

# BRINGING CAMP HOME

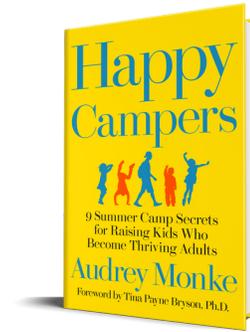
TIPS & INSIGHTS TO BRING HOME THE MAGIC OF  
YOSEMITE SIERRA SUMMER CAMP





# 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.

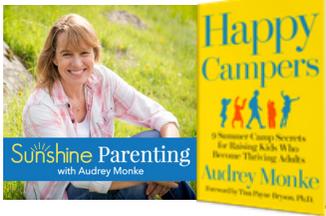


One easy ritual parents can continue from camp is Highs, Lows, Whoas and Bros. Ask your child these questions to learn about their week.

- 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<br>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<br>Positive Behavior | Brainstorm "Skills to Build" List | "I noticed..."              | Finding Family Flow                                | What Went Well Today?          | Family Values and Rules               | Evaluate Your Parenting                          |
| #3<br>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<br>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<br>Grit              | Personal Goals                    | "Yet."                      | Gritty Movies and Books                            | Courage Box                    | Family Goals                          | Comfort Zones                                    |
| #6<br>Responsibility    | Chore Audit                       | Saturday Sticky             | Make Chores More Fun                               | Delayed Gratification          | Sharing Household Duties              | Raise Future Adults                              |
| #7<br>Structure         | Hot Spots and Routines            | What's Happening Today      | Unplugged Family Time                              | How We Relax                   | The "Why" Behind the Rules            | Family Culture                                   |
| #8<br>Kindness          | Stay Calm                         | Acts of Kindness            | Notes and Gifts                                    | Kindness Brainstorm            | Donating                              | Kindness Challenge                               |
| #9<br>Making Friends    | Model Friendship                  | Compliment on Social Skill  | Play a Game  | Social Skill of the Week       | What Makes a Good Friend?             | Seek Support                                     |