

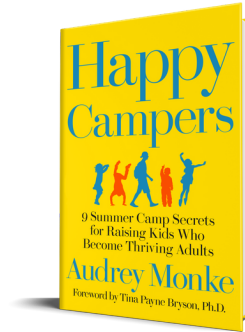
BRINGING CAMP HOME

TIPS & INSIGHTS TO BRING HOME THE MAGIC OF CATALINA ISLAND CAMPS



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 Maria Horner that you can incorporate to bring some of the magic of Catalina Island Camps home when your child returns.

WISDOM

“Our accreditation program is totally voluntary. So when a camp says they are accredited by the American Camp Association they’ve made a decision themselves to do the work to make sure they are in compliance with a couple hundred standards from everything to program quality to safety.”

~ **Maria Horner**

“We run an outdoor education program in the spring and the fall that has a strong focus on sustainability and our organic garden and compost area is a big part of that. We compost all of our food waste.”

~ **Maria Horner**

“We really talk with our kids and with our counselors—even more so during training—about encouraging kids to make their own decisions.”

~ **Maria Horner**



TIPS & STRATEGIES



One-thing parents cannot teach their child is independence. The child has to learn that away from the parent.

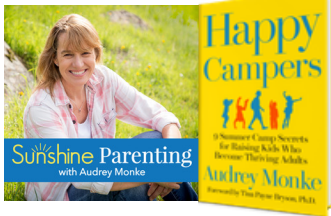


DO NOT be a helicopter parent. Parents should let their children grow independently of them.



Encourage children to make their own decisions.





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

