

# BRINGING CAMP HOME

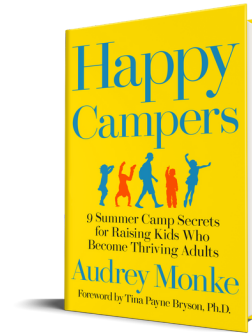
TIPS & INSIGHTS TO BRING HOME THE MAGIC OF GOLD ARROW CAMP





# 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 Alison Moeschberger that you can incorporate to bring some of the magic of Gold Arrow Camp home when your child returns.



# WISDOM

*“There’s so many things that draw parents to Gold Arrow, but I think for the most part the part of the philosophy that is really important and really central is just the relationships. That’s relationships with peers, relationships with campers, and really just focusing on real authentic face to face relationships.”*  
~ Alison Moeschberger

*“Every night, one of the things that I think is very important to friendship making, is each cabin has it’s own campfire pit, and so each cabin gets to have a campfire every night at camp.”*  
~ Alison Moeschberger

*“This year our [camp] theme is “Filling Buckets,” which I’m pretty excited about. It comes from a great children book. But the gist of it is that we all have this invisible bucket and we all have the power to fill each other’s buckets or empty each other’s buckets. And you fill someone’s bucket by encouraging them, giving them compliments and helping them. And you take away from their buckets if you’re doing the opposite of those things.”*  
~ Alison Moeschberger



# TIPS & STRATEGIES



Be aware of what is happening at camp, at school and in your child's life. Ask lots of questions!



When you ask questions, make sure they are intentional and that you are genuinely interested.



Keep up with how your kid feels about camp. Are they excited, nervous, sad, happy?

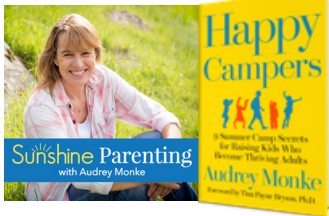


Ask them what their highs, lows and who their hero was of the day or week.

- High: What was the best part of your day/week?
- Low: What was the worst part of your day/week?
- Hero: Who was your hero of the day/week?







# 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

