

ARTS CAMP ON THE HILL ONLINE!

DAY 5 WORKSHEET

STAGE COMBAT INSTRUCTIONS

This is a beginner's stage combat tutorial.

All you will need for this activity is yourself and a partner who has also watched the video!

While we do teach in a humorous tone, the safety tips that we cover cannot be understated. So again:

- **NEVER** physically touch the person on the receiving end of the punches/slaps.
- Check your distance *EVERY TIME* and make sure there is at least a few inches more than an arm's length between you and your partner.
- **DO NOT** attempt anything you see in the video on someone who doesn't know what you are doing or who hasn't also seen the video.

Stage combat is intended as a performance and is NOT real fighting. Always be mindful to not hurt yourself or anyone around you!

DAILY MISSION CHALLENGE: KEEP BLESSING OTHERS

Our last challenge is to keep helping the hungry all year long! There are so many other ways that you can help hungry people in the name of Jesus! Here are some suggestions for you:

- Grow a garden and share your fruits and veggies with the hungry
- pantries, soup kitchens, or places like Kids' Food basket
- Host a food drive in your neighborhood, school, church, or small group
- Donate to help end hunger (if you use amazon, order with smile.amazon.com to donate for free)
- Learn about why hunger exists in your community and fight it at its root

Be sure to share a picture of you participating in camp with us at artscamponthehill.com/shares so we can post it to the Arts Camp website!

We hope to see you in person next summer!