

Season 3, Episode 6: Self-Care Day



Make a worry doll, play “Dome of Compliments.” Welcome to CAMP TV—a half-hour day camp experience in your living room! Head counselor Zachary Noah Piser and his new co-counselor, Mia Weinberger, guide “campers” as they learn through play. Content partners include Blackspace, the Guggenheim Museum, Nature, National Dance Institute, One Voice Children’s Choir, Rhode Island PBS, San Diego Zoo Wildlife Alliance, Story Pirates, WHRO Public Media.

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Worry Dolls

Materials List:

- pipe cleaners
- colorful yarn in three or more colors
- marker
- glue
- scissors

Instructions:

1. Fold a pipe cleaner in half and twist it around your finger to form the head.



2. Twist the pipe cleaner to make the arms. Fold one side up and twist to form the first arm. Then, fold the other side up and twist for the other arm.



3. Twist the main part to form the body and leave the ends out to make the legs.



4. Tie some short pieces of yarn to make hair. Use as much or as little as you'd like.



5. Take a new piece of yarn and wrap it around the neck and face. Wrap the end around the body so it stays in place.



6. Now it's time to choose your clothes. Wrap a new color of yarn around the body to make a top. Choose another color of yarn and wrap to make a bottom.



7. Glue any loose ends to the doll. Finally, use a marker to draw on a face.





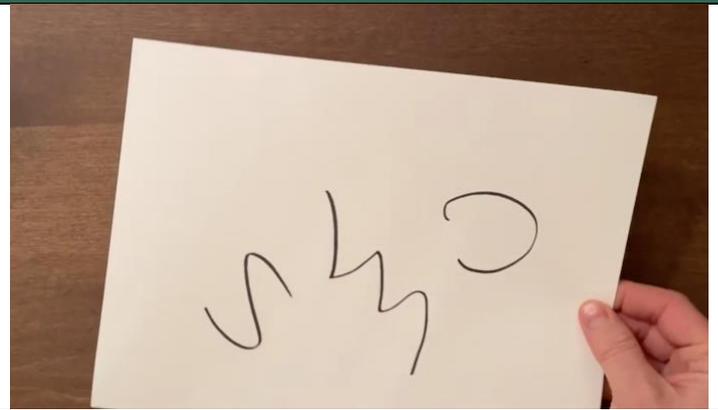
Finish the Drawing Game

Materials List:

- paper
- drawing utensils

Instructions:

1. Have a partner draw lots of zig zags, curves, and lines on a sheet of paper. Look at the drawing from all different angles to find a place to start.



2. See if you notice shapes that remind you of a character or an object. Add to the curves that were drawn by your partner to make a drawing!



Activity courtesy of Guggenheim Museum