

# Season 2, Episode 4: Inside Out Day



Join head counselor Zach to make an inside out sandwich and a “mini moody me” cup that shows how you’re feeling! Learn ridiculous magic tricks, meet a porcupine & koalas, strike a warrior pose, make a harp & a NY egg cream. Content partners include Test Kitchen Kids, Carnegie Hall, GrowingGreat, Monterey Bay Aquarium, Memphis Zoo, New Victory Theater, OK GO, San Diego Zoo, S'More Ideas.

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## ***PARTICIPATE!***

It’s “Inside Out Day” on *Camp TV*! Join the fun by flipping an item of clothing inside out – a shirt, pants, or all the above!

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## Let's Make a Harp

### Materials List:

- small box or file folder
- different sized rubber bands
- crayons, markers, stickers, and other items to decorate

### Instructions:

**1. Decorate your box or file folder however you want.**



**2. With the help of an adult, stretch the rubber bands around the box.**



**3. Add more rubber bands then test how it sounds!**





## Mini Moody Me

### Materials List:

- 2 paper cups
- marker
- scissors or craft knife

**\*This activity should be done with the help of a trusted adult\***

### Instructions:

**1. Draw a simple design of your face on one of the paper cups.**



**2. With the help of an adult, carefully cut out the middle section of the face.**



**3. Place the second cup into the first and draw a mood. Draw any expression you'd like!**



**4. Rotate the paper cup until a new black space appears and draw more expressions in the opening.**





## NY Chocolate Egg Cream Recipe

### Materials List:

- tall glass
- long spoon
- straw (optional)

### Ingredients:

- 2 tablespoons chocolate syrup
- 1/3 cup cold whole milk
- 2/3 cup cold plain seltzer
- pretzel rod (optional)

### Instructions:

**1. Add chocolate syrup to glass. Pour milk on top. Use long spoon to stir until well combined.**



**2. Pour in cold seltzer. Stir the mixture quickly until well combined and thick layer of foam forms on top, about 30 seconds. Serve immediately with straw (if using) and pretzel rod (if using).**



Activity courtesy of America's Test Kitchen

<https://www.camp.tv.org>



# Inside Out Sandwich

## Materials List:

- 2 plates
- knife

## Ingredients:

- tomato
- bread
- mayo (optional)
- cheese

**\*This activity should be done with the help of a trusted adult\***

## Instructions:

**1. With the help of an adult, cut the tomato into slices like this:  
Put the tomato between 2 plates and carefully slide a knife between the 2 plates away from you.**



**2. Spread a little mayonnaise on each slice of bread. If you don't like mayonnaise, you can use a little butter, or nothing at all.**



**3. Wash and dry a couple leaves of lettuce.**



**4. Assemble the sandwich. Place the 2 pieces of bread together, mayo side out. Then add the lettuce, tomato, and cheese. Enjoy!**





## Create Scratch Art

### Materials List:

- cardstock
- crayons
- paperclip or toothpick

### Instructions:

**1. Use light-colored crayons to cover the cardstock. You may want to make a striped or geometric pattern.**



**2. Cover the light-colored crayon with black crayon, filling the entire card. Darken as much as possible to create a good contrast.**



**3. Think about a design you'd like to create.**

**4. Use a toothpick or the end of a partly unfolded paper clip to scratch through the black crayon, revealing your design in the colors underneath.**



Activity courtesy of The Metropolitan Museum of Art - #MetKids

<https://www.metmuseum.org/art/online-features/metkids/videos/MetKids-Create-Scratch-Art>

<https://www.camptv.org>