

# Nest & Quest Program Guide

## **9am-10am-Check in and Breakfast**

- All Hands
- Two People at Check in/Name Tags
- Crossiants, blueberry and chocolate chip muffins, Granola and Yogurt, Milk, Coffee, Water, Lemonade (fruit)

## **10am-Welcome/Flagpole**

- go over the program guide-must sit with your kiddos at meals/tables and program rotation
- safety moment/camp and facility layout
- what we want from this day PUT AWAY THE TECH!!

Cheer

## **11am-Open morning time with easy**

- rotations
- simplify and be present

## **Rotations**

- Scavenger hunt (can also complete on Nature Hike)
- Trails Mix Math
- Lego Pinewood Derby Play
- Ice Cream churning

## **12:30-Lunch**

- Cheer

**Nest and Quest, Hooray Hooray!**  
**With muddy shoes we laugh and play!**  
**Mom's beside me, games and sweets!**  
**At Cary Camp, life can't be beat!**

- Go over how Dining will work-Kids take all trash to cans, wipe down tables, sweep floor
- Mac & Cheese, corn dogs, salad, water, Lemonade
- Explanation of the afternoon activities

## **1:30-Breakout Sessions**

- Kids Paint with Jeff
- Moms can read, Yoga, or just relax

## **3pm-Program Rotations (½ hour each)**

### **3pm-3:30pm and 3:30pm-4pm**

- Nature Hike
- Slingshots with Marshmallow/Bowling/Slide

## **4pm-Jenna Parks from Prophetstown (45 min)**

### **4:45-Back to Rotations**

### **4:45pm-5:15 and 5:15-5:45**

- Owl Pellet Dissection
- Skits

### **5:45pm-Closing Flags**

- Cheer

## **6pm-Dinner**

- Jane's Casserole, Dino nuggets, Bread, veggie, Fruit, Lemonade, Water

## **7pm-Campfire**

- songs/skits/jokes
- Ice cream bar

## **8pm-Head home**