



DAY IN THE LIFE OF A KIDS KAMPER

10:00 AM | ARRIVAL AND WELCOME

Each child is warmly welcomed, and they choose their word for the day. Word examples are happy, adventurous, creative, cheerful, inventive, imaginative, artistic, joyful, positive, hopeful, optimistic, etc.

As the children arrive, they gather in the gym and the group builds. A mime interacts with the children and the mime will have a puppet or two that interact, and a small story focused on being very good friends unfolds. When all the kids arrive, the mime departs for the day.

The lead Kamp counselor for the day welcomes all the children and reads the "Group Rules", and the children repeat the group rules. The lead then asks what each rule means, and after answers, asks if there are any questions.

10:20 AM | INTRODUCTIONS AND SNACK BREAK

The large group gathers, and each clinician and adult facilitator introduces themselves and shares something unique. After the facilitators introduce themselves, each of the Kampers introduces themselves, sharing their name, school, and word of the day and what it means to them, what animal they would be, or their favorite color.



Each Kamper is then invited to choose a snack and water for a brief break.

10:50 AM | SAFETY ACTIVITIES AND DISCUSSION

Kampers break into small groups, 4 to 5 groups with 6 to 7 participants, and each group is assigned a facilitator. They then begin the activities:

Brief discussion of what it means to be safe, and responses are written on a whiteboard.

When I am not scared. | When I feel good.

When I am not worried. | When I feel calm.

When I am not afraid. | When I feel safe.

When I am not confused or anxious. | When I understand and I get it.

Brief discussion of when you are not safe, and responses are written on a white board.

When I am alone and it is dark.

When someone is shouting and yelling at me.

When I can't wake someone up who is taking care of me.

When I am watching something scary on TV.

When someone is reading something scary to me.

Paper is handed out and the children use colored pencils from their Kamper Kit and draw a picture of "their network of support". Each Kamper received an image of a child surrounded by circles and they draw in each circle who they feel safe with and who they can trust like a teacher, a fireman, a police officer, an aunt/uncle, or grandmother/grandfather or parent.



11:45 AM | FUN OUTDOOR ACTIVITIES

Everyone heads out to the fields and chooses yoga moves and stretches or play the Hula Hoop games.

The Hula Hoop dance to music game
The jump through the swing Hula Hoop game
The Hula Hoop circle of fun that you throw small balls into

12:00 PM | LUNCH AND MEMORY ACTIVITY

Each Kamper chooses a packed lunch provided by StarVista and picks a spot to eat lunch on the blankets set up on the field with other Kampers.

After eating, each Kamper then chooses a craft they want to complete to remember Kids Kamp. There are several crafts to choose from such as a keepsake box, picture frame or bird feeder.



1:00 PM | REVIEW GROUP RULES AND LINE ACTIVITY

All children gather and given a few movement/exercises/stretches. Once again, Kamp counselors review group rules.

Everyone gives their name and counts off, "I'm blue", "I'm orange" and two lines are formed facing each other about 12 feet apart. A blue child is instructed to move across to the other line doing some movement or dance step, and then a orange child moves across to the blue line doing a movement or dance step, but it can't be the same as the prior blue child's movement.

And it goes on and on until each child has gone, never ever repeating a movement or dance step. When every single child has gone, everyone takes a deep breath and they are told, we will do this again, and no movement or dance step can be repeated! And when they complete the 2nd round, they are instructed to do it again.



1:45 PM | GROUP DISCUSSION AND SECOND SNACK BREAK

Snacks and water are served again. Everyone takes a short break and gathers in the big group and some questions are posed:

"When you crossed the first time and then learned you had to do it again, what did you think?" (Generally, we can't do it!)

"When you crossed the second time and then learned you had to do it again, what did you think?" (Generally, this is impossible, no way)

"When you crossed the third time and then learned you had to do it again, what did you think?" (Generally, this is ridiculous, there's no way to do this again)

"When you crossed the next time, what did you think?" (Generally, this is amazing! I can do it again and again and again!)

Where in your body do you feel that message.....I can do it? And how deep do you feel it? (Generally, in the heart and in the mid-body.....and really deep)

2:15 PM | PICK YOUR FAVORITE ACTIVITY

Kampers break into small groups, 4 to 5 groups with 6 to 7 participants.

Paper and colored pencils are handed out. The clinical facilitator asks each Kamper to check in with their name and the word they chose for the day. The facilitator then runs through the daily activities that were presented and ask the Kampers to draw one of today's activities:

- The check-in (name, school, word of the day)
- Mime
- Welcome
- Group rules
- Unique share
- What it means to be safe
- Network of support
- Hula Hoop
- Lunch
- Craft
- Blue/Orange Line



What did they like the best and why?

What would they like to do again?

How did they use their word for the day during this Kids Kamp day? How could they use that word tonight at home?

Are they safe at Kids Kamp? Are they always safe? Who would be the first person they could reach out to if they were not feeling safe?

2:50 PM | CLOSE THE DAY

Gather up their belongings, crafts, and pictures, and get ready to depart. And...

"We will see you tomorrow!"

