

BRINGING CAMP HOME

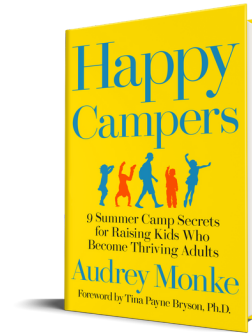
TIPS & INSIGHTS TO BRING HOME THE MAGIC OF
YOSEMITE SIERRA SUMMER CAMP





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 Sara Kuljis that you can incorporate to bring some of the magic of Yosemite Sierra Summer Camp home when your child returns.



WISDOM

“We’re not all designed to be experts in every single field.”
~ Sara Kuljis

“We built in a culture to where there’s many times during the day for a staff member to affirm a camper. And not for just what they look like, and not even for their achievements—but to go to a deeper level to where they are really affirming their character and their presence.”
~ Sara Kuljis

“Our mission is to help kids grow in character skills, relationships and faith.”
~ Sara Kuljis



TIPS & STRATEGIES



Parents can celebrate the natural gifts of their child, instead of constantly pushing them to be better.

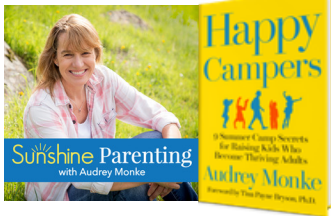


One easy ritual parents can continue from camp is Highs, Lows, Whoas and Bros. Ask your child these questions to learn about their week.

- High: What was the best part of your day?
- Low: What was the worst part of your day?
- Whoa: What was something incredible they experienced, something that shocked them, or something new they learned?
- Bros: Who was a new friend you made? Or who was the hero of your day?



When children have low, parents should talk about it with them and empathize with them. Don't try to make everything better right away.



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