

BRINGING CAMP HOME

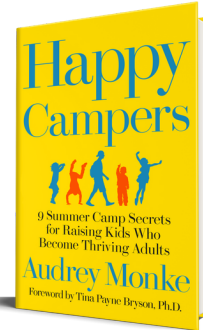
TIPS & INSIGHTS TO BRING HOME THE MAGIC OF ASTROCAMP





INTRODUCTION

While researching and writing *Happy Campers*, Audrey Monke solicited input and ideas from many different camp directors. She shares activities and strategies in the “Bringing Camp Home” section at the end of each chapter.



There are still many more ideas from summer camp to share with parents, teachers, and everyone else who works with and cares about raising a generation of kids who become thriving adults.

Here are some additional wisdom and ideas from Diana Huff that you can incorporate to bring some of the magic of AstroCamp home when your child returns.



WISDOM

“Our mission is making a difference in the lives of children through discovery.”

~ Diana Huff

“We really do cater to every different type of kid that there is. What kids say is that it is their home. They know when they are there they get to be who they are and they get to explore who they are and they get to challenge themselves, but they also have that choice and I think that’s something that sets us a little bit apart.”

~ Diana Huff

“We believe in camp and the power that can get kids to challenge themselves in a very natural environment.”

~ Diana Huff

“We have very specific hiring practices to make sure that we have the best staff possible. The ones that are going to connect and take care of your kids and know that that is the most important person to you, therefore they are the most important person to us.”

~ Diana Huff



TIPS & STRATEGIES

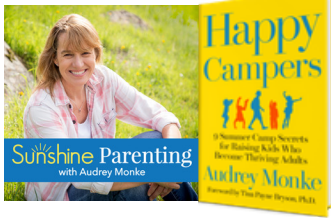


Let your child explore whatever interest they have. Let your child be whoever they want to be!



Even if your child has hobbies that you are not interested in, ask them questions and show interest. Invest in what your child invests in.





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