

Gramp Camp in Your Back Yard: Summer Activities for Grandchildren's Visits

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Discussion Topics

- Introduction and Survey
- Quick Tips
- Schedule Ideas
- Ideas for Different Ages
- Including Jewish Values
- Open Discussion
- Key Takeaways



Quick Tips

- Prepare, plan, prepare, plan
 - Include your grandchildren in the planning
 - Be flexible
 - Make a schedule
 - Go on outings
 - Take care of yourself
- Have cautious expectations – especially with teens

HAVE FUN. CONNECT. MAKE MEMORIES.
SPEND TIME TOGETHER

5 P's—A way to schedule

Play

Park

Picnic

Playground

Pool



Sample Camp Schedule



TIME	ACTIVITY	DONE
9:00-9:25	1st Activity	
9:25-9:45	2nd Activity	
9:45-10:00	Break	
10:00-10:25	3rd Activity	
10:25-10:55	4th Activity	
10:55-11:10	Snack	
11:10-11:25	5th Activity	
11:25-12:00	6th Activity	
12:00-12:30	Lunch	
12:30-1:30	R&R	



Monday — Nature Explorers

Ages 4–10 · Home Camp Schedule

Time	Activity	Type
8:30 AM	Morning circle & stretch Yoga, breathing, and today's camp theme reveal	Social
9:00 AM	Nature scavenger hunt Find leaves, bugs, rocks — make a nature journal	Outdoor
10:00 AM	Snack break Fruit, water, and free chat time	Rest
10:20 AM	Leaf rubbings & pressed art Create nature art with collected treasures	Creative
11:15 AM	Story time: nature books Read-aloud + discussion on animals and habitats	Learning
12:00 PM	Lunch + outdoor play Eat outside, then free roam in the yard	Outdoor
1:00 PM	Rest / quiet reading Calm solo time — books, drawing, or nap	Rest
1:45 PM	Build a birdfeeder Craft project with pine cones, peanut butter & seeds	Creative
3:00 PM	Snack & camp song Group snack + sing a silly camp song together	Social
3:30 PM	Free choice time Choose an activity: outdoor games, Legos, or drawing	Rest

Key: Outdoor Creative Rest Learning Social



Nature Activities for 2–6-year-olds

- Go for a walk and collect a rock and paint it. Use it as a paper weight.
- Pick clovers and knot them together to make a bracelet.
- Paint with water; add food coloring. Use a brush, sponge, or Q-tips.
- Using a nature app, have your child take pictures to learn the name of trees, flowers, and shrubs. Save pictures and make an online album.
- Using a bird app, together identify bird calls.



Nature Activities for 7–10-year-olds

- If rain is predicted, collect leaves, rocks, and sticks, or take pictures of plants/trees/shrubs. Then, have your grandchild organize the items by category. Using a magnifying glass (free app on phone), look closely and draw or describe what they see.
- Create a rubbing using chalk or crayons. Collect leaves, fabric scraps, rocks, flowers, pinecones, and rub chalk or crayon over them. See how many objects the grandparent can guess correctly.
- Rainbow in a jar: <https://www.ontariosciencecentre.ca/science-at-home/diy-science-fun/make-a-rainbow-in-a-jar>



NATURE WALK BINGO

Jewish
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Network

Flower 	Cloud 	Snail 	Grass 	Squirrel 
Leaf 	Butterfly 	Feather 	Puddle 	Pinecone 
Bird 	Nest 	Tree 	Sun 	Bee 
Rock 	Bug 	Stump 	Spider 	Mushroom 
Ant 	Acorn 	Worm 	Dirt 	Stick 

www.jewishgrandparentsnetwork.org

Jewish
Grandparents
Network

Rainy Day Inside Carnival

- Ball toss
- Bowling with paper cups
- Obstacle course with chairs
- Mini-golf with empty paper towel roller and ball and cup
- Make a book; write /draw a story
- Races: Crab walk, spoon and hard-boiled egg race
- Scavenger hunt
- Baking
- Food art
- Playdough

<https://www.iheartnaptime.net/play-dough-recipe/#recipe>

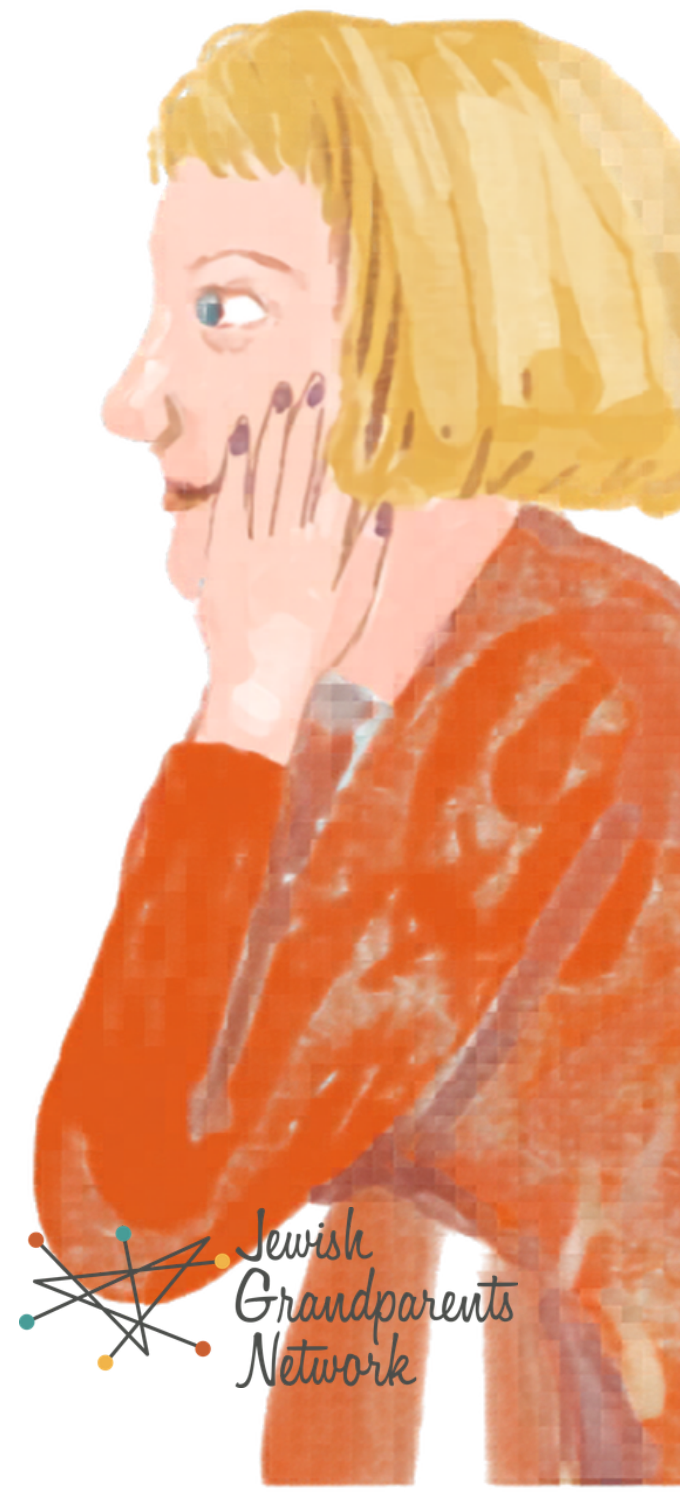
<https://littleeatsandthings.com/easy-no-cook-diy-playdough/>



Teens

- Use technology — ask for their help and/or an AI tutorial
- Accept and support their schedules
- Ask them to teach you something
- Ask about one of their friends or their extra-curricular activities
- Plan together; don't plan *for* them
- Use open language ("I am curious to hear more about _____")

Visit <https://childmind.org/article/tips-communicating-with-teen/>



9 Tips for Communicating with Your Teens

1. Listen
2. Validate their feelings
3. Demonstrate trust
4. Don't dictate rules
5. Praise them
6. Control your emotions
7. Do things together
8. Communicate with curiosity, not judgement
9. Give them alone time

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Jewish Values to Weave In

Shomrei Adamah — guard the earth

Tzedakah — give away clothes and items to those in need

Bal Tashhit — do not destroy needlessly

Hashavat Avaydah — return lost property

Hachnasat Orchim — welcome guests

Chesed — do kind things

Tza'ar Ba'alay Hayyim – show kindness to animals

Hoda'ah — show gratitude

Shabbat — observe the Sabbath



Examples of Activities That Include Jewish Values

Shomrei Adamah

Go on a nature walk and talk about being “guardians of the earth.”

Hashavat Avaydah

On the playground, return lost objects to other children.

Shabbat

Bake challah together

https://issuu.com/onetableshabbat/docs/onetable_challah_recipe

Activities That Include Jewish Ritual Objects

- Play Wonderball with ritual objects (Kiddush cup, mezuzah, candlestick, dreidel)

Pass around a ball. Sing the Wonderball song. When it ends, whoever is holding the ball, picks a ritual item from a bag and says what it is, talks about it, or makes up a sentence about it.

- Play Hide and Seek or Scavenger Hunt with ritual objects



Key Takeaways

- The greatest gift you can give (a child or) a grandchild is what you empower and allow them to teach you.
- To bless grandchildren and be blessed by them, to teach them and to be taught by them — these are the highest Jewish privileges...
- Lord Rabbi Jonathan Sacks <https://rabbisacks.org/covenant-conversation/vayechi/grandparents/>

