



Activity Guide For Site Coordinators








Having fun and engaging activities at your summer food site is just as important as the food that is being provided. Activities can boost attendance as well as make your site a fun and safe environment where kids can enjoy their summer!







How to engage with Site Programming:

- One of the biggest challenges in operating a summer site is getting kids to attend. Activities are important to attract kids and maintain attendance for a summer site.
- Fun activities help engage young minds and bodies and boost participation.
- Activities can be EASY and INEXPENSIVE, such as arts & crafts, or simple outdoor ball games.
- Partnering with local sports teams, music groups and organizations can provide additional interactive & creative activities.
- Whatever you choose for your site, be sure to make the activities fun, fresh, entertaining, and sustainable throughout the summer!

MENU OF ACTIVITIES

	<i>Activity</i>	<i>Partner/Contact</i>
READING (all ages) 	1. Establish a reading program and distribute free books to each child. (Book choices can also be selected from the Summer Reading list of WCPSS schools to reduce summer learning loss and meet the summer reading requirement.)	Libraries: WCPSS: Local Churches or Faith Groups Raleigh's Rolling Readers: (Contact through the 'Raleigh's Rolling Reader's' Facebook page
READING (Pre-K – 1st) 	2. Have reading time/story time with seniors to reduce summer learning loss and facilitate positive relationships with older members of their community.	Volunteers Resources for Seniors Local Churches or Faith Groups

COMMUNITY ENGAGEMENT (all ages) 	3. Collaborate with local Fire/Police Departments to demonstrate important safety tips, promote positive interactions with law enforcement, and provide hands-on activities with the kids (i.e. Touch a Truck)	Local fire department Local police department Local emergency services
COMMUNITY ENGAGEMENT (all ages) 	4. Invite college students to come and encourage the kids to excel in school, spark interest in higher education and provide some college gear.	Local students from NC State, UNC Chapel Hill, St. Augustine University, Shaw University, Duke University etc.
STEM (all ages) 	5. Implement fun financial literacy activities for kids such as “Real Life Math”	Site Volunteers
STEM (all ages) 	6. Host ‘Lego’ Building Block activities that encourage creativity and competition.	Site Volunteers
COOKING (all ages) 	7. Make time for EFNEP (Expanded Food and Nutrition and Education Program) and fun food activities. EFNEP coordinators provide fun, age-appropriate nutrition education and cooking demonstrations that can also serve as a means for feeding adults.	Youth EFNEP Educator Ozzy Hernandez osvaldo.hernandez@wake.gov
GARDENING (all ages) 	8. Create ‘personal planters’ using seeds and recycled materials to show kids how to be resourceful and environmental friendly. This activity can also include a short gardening lesson.	Interfaith Food Shuttle
ART (all ages) 	9. Sidewalk chalk can lead to beautiful creative expressions.	Site Volunteers

ART (all ages) 	10. Coloring books, card games, board games and puzzles are excellent activities to perform on tables or blankets in the grass.	Site Volunteers
ART (all ages) 	11. Have kids use or create their own percussion instruments and create a song.	Site Volunteers
PHYSICAL ACTIVITY (all ages) 	12. Plan a relay race with activity stations for jump rope, jumping jacks, hula hoops, and other challenging tasks to complete on the way to the finish line.	Site Volunteers
PHYSICAL ACTIVITY (all ages) 	13. Sites are also welcomed to use our 'Buckets of Fun' that is filled with toys, games, activities, and sports equipment to be used throughout the summer.	Sydney K Mierop Sydney.mierop@wake.gov
PHYSICAL ACTIVITY 	14. Standard camp games are always a hit! Mother May I, Musical Chairs, Sharks and Minnows, basketball, soccer, tag, hula hoops, talent shows, dance contests etc.) are fun ways to keep kids engaged.	Site Volunteers
PHYSICAL ACTIVITY (all ages) 	15. Outdoor activities such as: kickball, whiffle ball, freeze tag, frisbee tag, Zumba, potato sack races, and obstacles courses are a great way to encourage physical activity.	Site Volunteers

How to engage multiple age groups in activities:

It is important to have activities designed for children in all age groups. Including activities for mixed-aged groups can ensure that all children have engaging activities for their age-groups.

Here are some tips on activities for mixed-aged groups:

- Set out open-ended activities.
- Include activity materials that can meet the needs of children with various 'difficulty' levels
- Focus your activity to fit the ability level of the middle range of your group; then, make minor adjustments to meet the needs of the younger group.
- Have some volunteers available to read or color with younger children while other volunteers do more organized activities with older children.

Professional Development Opportunities for Adults:

- Including professional development mini-series for parents can also help to boost attendance and program effectiveness. Federal funding for the Summer Food Service Program does not include meals for adults, so providing them with supplement courses can make positive use of their time and keep them engaged. (Note* Some sites will have volunteers contribute casseroles or dishes for parents or find additional funding for parents to eat alongside the children).
- Triple P is a Positive Parenting Program that offers tools/resources to help parents reduce stress, and build healthy relationships with their children, and increase their confidence as parents.

Engaging local partners:

- Getting on the agendas of local business/organizations can help to bring additional activities to the kids at your site.
- The P.O.E. Center is a great resource for interactive health education programming/activities for your kids. (Contact Lauren McCallum: l.mccallum@poehealth.org)
- Check in with your local Parks & Rec to see if they have open swim hours that you can incorporate into your site activities.
- Partner with local churches/faith-based organizations to establish a book drive and/or exchange at your site.
- Involving local fire/police departments is a great way to promote positive interactions with law enforcement.
- Partner with local establishments to build programs that have a long-lasting effect (i.e. delivering fresh food baskets to seniors)
- Invite the Wake County Beekeepers Association and learn all about bees.

Plan Ahead:

- Many providers book well in advance, so it is always good to plan ahead and book outside organizations a month or few weeks in advance. Planning activities ahead can also help you advertise what is going on at your site and may increase participation.