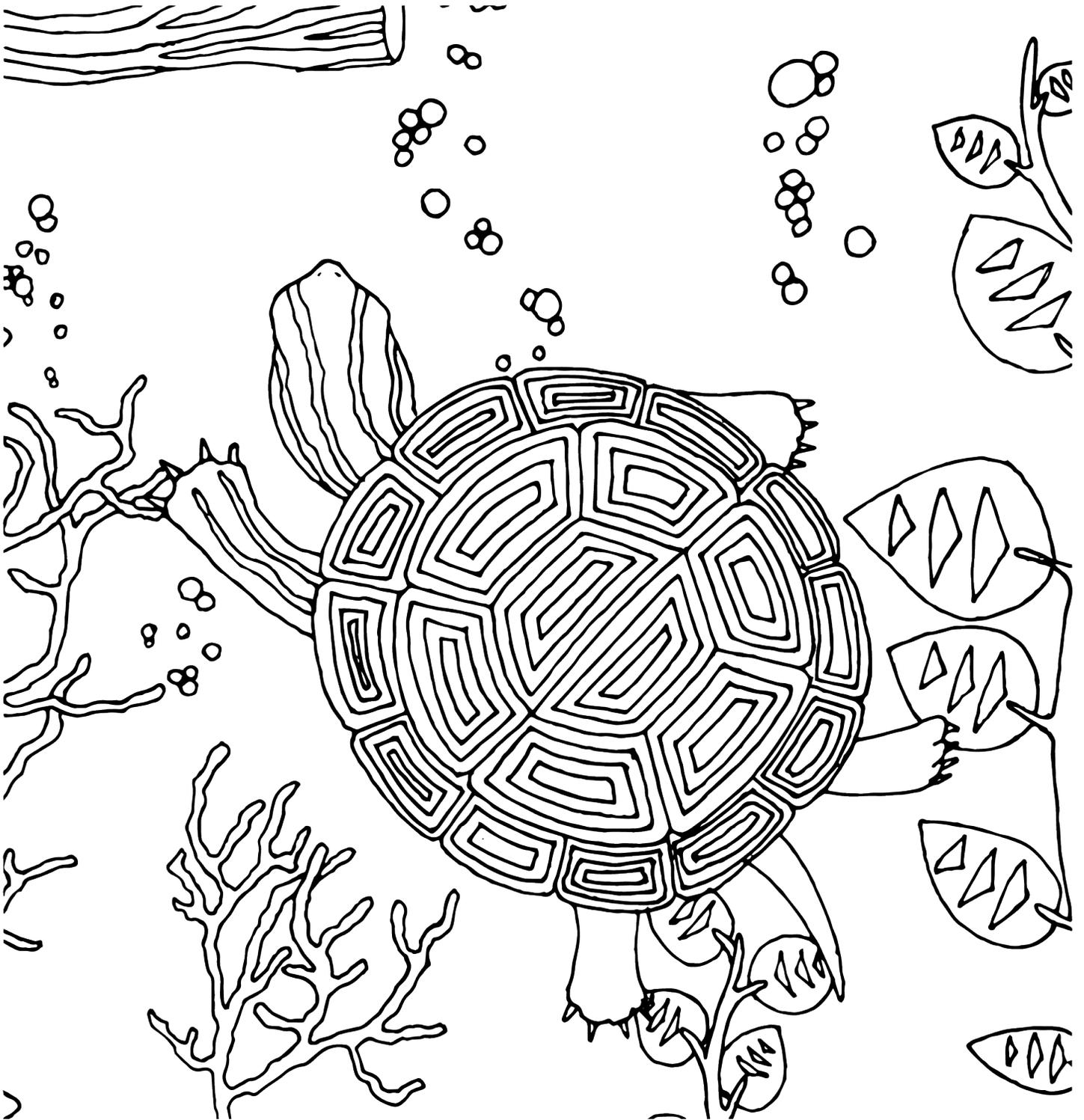
Find out the answers on the back of this page.

1. "O" is the oldest letter of the alphabet, dating back to 3000 B.C. _____
2. There are approximately 3,000 taste buds on your tongue. _____
3. Honeybees have hair on their eyes. _____
4. Hawaii has its own time zone. _____
5. There are more doughnut shops per capita in the U.S. than in any other country. _____
6. Flamingos can only eat with their heads upside down. _____
7. A group of cats is called a clowder. _____
8. Recycled paper is made using 40% less energy than normal paper. _____
9. The speed limit in New York City in 1895 was 20 miles per hour. _____
10. Maine is the only state with a one-syllable name. _____
11. Men get hiccups more than women. _____
12. Hippos can open their mouths 180 degrees. _____
13. Los Angeles has about 2x more automobiles than people. _____
14. The average housefly lives for a year. _____
15. It is illegal for a portrait of a living person to appear on U.S. postage stamps. _____

? ; ? ; ? ; ? ; ? ; ? ; ? ; ? ; ?

THE ANSWERS!

1. True
2. False—There are 3x as many as that, around 9,000 taste buds on your tongue!
3. True
4. True
5. False—Canada has the most doughnut shops per capita, not America
6. True
7. True
8. True
9. False—it was only eight mph!
10. True
11. True
12. True
13. False—there are actually about 3x more cars than people in LA.
14. False—they only live about one month.
15. True



The Painted Turtle

a serioüsfun camp founded by paul newman



The Painted Turtle (La Tortuga Pintada) es un campamento médico especializado que ofrece un ambiente estimulante y emocionante todo el año, además de una experiencia auténtica de campamento para niños y jóvenes que sufren de enfermedades crónicas y que amenazan la vida. El campamento está ubicado al norte de Los Ángeles, en Lake Hughes, California.

Durante la semana o fin de semana que pasan en el campamento, los campistas disfrutan de muchas actividades, entre las que incluyen paseos en bote y pesca, natación, curso de cuerdas, paseos a caballo, artes creativas, manualidades, tiro con arco y taller de carpintería.

Todos los campistas y sus familias asisten sin costo alguno.

The Painted Turtle es para chicos entre 7 y 16 años de edad para el programa de verano y entre 6 y 17 años de edad para los programas de otoño y primavera.

Califican los chicos que sufren de las siguientes condiciones médicas:

- ♥ arthritis ♥ severe burns ♥ cerebral palsy ♥ craniofacial disorders ♥ congenital adrenal hyperplasia ♥ cystic fibrosis ♥ epilepsy ♥ gastrointestinal disease and transplant ♥ genetic conditions ♥ hemophilia/von Willebrand disease ♥ hemophilia with inhibitors ♥ inflammatory bowel disease ♥ kidney disease and transplants ♥ limb loss and deficiencies ♥ liver disease and transplants ♥ chronic lung disease ♥ lupus ♥ metabolic conditions ♥ mucopolysaccharidosis ♥ muscular dystrophy ♥ neuromuscular diseases ♥ osteogenesis imperfecta ♥ ostomies ♥ panhypopituitarism ♥ paraplegia ♥ PKU (phenylketonuria) ♥ Perthes disease ♥ primary immunodeficiency diseases ♥ rheumatic conditions ♥ pulmonary hypertension ♥ scleroderma ♥ skeletal dysplasia (dwarfism) ♥ spina bifida ♥ thalassemia ♥ total parenteral nutrition/ gastrointestinal tube feeding ♥ urea cycle disorder

Para mayor información, visite nuestro sitio web

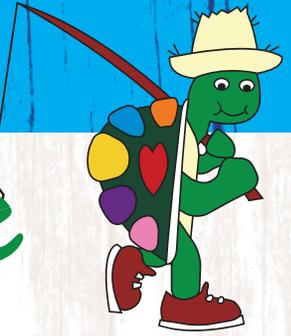
www.thepaintedturtle.org

o llame al

(661) 724-1768

The Painted Turtle

a serious fun camp founded by paul newman



The Painted Turtle is a **medical specialty camp** that provides a year-round, life-changing environment and authentic camp experience **for children with serious medical conditions**. The campsite is located north of Los Angeles in Lake Hughes, California.

During their week or weekend stay at camp, campers can participate in lots of fun activities like Boating & Fishing, Arts & Crafts, Swimming, an Adventure Course, Horses, Creative Arts, Archery, and Woodshop.

All campers and families attend free of charge.

The Painted Turtle serves children between the ages of 7 - 16 during the summer programs and children ages 6 - 17 during the fall and spring programs.

Children who have the following medical condition(s) qualify:

- ♥ arthritis ♥ severe burns ♥ cerebral palsy ♥ craniofacial disorders ♥ congenital adrenal hyperplasia ♥ cystic fibrosis ♥ epilepsy ♥ gastrointestinal disease and transplant ♥ genetic conditions ♥ hemophilia/von Willebrand disease ♥ hemophilia with inhibitors ♥ inflammatory bowel disease ♥ kidney disease and transplants ♥ limb loss and deficiencies ♥ liver disease and transplants ♥ chronic lung disease ♥ lupus ♥ metabolic conditions ♥ mucopolysaccharidosis ♥ muscular dystrophy ♥ neuromuscular diseases ♥ osteogenesis imperfecta ♥ ostomies ♥ panhypopituitarism ♥ paraplegia ♥ PKU (phenylketonuria) ♥ Perthes disease ♥ primary immunodeficiency diseases ♥ rheumatic conditions ♥ pulmonary hypertension ♥ scleroderma ♥ skeletal dysplasia (dwarfism) ♥ spina bifida ♥ thalassemia ♥ total parenteral nutrition/ gastrointestinal tube feeding ♥ urea cycle disorder

For more information, visit our website
www.thepaintedturtle.org
or contact Camper Admissions at
(661) 724-1768