



## Virtual Family Camp Companion Guide

*We are so excited to have your family joining us for our Virtual Family Camp program! Please check out this Virtual Family Camp Companion Guide for all the additional information you need about the weekend's program. It includes Zoom link information (hyperlinked to each event title), as well the various materials you will need to participate in specific programs. If you have any questions, please don't hesitate to contact Simon Luxemburg at [simonl@cmapramahne.org](mailto:simonl@cmapramahne.org).*

### Friday, May 22<sup>nd</sup>

12:00pm: [Challah Braiding and Baking](#)

*This will be a challah braiding exercise! Please come prepared with dough ready for braiding. If you need a link to a recipe, our favorite one can be accessed [here](#)!*

6:00pm: [Kabbalat Shabbat Service](#)

*We can't wait to have your whole family join us for our Ramah Kabbalat Shabbat service! Be sure to stay on mute so we can hear the leader! Our Ramah New England siddur can be accessed [here](#).*

### Saturday, May 23<sup>rd</sup>

9:15pm: [Havdalah and Singing](#)

*Join the greater Ramah community for singing and Havdalah as we say bye to Shabbat and welcome the new week ahead.*

### Sunday, May 24<sup>th</sup>

9:00am: [Karaoke T'fillot](#)

*Join us for Ramah-style morning t'fillot (prayers). To access our daily siddur, click [here](#)!*

9:30am: [Morning Warm Up & Welcome to Virtual Family Camp!](#)

*Bring your energy as we kick-off a full day of Family Camp activities! We will walk through the schedule for the day, get our bodies moving, and get ready for an awesome day together!*

10:00am: [Frisbee Clinic](#)

*Join us for a Virtual Frisbee Clinic. Be sure to bring a frisbee, closed toed shoes, and a water bottle! This activity will be most successful if you are outdoors.*

10:00am: [Omanut \(art\) Project](#)

*Get ready to make a Socktupus! The required materials include 2 socks, scissors, a marker, ribbon or string. Optional materials include googly eyes, buttons, beads, and glue.*

10:45am: [Basketball Clinic](#)

*Join us for a Virtual Basketball Clinic. Be sure to bring a basketball, closed toed shoes, and a water bottle! This activity will be most successful outside and near a basketball hoop.*

10:45am: [Family Feud](#)

*Get your family together and get ready to compete head-to-head with other families in Family Feud: Virtual Family Camp Edition! There will be questions for the whole family. Do you think your family can take home the crown?*

11:30am: [Zumba](#)

*Get your sneakers on and be ready for some camp-style Zumba! We will dance till our hearts content. Have any song requests? Be sure to let us know!*

11:30am: [Bread Making](#)

*What better way to celebrate a three-day weekend then make some bread, right? Join our Ramah staff members as we make Banana Bread all together. See below for the recipe we will be following*

For the bread:

- ¼ lb cool butter (1 stick), more for greasing the pan
- ¾ cup dark brown sugar
- 2 eggs at room temperature
- 2 and 1/3 cups of very ripe bananas (about 5)
- 2 cups of all-purpose flour
- 1 tsp baking soda
- ¼ tsp salt

For the topping:

- 1 tbsp granulated or coarse sugar
- ¼ tsp cinnamon
- Optional: 3 tbsp chopped walnuts

Starting at 1:00pm: Virtual Color War!!

*We are excited to be running a Virtual Color War experience as part of Virtual Family Camp! We invite you to join us at [Opening Ceremonies](#) at 1pm to learn more about Color War and how it will work. This will be a head-to-head competition among families where you will complete challenges and submit them online. **The list of challenges can be accessed [here](#).** All challenge submissions can be uploaded through the [online form](#). Good luck!*

## Other Afternoon Activities:

### 1:00pm: [Mandala Scavenger Hunt](#)

Join us for a super fun Mandala Scavenger hunt! Be sure to print off this mandala, and come with coloring utensils (markers, crayons, etc.) and some tape!

### 2:00pm: [Toilet Paper Roll Butterflies](#)

*What better way to do arts & crafts than recycle household objects?! Join us as we turn Toilet Paper Rolls into Butterflies! For this activity you will need a toilet paper roll, paper, scissors, paint (any color you want), and a paintbrush. Optional supplies include pipe cleaners and a writing utensil.*

### 3:00pm: [Storytime with Ianne](#)

*After a long day of Virtual Family Camp activities, you deserve some time to sit back, relax, and enjoy storytime! Nothing is required for this activity other than a computer screen 😊*

### 4:00pm: [Ramah Rikud!](#)

*At Camp Ramah we are known for our high-energy Rikud (dancing) throughout camp! Join us for our favorite Ramah Rikudim – both classics and new songs.*

### 5:00pm: [Alphabet Scavenger Hunt](#)

*One of our favorite parts of our annual Family Camp weekend are our Scavenger Hunts! Join us for a fun scavenger hunt from the comfort of your home.*

### 7:30pm: [Family Kahoot Trivia Competition!](#)

*How smart is your family? Join us for this Family Kahoot challenge as you compete head-to-head with other families from Virtual Family Camp. Think your Family can win? Well now is your time to show us!*

### 8:30pm: [Judaism & Resilience](#)

*Join Rabbi Jill Levy, Director of our Ramah DC Day Camp for a shiur (lesson) about the intersection between Judaism and Resilience. We look forward to you joining us.*

### 9:30pm: [Parent Trivia Night!](#)

*For many parents, the highlight of Family Camp is the adult programming at night while our staff watch over your kids. Well, Virtual Family Camp wouldn't be complete without Virtual Trivia Night! We will play household versus household and trivia questions will cover a wide range of categories. This is set to be a BLAST and we hope you can join us!*

## Monday, May 25<sup>th</sup>

9:00am: [Karaoke T'fillot](#)

*Join us for Ramah-style morning t'fillot (prayers). To access our daily siddur, click [here](#)!*

9:30am: [Morning Warm Up!](#)

*Bring your energy as we kick-off a full day of Family Camp activities! We will walk through the schedule for the day, get our bodies moving, and get ready for an awesome day together!*

11:00am: [Carnival Games and Activities](#)

*It wouldn't be Family Camp without some Carnival Games and Activities! Join us as we have a virtual carnival experience over Zoom!*

For more information about our annual Family Camp Program, please visit our online Family Camp [webpage](#). If you have any questions, please contact Simon Luxemburg at [simonl@campramahne.org](mailto:simonl@campramahne.org)