

Wellness



Did you know?

The original spiderman character was created in 1962!

SPIDEY SENSES

Instruct your kids to turn-on their “Spidey senses,” or the super-focused senses of smell, sight, hearing, taste, and touch that Spiderman uses to keep tabs on the world around him. This will encourage them to pause and focus their attention on the present, opening their awareness to the information their senses bring in.



Using a blindfold, can you identify certain objects around the house just by feeling them with your hands?

Open jars or cans in the kitchen, do you know what they are from their just their smell?

**ULTIMATE
ACTIVITY CAMPS**