

Group – “Weekly”:

- These activities are designed to be a segment each week of camp to have groups working with their respective counselors.
- The point of these weekly group opportunities is so that a low intensity segment can be utilized for team work or to explore an individual task while being in a group setting

Options:

1. Ditto Packet
2. Letter To Myself
3. Thank You Note
4. The Perfect Day Outline
5. TOP 10's
6. The Team Handshake/High Five
7. The Giant Puzzle
8. Favorites
9. Stranded on an Island
10. Ryme Time

Camp Activity: Letter To Your Future Self

What You Need:

- Writing utensil
- Paper
- Envelope

What You Do:

- Before you begin, help campers brainstorm what they will write about. Ask them things such as: What are your current academic and social goals? What activities and people are important in your life? What are your current likes and dislikes? Where do you see yourself when you are grown up and what will you be doing?
- The letter can include a drawing.
- Have them read over the letter. When they feel it's complete, have them put it in an envelope and seal it.
- Write the date on the envelope that they should open the letter (it's up to them).

Help For What To Write:

1. How would you describe yourself to someone you just meet– will you still be like that?
2. What do you love to do in your free time?
3. What are you good at?
4. What do you want to get better at?
5. Who and what is important to you?
6. What is something you want to learn about?
7. What are some future goals?
8. What do you like? What don't you like?

Camp Activity: Thank You Note

What You Need:

- Writing utensil
- Paper
- Envelope

What You Do:

- Who do you want to thank and for what?
- The letter can include a drawing.
- Here's the basic template for a good thank-you note along with a few sample phrases to get started.

1. **Greeting.** Don't forget to make sure you're using the correct form and spelling of the person's name, as well as anyone else's mentioned in the note.

- *Dear Aunt Sharon and Uncle Bob,*

2. **Express your thanks.** Begin with the two most important words: Thank you.

- *Thank you so much for...*
- *It made my day when I opened...*
- *I'm so grateful you were there when...*

3. **Add specific details.** Tell them how you plan to use or display their gift. It shows them that you really appreciate the thought that went into it. Even if it's cold hard cash, describe how you'll spend the stuff.

- *Here's a picture of me with my new briefcase. I look so professional!*
- *I can't wait to use the birthday money you sent to decorate my dorm room.*
- *The going-away party meant so much to me. Having all my friends and family in one place was something I'll never forget.*

4. **Look ahead.** Mention the next time you might see them, or just let them know you're thinking of them.

- *We look forward to seeing you next month at Lucy's party.*

5. **Restate your thanks.** Add details to thank them in a different way.

- *Again, thank you for your generosity. I'm so excited about college. I'll let you know all about it when I get settled.*
- *We felt so blessed that you made the trip to be with us on our wedding day. We can't wait to see you again soon!*

6. End with your regards. "Sincerely" is a safe standby, but for closer relationships, you might choose a warmer option.

- *With love,*
- *Many thanks,*
- *Yours truly,*

Camp Activity: The Perfect Day

What You Need:

- Handout
- Writing Utensil

What You Do:

- Fill in the blanks

THE PERFECT DAY:

What time would you wake up? _____

What music would play to wake you up? _____

Where would you be? _____

What/Where would you have for breakfast? _____

What would you do in the Morning? _____

What/Where would you have for lunch? _____

Who would you have lunch with? _____

What would you do in the Afternoon? _____

What/Where would you have dinner? _____

Who would you have dinner with? _____

What would you do at night? _____

What time would you go to bed? _____

What music would play to fall asleep? _____

Camp Activity: "TOP 10"

What You Need:

- Handout
- Writing Utensil

What You Do:

- Pick a topic
- Fill in the blanks

"TOP 10" - TOPIC: _____

10.

9.

8.

7.

6.

5.

4.

3.

2.

1.

Camp Activity: TEAM HANDSHAKE / HIGH FIVE

What You Need:

- Your Brain
- Enthusiasm

What You Do:

- Let the group know it's time to create a team handshake or high five
- Point out that this is something that the Pro's often do
- (Lebron James, Adam Jones, Cam Newton)
- Make sure that it is actions and motions that everyone in the group can do
- Make sure that it is appropriate
- Make sure everyone can remember it

OPTIONAL:

- Each group demonstrates what they came up with in front of camp

Camp Activity: Team Puzzle

Teams must work together to complete a puzzle as quickly as possible. Initially the teams will be divided and given separate bags of puzzle pieces. They will think that they are competing against each other and then come to realise that they have no way of completing the puzzle unless they work with the other sub-teams as they hold the missing pieces of the puzzle.

Resources: 1 x large jigsaw puzzle and small bags to hold the pieces

Time: 30-45 minutes

Space Required: Small. Indoors or Outdoors

Group Size: 8-16 people

Jigsaw Puzzle Pieces Setup

- Divide up the puzzle and place an equal amount of pieces into each team bag
- Split the team into 2 smaller sub-teams (or more depending on the size of your group) and hand each team a bag.

Jigsaw Puzzle Pieces Team Activity Instructions

- Provide each sub-team with a bag of jigsaw puzzle pieces. Instruct them to assemble the puzzle as quickly as possible. Try to ensure that each team's puzzle pieces appear to be an entire puzzle.

Introducing the exercise:

"The aim of the exercise is for each team to assemble the jigsaw puzzle as quickly as possible using the pieces provided. All teams have the same puzzle. You will receive no additional instructions"

- Teams will assume that they are competing against one another, however there is only one puzzle and the pieces have been shared out between the two teams. The key point of the exercise is for the team to identify the problem and resolve it by discussing it between them and working together.
- Provide enough time for the teams to work on the puzzles. Generally, they shouldn't need any more than 30 minutes to complete, although this will change depending on the complexity of the puzzle and group size.

Tips and Guidance

Try and stay clear from giving them the solution to the problem. If they ask you, reiterate the introduction to the task as before and let them work it for themselves.

You can start the exercise with either the teams working in the same room or different rooms. If sub-teams are working in the same room, they will discover the problem and solution quite quickly and work together to assemble the puzzle. If you decide to start them in different rooms, it will take them a little longer to realise and work out how to resolve the problem.

Try to use a jigsaw puzzle with enough pieces to keep all team members actively engaged during the exercise. You should run the activity in a suitably sized space, big enough so that all team members can view the puzzle and work together.

Larger teams that have more than five people will be challenged in how they organise the task, leadership and teamwork (ensuring everyone has a role within the team).

This type of exercise demonstrates that all team members (or teams) make up the whole, and often no individual or team can do it alone. Sometimes the missing piece of the puzzle is often held by others.

Suggested Learning Outcomes:

- Strategy
- Leadership
- Problem solving
- Communication skills
- Leadership

Reviewing Questions:

- What was your first plan of attack when presented with the challenge?
- What problems did you encounter during the exercise and how do you overcome these?
- Once you identified the problem, how did you respond?
- Why was cooperation essential for this team activity?
- Did you nominate a leader to begin?
- Did you communicate well and was everyone involved?
- What makes a good team?
- Looking back on the exercise, what things would you say you did well as a team?
- What is one thing you can take away from the activity? How can you apply what you learned?

Camp Activity: My Favorite!

What You Need:

- Handout
- Writing Utensil

What You Do:

- Fill in the blanks

My Favorite...:

Color: _____

Animal: _____

Subject in School: _____

Place to Go: _____

Sport: _____

Video Game: _____

Team: _____

Player: _____

Type of Art to Do: _____

Food: _____

TV/Movie: _____

Singer/Music: _____

Restaurant: _____

Holiday: _____

Superhero: _____

Board Game/Card Game: _____

Famous Person: _____

Camp Activity: Worst Case Scenario!

Team building activities to be done in small groups. Coaches should facilitate the discussions and help organize the answers. Coaches should also add variations to the scenarios and be a resource to answer questions and/or clarify the factors surrounding a scenario. Coaches should also “referee” in order to make sure solutions are realistic. Getting all the campers to participate is something coaches should also be facilitating.

Stranded on an Island:

- Fabricate a scenario in which campers would need to work together and solve problems to succeed, like being stranded on a deserted island or getting lost at sea. Ask them to work together to concoct a solution that ensures everyone arrives safely. You might ask them to come up with a list of 10 must-have items that would help them most, or a creative passage to safety. Encourage them to vote — everyone must agree to the final solution.

Plane Crash Survival:

- During a plane crash survival game, students would be given the scenario of a plane crash that occurs in Northern Canada during the middle of winter. The group of survivors has 12 items to use and must rank each item from most important to least important. The group's ability to decide on the importance of each item also determines their survival.

Start a Country:

- Campers have to pick six “people” that they would want to start a country with. They need to consider skills, survival ability, and coaches can add factors to the situation – i.e. - The world lost all its power. The world is covered in water from all the ice melting because of global warming. The country is going to be attacked by a rival nation. Food is scarce. etc.

Camp Activity: Rhyme Time

Creating a rap song (and a beat) is the process of forming words to express a thought. Rhyming is often used in this process

- Raps are talk songs. They are not sung; they are spoken. They have a very heavy beat and a lot of rhyme. Behind the speaker of a rap, there might be original music, “scratching” sounds, and parts of other peoples’ songs.
- To write your own rap, begin with your topic. You have to know enough about your topic to rap about it. MUST be in a positive sense. Once you learn all about your topic you’re ready to rap.
- Tell the whole story of your topic in rhyme. Most raps rhyme in ‘couplets.’ That means lines rhyme two at a time. Lines one and two rhyme with each other, but not with the other lines. Lines 3 and 4 rhyme with each other, but not with the other lines. And so on. The two lines that rhyme together are a “Couplet.”
- Begin your lyrics with a line that has a strong beat or rhythm. Rhyme the next line with the first. Try to repeat the same rhythm in the second line, too. Then begin a new rhyme with the third line. The fourth line should rhyme with the third line. Keep repeating this rhyming pattern.
- The beat can be different in different lines. Some lines can be short; others, long. You might want to have a “refrain” in your lyrics. A refrain is a group of lines that remain the same and are repeated throughout the song.

A Rhyming Alphabet:

Use this special phonetic alphabet to help you find more rhymes. Begin your word with each of the following letters and consonant blends; make a list of all the “words” that make sense.

B,D,F,G,H,J,K,L,M,N,P,Q,R,S,T,V,W,Z, BL, BR,CH,DR,FL,FR,GL,GR,KL,KR,PR,SH,SHR,SI,ST,STR,TH,THR,TR