



BRINGING CAMP HOME ACTIVITY CHART

HAPPY CAMPERS: 9 SUMMER CAMP SECRETS FOR RAISING KIDS WHO BECOME THRIVING ADULTS

Secret	One Simple Thing	The Sticky Note Solution	Make It Fun	Around the Campfire	Family Meeting Topic	Diving Deeper
#1 Connection	One-on-One Chat	A Note of Appreciation	Home Movies or Pictures; 100 Memories; Outdoor Fun	Questions for Connection	Screen Usage	Create a Family Contract
#2 Positive Behavior	Brainstorm "Skills to Build" List	"I noticed..."	Finding Family Flow	What Went Well Today?	Family Values and Rules	Evaluate Your Parenting
#3 Optimism	Four Smiles	Inspirational Quote	Sing or Dance (or Both)	Three Good Things; WOWs	Optimism vs. Pessimism; Optimism Quiz	No Complaining for 24 Hours
#4 Independence	Let Them Go	"What Are You Going to Do?"	"Be the Adult" Game	Biggest Independence Challenge	Responsibility and Freedom	Acknowledge Ambivalence About Kids' Independence
#5 Grit	Personal Goals	"Yet."	Gritty Movies and Books	Courage Box	Family Goals	Comfort Zones
#6 Responsibility	Chore Audit	Saturday Sticky	Make Chores More Fun	Delayed Gratification	Sharing Household Duties	Raise Future Adults
#7 Structure	Hot Spots and Routines	What's Happening Today	Unplugged Family Time	How We Relax	The "Why" Behind the Rules	Family Culture
#8 Kindness	Stay Calm	Acts of Kindness	Notes and Gifts	Kindness Brainstorm	Donating	Kindness Challenge
#9 Making Friends	Model Friendship	Compliment on Social Skill	Play a Game	Social Skill of the Week	What Makes a Good Friend?	Seek Support