



# FREE Unplug and Play Activities 2021

(You do have to "plug in" this year, but it is all active family fun!)

To register and for more information, visit <http://www.literacyinkamloops.ca> or <https://www.facebook.com/unplugandplayweekkamloops>

## Week-Long Activities

### Pickup and Take Home Kits

**Take & Make Craft: DIY Wind Chimes**, contact the North Kamloops Library to register, 250-554-1124, or the Kamloops Library, 250-372-5145

**Science Kit at Home Project**, BIG Little Science Centre, call 250-554-2572 to register

**Animal Craft with Laura**, pick up craft kit at Kamloops Museum & Archives call 250-828-3576

**Take & Make Kids Meal Kits**, Mount Paul Community Food Centre, pre-order online by January 25 <http://bit.ly/unplugandpcook>

### Virtual on YouTube

<https://www.youtube.com/channel/UC4UE8ekcDF5NalK7PFsoylA>

**Story Time with the Paperbag Princess**, Kamloops Community YMCA-YWCA

**Rhyme Time with Kamloops' Very Own Mother Goose**, Kamloops Community YMCA-YWCA

**Family Virtual Dance Party with Julie**, Kamloops Community YMCA-YWCA

**Active Tot**, PacificSport

**Magic Tricks with Clinton W. Gray**

**Animal Craft with Laura**, Kamloops Museum & Archives

### In Person

**Songwalk: Slippery Fish**, North Kamloops Library

**Songwalk: We're Going on a Bear Hunt**, Kamloops Library

**Explore Kamloops Scavenger Hunt**, <https://www.playkamloops.com/>

**Alley Art Word Walk Downtown Kamloops**, <http://www.literacyinkamloops.ca>

#### Saturday, January 23

**Explore: your backyard, your family history, or your bookcase!**

**Family Fun Swim, 1:00-3:00 pm**

Kamloops Community YMCA-YWCA - Downtown, Pre registration required, call 250-372-7725, ext. 2

**Snowshoe at Stake Lake, 9:00 am-4:00 pm**

PacificSport and the Overlander Ski Club

#### Sunday, January 24

**Build: a blanket fort, a snowman, or a jigsaw puzzle!**

**Family Yoga via Zoom, 1:30-2:30 pm**

Kamloops Hot Yoga, registration online at <https://video.mindbody.io/studios/8662/live-streams/5fd1764af1fcc2000131efab>

**Instrument Building Workshop at Home via Zoom, 2:00-2:45 pm**

Kamloops Music Collective, registration online at <https://www.kamloopsmusiccollective.info/winter-programs>

#### Monday, January 25

**Move: jump, hop, skip, run, dance, or skate!**

**Family Fun Fitness Class via Zoom, 4:30-5:00 pm**

Kamloops Community YMCA-YWCA, call 250-372-7725, ext. 2, to register

#### Tuesday, January 26

**Create: a recipe, a story, a collage, or a game!**

**Preschool Power Hour: Rockets, 10:30-11:30 am**

BIG Little Science Centre, call 250-554-2572 to register

**Pyjama Storytime via Zoom, 6:00 pm**

Contact the North Kamloops Library at 250-554-1124 to register

#### Wednesday, January 27

**Read: a comic book, a poem, a research article, or the newspaper!**

**Mindfulness for Families via Zoom, 10:00 am**

Kamloops Community YMCA-YWCA, call 250-319-6648 to register

**Preschool Power Hour: Rockets, 10:30-11:30 am**

BIG Little Science Centre, call 250-554-2572 to register

**Read & Craft via Zoom, 4:00 pm**

Boys and Girls Club Kamloops, call 250-554-5437 to register

#### Thursday, January 28

**Learn: to knit, paint, bake, snowshoe, budget, or whistle!**

**Preschool Power Hour: Rockets, 10:30-11:30 am**

BIG Little Science Centre, call 250-554-2572 to register

**Virtual Quizzly Family Fun Trivia, 7:00 pm**

Register online at <https://www.eventbrite.ca/e/135596945113>

#### Friday, January 29

**Reflect: imagine, daydream, ponder, write, or review!**

**Outdoor Scavenger Hunt (ages 11-18), 4:00 pm**

Boys and Girls Cub Kamloops, call 778-220-7436 to register

#### Saturday, January 30

**Celebrate: cook, eat, sing, dance, or play together!**

**Take & Make Craft: DIY Wind Chimes via Zoom, 11:00-11:30 am**

Contact the North Kamloops Library to register, 250-554-1124

**Virtual Dance Party with Enzyme and Kellan-It, 7:00-9:00 pm**

Register online at <https://www.eventbrite.ca/e/135771725887>

Enter to win a prize with Interior Savings at <https://www.facebook.com/InteriorSavings>.