

L.E.A.D.S SUMMER CAMP BLUEPRINT VOLUME I



L.E.A.D.S



Respect

WEEK 1



A CAMP ROOTED IN... *Respect*



Attention Getters

- **Counselor:** Stegosaurus, Tyrannosaurus Rex
 - **Campers:** Tell us what we should do next!
- **Counselor:** Dino!
 - **Campers:** Saur!

Counselor Challenge

- Play Chicken, Dinosaur, Superhero

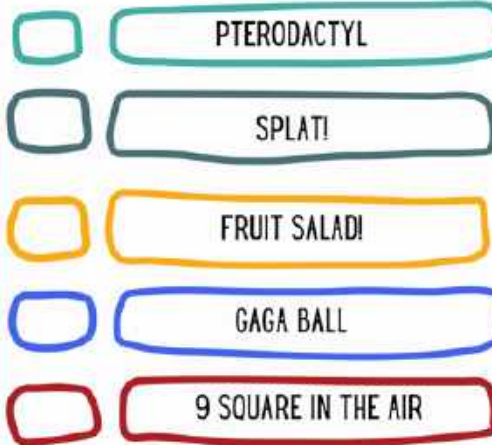
Camp Magic

- Dress up like... a dinosaur or in your favorite dinosaur gear.
- Transition in between your rotations like a dinosaur.

Small Group

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Use the prompts below to guide daily discussion during snack time! This will break barriers between our leads to get comfortable with each other
 - **Mon** - Create a team banner and chip box
 - **Tue** - Create a team chant
 - **Wed** - Create a skit based on the character trait
 - This will be within their groups and will present to each other.
 - **Thurs** - Group Knot
 - Have the campers stand in a tight circle, with their hands in the center. Then have them grab other hands at random. The puzzle is for the whole group to work together to get themselves untangled.
 - **Fri** - Line
 - Have them line up in order of height, name, last name, middle name, age, etc. They will have to talk!

GO TO GAMES!



MEDIC DODGEBALL

Materials:

- Dodgeballs, boundary lines (gym, cones, chalk, etc.)

Preparation: Set up a designated area to play preferable a gym or larger room.

Instructions:

- Split campers into two teams and have them huddle together on their side and come up with a designated "medic" that is secret to the other team.
- Once the balls are lined up in the middle and the teams are at their back line the game can begin with rules very similar to dodgeball.
- The big difference is that when someone gets "out" either by being pegged or having their throw caught, they must sit in the spot they got out in. They can rejoin the game like normal if their medic is able to go to them and tag them.
- If a team's medic gets out then they must go to the side of the area along with anyone that was already still out on their team. All players on that team that get out after will also go to the side of the area until all players of one team are eliminated and a new game begins.

Tips:

- Discourage players from blocking their medic with their own bodies.
- To prevent the game from taking too long have teams huddle together and just pick a new medic when theirs gets out and keep the game going.

THE CHARACTER TRAIT OF THE WEEK IS RESPECT! HOW CAN WE TEACH OUR CAMPERS OUR 3 R'S TO LEARN AND SUCCEED IN THEIR EVERYDAY!

CORP GROUP DISCUSSION

Materials:

Talking Stick

Preparation: Set the tone with campers let them know that they have to actively participate in the discussion.

Questions

- What does Respect mean to you?
- Tell us why being respectful is important?
- What are 3 ways you can show others respect?
- Tell us ways that we can respect our environment?
- How can we respect ourselves?



A CAMP ROOTED IN...

Respect



KV WORLD RECORDS- DINOSAUR EGG HATCH



Materials:

- Balloons

Preparation: Blow balloons (eggs) up.

Instructions:

- Divide into teams and give each camper a balloon (egg). The aim of the game is to sit on the balloon and get it to pop and so the egg is hatched.
 - No hands are allowed.
- First team to finish wins!

Gear it Down (Younger Ages /Less Ability):

- Campers can use their hands

Gear it Up (Older Ages /Advanced Ability):

Time it, to where campers have only limited amount of time hatch their eggs. Whichever group who has the most egg hatched is the winner.

CARNIVAL GUIDE

SPLASH DAY

9 SQUARE!



GAGA BALL!

RAINBOW!



CONNECT 4!



LEADS LOUNGE



RAMEN NOODLE CHALLENGE

Materials:

- Ramen, microwave, microwavable bowls, spoons, various spices.

Preparation: Check out this video on YouTube to help get some ideas for the challenge- "Ramen Noodle Challenge!" 🍜

FULL OPENING CLIP | Top Chef Junior: Season 2 E2 | Universal Kids"

Instructions:

- Split campers into pairs and the culinary challenge will be to create a Ramen Noodle dish in 20 minutes.
- Once complete, campers will share their recipe with the rest of the campers and they must plate the food they created in a pleasing manner and photograph it.
- There are not a lot in instructions for this activity, just make it fun and creative for the campers.





PROJECT OVERVIEW



DAY 1

Materials:

- Cardboard, plastic bottles, tape, newspaper/ brown paper bags, flour, cup, mixing bowl, paintbrush and foil

Preparation: Divide campers in groups of 5, each group will make a volcano. Hand out materials to each group.

Instructions:

- Attach a plastic bottle to a large square cardboard using sticky tape.
- Scrunch up foil and create a mountain shape around the bottle.
- As part of the group is working on the scrunch up of the foil, the rest can make the paper mache mixture.
 - Mix 1 cup of water with 1 cup flour to make mixture
- Apply layers of newspapers strips with a paintbrush.
- Let it dry overnight.



DAY 2

Materials:

- Paint, paintbrush, other items to decorate their volcano area

Preparation: Set paint and paint brushes out for campers

Instructions:

- As a group let them paint and decorate their volcano.
- Let them create a scenery for their volcano.

DAY 3

Materials:

- Funnel, baking soda, food coloring, and vinegar

Preparation: Have campers take their volcanoes outside to watch their explosion.

Instructions:

- They will use the funnel to pour 2-3 tsp of baking soda
- They can remove the funnel and then add 10 drops of any food coloring they want
- They will pour their vinegar and stand back and watch the volcano erupt.
- You can have groups take turns or all at once



Friendships

WEEK 2



A CAMP ROOTED IN...

Friendship



Attention Getters

- Counselor: To infinity...
 - Campers: AND BEYOND!
- Counselor : Intersteller!
 - Campers: Kidventure!

Counselor Challenge

- Moon Cookie Monster - have counselors place an moon (Dreo) on their face and first to get it in their mouth with no hands WINS THE GALAXY!
- StarWars

Camp Magic

- Dress up like ... an alien, astronaut, planet!
- Hidden KVI

Small Group

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Use the prompts below to guide daily discussion during snack time! This will break barriers between our leads to get comfortable with each other
 - Mon - Create a team banner and chip box that look like a spaceship
 - Tue - Create a team chant based on the word of the week
 - Wed - Create a commercial trying to sell your space ship
 - This will be within their groups and will present to each other.
 - Thurs - Two Truths and a Lie
 - Ask each person in the group to think of two true facts about themselves and one lie. Each person in the group takes a turn telling the group their three items. The group then has to agree on which fact they think is a lie. Once the group announces its decision, the speaker tells the group the correct answer. The group then can talk about any of the interesting things they just learned about the new person.
 - Fri - Clump
 - Have everyone stand at least five feet apart, so that when you spread out your arms, you're not touching anyone else's arms. The leader then shouts out: "Clump of [some number]" Everyone then has to huddle together in a group huddle or "clump" of that many people. There should usually be people left over because there aren't enough people to form a full clump. If you can't form a clump, then you're out! The game ends with a clump of two, and those two win the round!

GO TO GAMES!



SPACE GAME MAKING

Materials:

- Poster Board
- Markers / Colors
- Construction paper
- Scissors
- Glue
- Any other materials you think would be useful for the kids



Preparation: Cut the poster boards into large squares. Create a space themed board game of your own for demonstration. | You can make it based on monopoly or any other board game|

Instructions:

- Explain that they will be able to recreate their favorite board game or create their own but there's a twist. It needs to be space themed. Instruct them to use their imagination as long as it is appropriate.
- Split into groups and give supplies.
- Let them freely work on their games with a bit of guidance from the counselors if needed.

THE CHARACTER TRAIT OF THE WEEK IS FRIENDSHIP! HOW CAN WE BUILD THE CONFIDENCE OF OUR CAMPERS TO MAKE NEW FRIENDS AT CAMP!



CORP GROUP DISCUSSION

Materials:

- Talking Stick

Preparation: Set the tone with campers let them know that they have to actively participate in the discussion.

Questions

- What makes a good friend?
- Who is your closet friend, and why do you like them?
- What is the best way to make new friends?
- What do you and your best friends have in common? What do you like doing together?
- Does your best friend support you and your interest?



A CAMP ROOTED IN...

Friendship



KV WORLD RECORDS- PAPER AIRPLANE TOSS



Materials:

- Paper

Preparation:

- Using painters tape (if indoors) or chalk (if outdoors) create a "track" where campers will fly their airplane to record distance.

Instructions:

1. Tell campers to create the worlds greatest "rocket ship" (aka paper airplane)
2. Campers will be able to use only paper and folding!
3. Campers will fly their rocket ship to see who can



CARNIVAL GUIDE

SPLASH DAY

9 SQUARE!



GAGA BALL!

RAINBOW!



CONNECT 4!



LEADS LOUNGE



CHIP CHALLENGE

Materials:

- Ziploc bags, Lays Wavy chips, various of seasonings and spices

Preparation: Have all materials out, this will be very much like the ramen noodle challenge, but with chips.

Instructions:

1. Split campers into pairs and the culinary challenge will be to create a their own chip with various seasonings.
2. Within their pairs, they create their own seasoning mix and mix with their chips and mix within their bag.
3. There are not a lot in instructions for this activity, just make it fun and creative for the campers.
4. To make it more fun, make it a competition and have counselors rate it.



CURRICULUM+ GUIDE *Kite Making*



PROJECT OVERVIEW

COVER TABLES THAT WILL BE USED FOR THIS ACTIVITY WITH BUTCHER PAPER EACH DAY TO AVOID MAKING A MESS. PLACE 2 DOWEL RODS AND SCISSORS AT THE SEATS CAMPERS WILL OCCUPY. PLACE SOME RULERS AT THE CENTER OF THE TABLES.

DAY 1

Materials:

- 2 x 1/8" dowels (per camper)
- Colorful duct tape
- Various colors of embroidery
- Scissors (1 per camper)
- Ruler (1 per camper)
- Various of color ribbons
- Colored permanent markers
- Pencils
- White butcher paper
- White trash bags
- Hot glue gun
- Single hole puncher



Instructions:

1. Each camper will need 2 dowel rods and a pair of scissors
2. Camper will use rulers to measure 24" on one dowel and 20" on the second dowel. Camper may use a pencil to mark the measurements.
3. Campers will carefully cut their dowels using scissors
4. Do not throw away extra pieces of the dowel rods
5. On the dowel that was cut 24", campers will measure 6" down on that dowel and will place the center of the 20" dowel across that 6" marking.
6. Campers will tie the center of the dowels together using the embroidery string. The goal is to tie the string in the center to keep the 2 dowel rods together.
7. Campers will need to cut a notch into the ends of the dowels. Once the notches are in, camper will wrap the embroidery string around the kite and tie the ends of the string into a knot.
8. Place a dab of hot glue on the ends of the dowels to keep the string in the notches



CURRICULUM+ GUIDE *Kite Making*



DAY 2

Instructions:

1. Campers will retrieve their project from the day before.
2. Campers will get a white trash bag and cut it open so it is open and flat. Campers will lay their dowel rods in a "t" shape on their trash bag. Campers will cut 1" off the trash bag edge using scissors.
3. After cutting the trash bag, campers will fold over the end of the trash bag over the string around the kite.
4. Using decorative duct tape, campers will firmly tape down the edges of the trash bag.
5. Campers will flip over their kite and will use the colored sharpies to decorate their kites however they wish.
6. After campers have decorated their kites, campers will punch a small hole at each point of the kite.
7. After the holes have been punched, campers will place a piece of string through the top hole, tie a knot onto the back of the kite, and tape it down.
8. Using the same string from step 7, campers will bring that string down to the bottom hole, string it through and tie a knot on the back of the kite, and tape it down. Campers will leave the leftover string alone.



DAY 3

Instructions:

1. Campers will retrieve their kites from day 2
2. Camper will repeat Step 7 & 8 from Day 2 on the 20" dowel
3. Using the leftover string from 24" dowel rod, campers will tie a ribbon every 6 inches on the leftover string until they reach the end of the string.
4. Using the leftover dowel pieces from Day 1, campers will wrap a strand of embroidery string around the dowl tying the end of the thread into a knot at the center of the "T" on the back of the kite
5. Kite is complete! Time to Fly!



Kindness

WEEK 3



A CAMP ROOTED IN...

Kindness



Attention Getters

- **Counselor:** It's cool to be..
 - Campers: **KIND!**
- **Counselor :** K - I - N - D
 - Campers: **Spreading kindness to all we see!**

Counselor Challenge

- Telephone Affirmations - Director will say a positive affirmation to counselors that has to make it through a game of telephone.
- Give counselors legos and tell them they need to work to build the tallest tower using only their toes!

Camp Magic

- Dress up like... a construction worker!

Small Group Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Use the prompts below to guide daily discussion during snack time!
 - Mon - Introduce yourself, and the campers, and name your construction crew!
 - Create a team banner
 - Tue - Skit time!
 - How would you show kindness on a construction site
 - Wed - How would reconstruct your house, talk among your group
 - Thurs - **BUDDY UP!** How was that person showing kindness this week?
 - Fri - End of the week! What was your favorite part about this week?

GO TO GAMES!

- PTERODACTYL
- SPLATI
- FRUIT SALADI
- GAGA BALL
- 9 SQUARE IN THE AIR



TOOTHPICK BRIDGE CHALLENGE

Materials:

- Toothpicks, glue, marshmallows, gum drops, paper, pencils

Preparation: Explain that the goal is to build a sturdy bridge using only the materials provided.

Instructions

- Split campers into groups of 2-4
- Campers will be given a set amount of toothpicks and various adhesives to connect their toothpicks to create the sturdiest bridge.
- Have each group start out by brainstorming their bridge ideas and then have them create the design on paper.
- Once the design is created campers can start measuring how many toothpicks they would need for each side
- Once the bridges are complete, it is time to test them by slowly putting weight on.



THE CHARACTER TRAIT OF THE WEEK IS KINDNESS! HOW CAN WE TEACH OUR CAMPERS OUR 3 R'S TO LEARN AND SUCCEED IN THEIR EVERYDAY!

CORP GROUP DISCUSSION

Materials:

- Talking Stick

Preparation: Set the tone with campers let them know that they have to actively participate in the discussion.

Questions

- What does kindness mean to you?
- How do you show kindness to yourself?
- What are two things you could do to show kindness to others?
- Are you happy with the way you treat others? Why/Why Not?
- What acts of kindness could we undertake as a group?



A CAMP ROOTED IN...

Kindness



KV WORLD RECORDS- CUP STACKING



Materials:

- Cups, stopwatch

Preparation: Stretch for optimal stacking speed

Instructions:

- Time campers with a stopwatch as they stack their cups. They can do this however you want as long as it's the same way for each participant.
- After all make try it the person with the fastest time wins!

Gear it Down (Younger Ages /Less Ability):

- Use less cups

Gear it Up (Older Ages /Advanced Ability):

- Have campers partner up with more cups and stack together and have them switch stacking each cup as they go.

CARNIVAL GUIDE

SPLASH DAY

9 SQUARE!



GAGA BALL!

RAINBOW!



CONNECT 4!



LEADS LOUNGE



PANCAKE MAKING

Materials:

- Griddle, Pancake Mix, Water, Measuring Cups, Bowl, Wooden Spoon, Plates, Butter, Forks, Syrup, Spatula, Pancake Toppings

Preparation: Have the campers decide which toppings they would like for their pancakes and let your Director know.

Instructions:

1. All campers need to wash their hands prior to this activity
2. Have campers put on gloves to help maintain health safety
3. Follow the directions on the box and make pancakes with the campers-have campers lead the activity and work together to complete the recipe
4. Enjoy!





PROJECT OVERVIEW

MAKING A CARBOARD CAR IS A FUN ACTIVITY. CAMPERS CAN MAKE THIS ACTIVITY AS EXCITING AND CAR AS BIG AS THEY WANT TO PRESENT TO EVERYONE.

DAYS 1 & 2

Materials:

- Cardboard boxes
- Glue
- Pencil
- Duct Tape
- Scissors

Instructions:

1. Split campers into groups of 5 or 6
2. Give the groups a chance to discuss how they want to make their car. What type of car will it be (compact, truck, van, bus, etc.)? What is required to have on a car? What other features will it have?
3. Only use materials found at site including cardboard (start collecting from snack early).
4. Some of the items that they will need to be included are a steering wheel, tires, side mirror, rearview mirror, exhaust pipe, headlights, windshield and a license plate.
5. Encourage them to add as much detail and functionality as they can with what they have.
6. Make it fun for campers and it will take multiple days.



DAY 3

Instructions:

1. If the groups are able to complete their cars then it's time to give them something to do with their cars!
 - Have a car show and invite other programs to come see and give feedback!
 - Create a racetrack and try to race the cars!
 - Come up with categories to have the counselors judge their cars by and make it competitive.



Honesty

WEEK 4



A CAMP ROOTED IN...

Honesty



Attention Getters

- Counselor: Liar, Liar...
 - Campers: Pants on fire!
- Counselor : Honesty, honesty
 - Campers: The truth will set you free!

Counselor Challenge

- Donut on a String!

Camp Magic

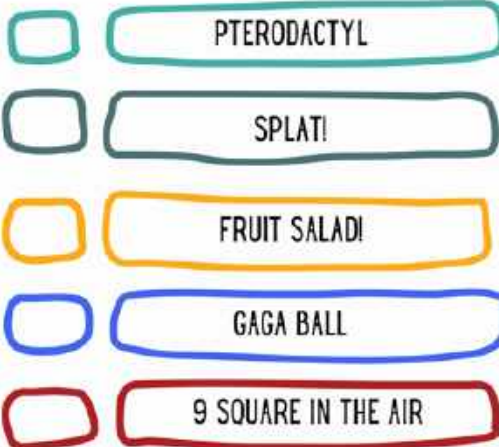
- Dress up like... a barnyard animal!

Huddle Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Use the prompts below to guide daily discussion during snack time!

- Mon - Introduce yourself, campers, and make a banner that includes each camper as a barnyard animal!
- Tue - How can we build a site of Honesty using the 3 R's?
- Wed - How would you go about telling the truth after you've lied? Is it better to do it before you've been caught in a lie? Share!
- Thurs - As a group or in pairs try playing two truths and a lie.
- Fri - End of the week! What was your favorite part about this week?

GO TO GAMES!



ROMERO BRITTO DRAWINGS

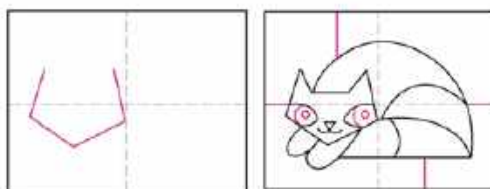
Materials:

- "Draw a Romero Britto Cat" templates, paper, markers, black markers, pencils

Preparation: Give each camper a template, paper and a pencil.

Instructions

- Make guidelines on the paper. Start the head.
- Connect the top with two ears (second step on template)
- Draw two paws
- Add a large half circle
- Draw 3 curved lines
- Draw the outside of the eyes
- Draw inside eyes. Divide the background with 4 lines
- Lastly, add more colored patterns on top
- Trace with a very thick black marker and fill in shapes



THE CHARACTER TRAIT OF THE WEEK IS HONESTY! HOW CAN WE TEACH OUR CAMPERS OUR 3 R'S TO LEARN AND SUCCEED IN THEIR EVERYDAY!

CORP GROUP DISCUSSION

Cornerstone

Materials:

Talking Stick

Preparation: Set the tone with campers let them know that they have to actively participate in the discussion.

Questions

- How do you feel when you are honest?
- How do you feel after you lie?
- Why do you think it is important to be honest?
- What happens when people lie?
- What are some common situations when people are sometimes dishonest?
- How can you be honest and not hurt someone's feelings?
- How do you feel when you have been dishonest with someone?
- Is it okay to lie?



A CAMP ROOTED IN...

Honesty



KV WORLD RECORDS- FASTEST KV SONG (COUNTRY STYLE)



Materials:

- KV Song Banner, stopwatch

Preparation: Do some vocal warm ups for full vocal range. Channel your Inner country music star (George Strait, Dolly Parton, *Taylor Swift*, etc.)

Instructions:

- The goal is to sing the KV Song like a country music artist as fast as you can either as a group or as individuals.
- Time each attempt and record your fastest time.
- Bonus points (not really) for extra spirit!

Gear it Down (Younger Ages /Less Ability):

- Do it as a group so your more shy campers blend in.

Gear it Up (Older Ages /Advanced Ability):

Pick different artists at random and to try to mimic their style for the next attempt.

CARNIVAL GUIDE

SPLASH DAY

9 SQUARE!



GAGA BALL!

RAINBOW!



CONNECT 4!



LEADS LOUNGE



RICE CRISPY CHALLENGE

Materials:

- Rice Krispies (40 cups per site), Mini Marshmallows (70 Oz per site), Butter (35 tbsp), 9X13 Disposable Pans (4 per site), 9X9 Disposable Pan (1 per site), Mixing bowl (5 per site), Mixing Spoon (5 per site), Large Microwave safe bowl (5 per site), Baking Spray (1 per site)

Preparation: Split campers into 5 teams and each team will get ingredients to make Rice Krispie treats. The catch is that each team will get slightly different measurements of ingredients and complete a taste test to see which recipe makes the best Rice Krispies. Give each group a mixing bowl, and a wooden spoon.

Groups:

- Group 1 gets:
 - 3 tbsp butter
 - 10 oz mini marshmallows
 - 6 cups rice Krispie cereal
 - 9X13 Disposable Pan
- Group 2 gets:
 - 6 tbsp butter
 - 12 oz mini marshmallows
 - 6 cups rice Krispie cereal
 - 9X13 disposable pan
- Group 3 gets:
 - 6 tbsp butter
 - 16 oz mini marshmallows
 - 7 cups rice Krispie cereal
 - 9X13 disposable pan
- Group 4 gets:
 - 8 tbsp butter
 - 16 oz mini marshmallows
 - 9 cups rice Krispie cereal
 - 9X13 disposable pan
- Group 5 gets:
 - 6 tbsp butter
 - 16 oz mini marshmallows
 - 6 cups rice Krispie cereal
 - 9X9 disposable pan

Instructions:

- Have campers begin to melt their butter and marshmallows in the large microwave-safe bowl. Microwave the butter until melted first and then add the marshmallows. Continue to microwave until the marshmallows are ALMOST completely melted. You do not want to overheat the marshmallows.
- Have campers pour their rice Krispie cereal into the large bowl and when the marshmallows and butter mixture are ready, pour over the cereal and stir.
- Once the cereal and marshmallow mixture are stirred, pour into the disposable pan (be sure to spray the pan before)
- Gently spread the mixture to cover the pan (do not push the mixture down as it will become too hard)
- Allow the treats to cool for 30 minutes before cutting into them-Once they have cooled allow campers to try a small bite from each one and figure out which recipe makes the best Rice Krispie treats.



CURRICULUM+ GUIDE

Bird Feeder



PROJECT OVERVIEW

TIME TO PROVIDE FOR OUR WINGED FRIENDS WITH THIS ACTIVITY. THIS ONE WILL REQUIRE SOME PATIENCE AS WELL AS DETERMINATION FROM OUR CAMPER SO BE SURE TO ENCOURAGE!

DAY 1

Materials:

- Jumbo Colored Craft Sticks
- Wood Glue
- Twine/Yarn



Instructions:

- Start by laying out your six jumbo sticks next to each other. This is going to be the bottom of the bird feeder.
- Glue two sticks across the six base sticks towards the ends of each side of the sticks. This will be what holds your base together.
- Add hot glue dots to the four corners of your sticks. Place sticks on top in the opposite direction.



- For the perch, you will add glue to the middle of the craft stick. Then glue it in the opposite direction of the last sticks you had glued.
- Continue gluing the sticks around the outside.
- Now cut your rope or twine into four pieces, each about 2 feet long and tie each piece to the corner of the Popsicle stick one level down. This will distribute the weight of the filled bird feeder from the top sticks.
- Lastly, you will want to tie the ends. Create a simple loop by not pulling the ends through the knot fully. This will make a loop.



DAYS 2 & 3

Instructions:

- Allow campers to finish up their bird feeders if needed.
- Now that they know how to build one have campers build one of their own design.
- Make it more complex but remember it needs to be stable. Have fun!

Gratitude

WEEK 5



A CAMP ROOTED IN...

Gratitude



Attention Getters

- **Counselor: Ninjas!**
 - **Campers:** ASSEMBLE!
(campers get in a straight line and bow to counselor)
- **Counselor : Float like a butterfly...**
 - **Campers:** STING LIKE A BEE!

Counselor Challenge

Fruit Ninja- Give counselors a pool noodle and have them deflect and dodge gator skin balls thrown at them using the noodle!

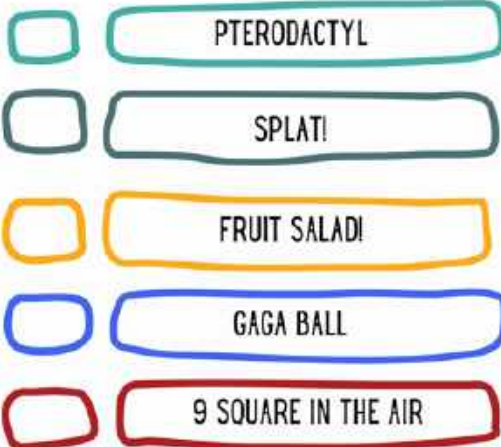
Camp Magic

- Dress up like.... an animal? Ninja? **MAYBE BOTH!** Get creative and use your imagination!
- Imaginary Obstacle course is a great way to transition between rotations!

Huddle Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Use the prompts below to guide daily discussion during snack time!
 - **Mon** - Introduce yourself, campers, and name your dojo (team name)
 - **Tue** - How can we be warriors of gratitude this week?
 - **Wed** - What wild animal do you think resembles a ninja the best?!
 - **Thurs** - **BUDDY UP!** How was that person showing gratitude this week?
 - **Fri** - End of the week! What was your favorite part about this week?

GO TO GAMES!



PARACORD MAKING

Materials:

- Paracord (two 12 inch strings per camper)
- Keyrings (1 per camper)
- Compass (1 per camper)
- Scissors
- Lighter (for counselor use ONLY)

Preparation: It is very important that a counselor prep an example to try to find mistakes or areas of frustration for young campers. Some may need help getting started! If campers cannot figure out how to braid it, they can make small knots all the way down!

Instructions:

1. Pass out two, 12 inch paracord strips to campers. Allow them to pick their color.
2. Model how to braid their compass keychain using the paracord. This may be best done in smaller groups.
3. Have campers braid their paracord keychain. This may take a while so play music, and actively monitor campers for frustration and struggle!



THE CHARACTER TRAIT OF THE WEEK IS GRATITUDE! HOW CAN WE TEACH OUR CAMPERS OUR 3 R'S TO LEARN AND SUCCEED IN THEIR EVERYDAY!

CORP GROUP DISCUSSION

Materials:

Talking Stick

Preparation: Set the tone with campers let them know that they have to actively participate in the discussion.

Questions

- a. - What's something in your life that you are grateful for?
- b. What's something that happened to you in the past year that you're grateful for?
- c. Why are you grateful for that event?
- d. What's something that's been hard for you but that you're grateful for? Why?
- e. Who is a person that you are the most grateful for? Why?
- f. What is one of your favorite gifts that someone gave you?



A CAMP ROOTED IN...

Gratitude



Materials:

- Bean Bags

Instructions:

- Select a boy camper and a female camper to compete in the Ninja Bean Bag on your Head Competition!
 - No hands are allowed.
 - Must maintain pose the entire time
- One at a time stack bean bags on their head.
- Most bean bags while remaining in the pose wins!

Gear it Down (Younger Ages /Less Ability):

- Campers can come out of pose if balance is an issue

Gear it Up (Older Ages /Advanced Ability):

- Time it, to where campers that hold their pose with the bean bags on their head the longest wins!



KV WORLD RECORDS- BEAN BAG STACK

CARNIVAL GUIDE

SPLASH DAY

9 SQUARE!



GAGA BALL!

RAINBOW!



CONNECT 4!



LEADS LOUNGE



EGG CHALLENGE

Materials:

- Eggs (dozen per group of 4)
- Griddle (5)
- Spatula (5)
- Forks
- Bowl (5)
- Plates

Preparation: Set up 5 relay cones with a table at each cone. On one end of the relay cones you will set up the griddles. On the other side of the relay cones you will set up the bowl with egg ingredients.

Instructions:

- Split campers into groups of 4
- Have 2 campers on either end of the relay race
- 1 pair will be with the ingredients (eggs, bowls, spoons, etc.)
- The other pair will be with the griddle on the other side of the room/space
- The goal will be for the pair of campers with the ingredients to mix and create their egg mixture and carefully transport it to the pair at the griddle who will then cook the eggs as the counselors have directed (over easy, scrambled, omelette, etc.)
- The team to do it the quickest and with the best tasting eggs wins.
- There are a lot of adaptations and rules that can be added or adjusted to this activity
- The goal is for campers to have fun and learn how to make various egg breakfast dishes.



CURRICULUM+ GUIDE *3D Mask Making*



DAY 1

Instructions:

1. Give each camper a styrofoam plate. campers will trace the mask template on their styrofoam plate, and cut out all of the lines.
2. After campers cut along all of the lines, tape the wedge-shaped lines together. This is what gives the mask a three-dimensional shape.
3. Give campers a sharpie to write their name on the inside of the mask. This step is easiest to do before adding anything to the mask.
4. Once the mask is three-dimensional and taped, campers can begin making shapes out of aluminum foil and hot gluing them onto the mask. Great features to make with aluminum foil are noses, eye brows, cheeks, ears, etc. Tell the campers to use lots of foil in order to make the features larger and taller. The taller, thicker, and more exaggerated the features on the mask, the more they will show up once the mask is finished.

Materials:

- Mask Template
- Plates (1 per child)
- Scissors
- Plaster Cloth cut into 1 inch by 6 in strips (about 30-50 strips per child). You can use paper mache and newspaper, but it won't be as sturdy.
- Aluminum foil sheets (about 5-10 sheets per child)
- Bowl of water
- Painter's Tape
- Paint
- Paint Brushes
- Hot Glue Guns
- Hot Glue Sticks

DAY 2

Instructions:

1. If campers have added all of the features they want, give the campers plaster cloth sheets to cover their masks. Campers will need to dip the plaster cloth into the water bowl to activate the plaster. Sheets don't need to be submerged in the water very long. Also, once a strip of cloth gets wet, it MUST be used. Wet plaster cloth cannot be recycled.
2. campers need to cover every single inch of the masks including the aluminum foil (unless they want to leave the aluminum foil uncovered as an artistic choice). DO NOT LAYER THE PLASTER CLOTH. One layer of plaster cloth will be enough. If you layer too many strips of plaster cloth, the mask will not dry.
3. Once every inch has been covered on the mask, leave out the masks to dry for 24-48 hours.



DAY 3

Instructions:

1. Today the masks should be 100% dry so you can have campers paint them.
2. Encourage campers to decorate their masks with the theme of Ninjas vs Wild (woohoo).
3. Let them touch up where needed and let dry after.



Grit

WEEK 6



A CAMP ROOTED IN...

Grit



THE CHARACTER TRAIT OF THE WEEK IS GRIT! HOW CAN WE TEACH OUR CAMPERS OUR 3 R'S TO LEARN AND SUCCEED IN THEIR EVERYDAY!

Attention Getters

- Counselor: Dribble, Dribble!
 - Campers: Swish! (shoot an air ball)
- Counselor: Down... Set...
 - Campers: HIKE!

Counselor Challenge

- Set up a relay race to compete against campers!
- Mario Kart Balloon Pop!

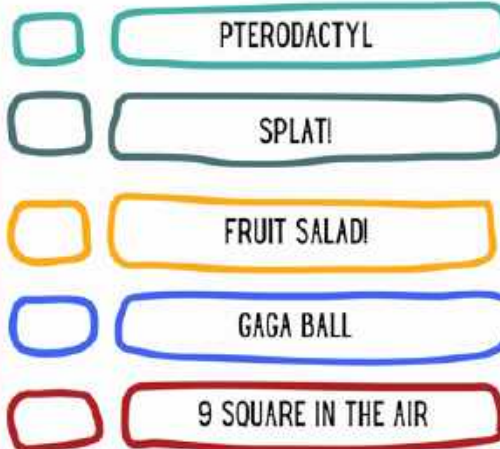
Camp Magic

- Dress up like a.... sports player! Jersey, costume, cheerleader, you name it!

Huddle Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Use the prompts below to guide daily discussion during snack time!
 - Mon - Introduce yourself, campers, and draft a "team name"
 - Tue - How can we work hard as a team and show grit this week?
 - Wed - What is your favorite sport?!
 - Thurs - BUDDY UP! How was that person showing grit this week?
 - Fri - End of the week! What was your favorite part about this week?

GO TO GAMES!



ALPHABET BASKETBALL

Materials:

- 2 buckets
- 26 ping pong balls
- Permanent marker

Preparation:

- Write a letter on each of the ping pongs. Have campers line up and one by one they will pick up a ping pong ball, name the letter and try to make it in the bucket!

Instructions:

1. Designate a shooting location and have the ping pong balls ready!
2. Give each camper a chance to select a ping pong!
3. Have campers identify the letter and either tell its sound or a word that starts with that letter!
4. Camper then shoots the ping pong into the bucket and goes to the end of the line!
5. MAKE IT A CHALLENGE by dividing campers and balls into 2 teams and seeing who can finish first!

Gear it Down (Younger Ages /Less Ability):

- Some campers might need more assistance than others but make it fun.

Gear it Up (Older Ages /Advanced Ability):

- If campers already know their alphabet, have them say a word that begins with that letter before they shoot.

CORP GROUP DISCUSSION

Materials:

Talking Stick

Preparation: Set the tone with campers let them know that they have to actively participate in the discussion.

Questions

- a. - What is the definition of Grit?
- b. - What is the most essential thing when developing grit?
- c. - How do you keep yourself motivated for long term goals?
- d. - How do you challenge yourself when things get rough?
- e. - Who do you lean on when things get rough?
- f. - Is failing good or bad??



A CAMP ROOTED IN...

Grit



Materials:

- Pool Noodle
- Trash can or bucket

Instructions:

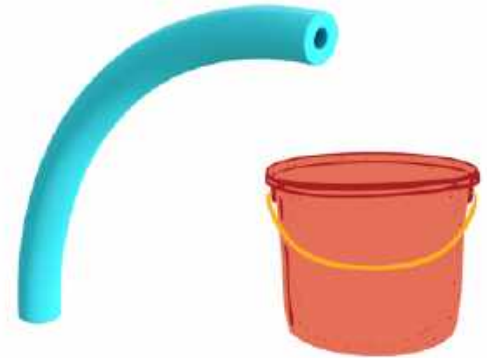
- Identify a spot a given distance away from the trash can!
- One at a time, throw the pool noodles into the trash can!
- Most noodles in the can - WINS!

Gear it Down (Younger Ages / Less Ability):

- Campers can get multiple chances.

Gear it Up (Older Ages / Advanced Ability):

- Time it, campers who get the most in the shortest time, win!



CARNIVAL GUIDE

SPLASH DAY

9 SQUARE!



GAGA BALL!

RAINBOW!



CONNECT 4!



LEADS LOUNGE



POTION MAKING CHALLENGE

Materials: Two Liter or Equivalent for Drinks (1 for each group)

- | | |
|----------------|-------------------------|
| • Cola | • Water |
| • Citrus Drink | • Lemonade |
| • Orange Drink | • Apple Juice |
| • Grape Drink | • Blue Sports Drink |
| • Red Drink | • Green Sports Drink |
| • Cups | • Measuring Cups/Spoons |
| • Mixing bowls | • Mixing Spoons |

Preparation: Split campers into two groups and set out the supplies for each group to see. Make sure each camper has their own cup and they write their name on it.

Instructions:

1. The goal is for the groups to concoct the best tasting potion they can by combining different amounts of drinks together.
2. Allow campers a couple minutes to discuss what they want their potion to taste like with everyone in their group.
3. Encourage the groups to keep track of the amount of each drink they're using and not to be wasteful so they can replicate it as they only have so many supplies.
4. Have group members taste test their concoctions so they can determine any adjustments needed.
5. Remember the goal is to create something unique that tastes even better than the drinks by themselves.
6. Have campers come up with a name for their potions and prepare to serve them.
7. Once the groups have the potion they would like to present allow the counselors to judge their creation(s).



DAY 1

Materials:

- Cross stitch kit (1 per), gallon ziploc (1 per), hot glue gun and hot glue sticks, extra embroidery floss, extra needles, needle threader

Preparation: Allow campers to choose their cross stitch kit and give access to needle threaders, extra embroidery floss and needles. Lastly, give each camper a gallon ziploc bags to hold loose supplies between days.

Instructions:

1. Place fabric in the hoop:

- Unscrew the nut to loosen it and take out the inside piece.
- Lay the inside piece (without the screw on top) flat on the table and place your fabric over it. Make sure to try to get the design as centered as possible.
- Once it is centered, take the other hoop (one with the screw on top) and place on top of the fabric.
- Press down and around until you feel the bottom hoop go inside the top.
- Tighten the nut on top, making sure that the fabric is tight in the hoop as you go.

2. Threading the needle:

- Determine how many threads you need. Each strand of embroidery floss contains 6 strands of thread. Some stitches may require using 2 or 3 strands of those 6, make sure campers are looking at the instructions to find how many threads they need.
- For faster and easier threading, have campers use the needle threaders. If they want to thread the needle by hand, they can it just takes longer and can be frustrating.

To use the threader:

- Put the metal part of the threader through the eye of the needle.
- Put your thread through the threader
- Pull out the needle from the threader
- Draw out one side of the thread from the threader

3. Knotting the needle: there are 2 ways you can knot the thread on the needle (with or without a tail), and 2 ways to tie the knots (using the needle or not).

For visual demonstration, use the video links in the preparation section.

- Leaving a tail: this is when you only create a knot on one end of the thread, not both. This is preferred for cross stitch and embroidery, but may be difficult for some campers to remember to keep the needle threaded when making a stitch (see Figure 2).
- No tail: making a knot with both ends of the thread. This may be easier for campers so that they don't have to worry about the needle becoming unthreaded.
- Needle knot:
- Hold the needle in one hand and the thread in the other.
- Holding the needle horizontally, lay the end of the thread facing the eye of the needle on top.
- Wrap the thread around the needle 3-4 times (can do more if you want a bigger knot).
- With your thumb and index finger, pinch the wrapped thread on the needle and guide it down the needle, toward the eye, and all the way down the thread to create a knot.



DAY 1 CONTINUED

4. Cross Stitches

- To begin a new stitch, always bring the needle through the back of the fabric [see Figure 3].
- Cross stitch fabric is made up of squares with holes in each corner, when stitching you will bring your needle through the holes in each square [see Figure 1].
- To create a "cross stitch," bring the needle through the back of the fabric through one hole. Then, locate the square directly diagonal from where you brought the needle up and bring it down through that hole. Repeat this with the other two holes in the square to create an X [see Figures 4-8].
- Repeat this process following your kit directions to fill in your pattern.

5. Tie Off Stitches

- When you are finished with a thread, or you are running low on thread on your needle you can tie off your stitch.
- There are many ways you can do so, here is one that may be easier for campers:
- Cut your thread at the top of your needle to have as much thread to work with as possible.
- Pull apart the thread pieces (if you have more than one), and use those to tie a knot (see Figures 9-10).
- Trim any excess thread from your knot.



Figure 1: Cross Stitch Fabric Holes to help with making stitches, each center of the four holes makes one square.



Figure 2: Needle with a "tail" that isn't tied in the knot.



Figure 3: Starting a Stitch Guiding the needle up through the back of the fabric through one hole.



Figure 4: First Stitch Finding the hole diagonal to where you came up, guide your needle through that hole to make your first stitch.



Figure 5: Stitch Made Pull the needle all the way through until you have your first stitch



Figure 6: Making the Cross From behind, find another hole in the square you are making your stitch with. Just like before, bring your needle all the way through.

CURRICULUM+ GUIDE *Cross Stitch*



DAYS 2 & 3




Figure 7: Crossing Your X
Just like with your first stitch, find the hole diagonal from where you brought your needle up and bring your needle all the way through to create your X.




Figure 8: What your cross should look like.




Figure 9: Knotting Your Stitch
Separate your thread strands to make a knot and hold your stitch.




Figure 10: Knot Made
Tie your knot and make it as big as you want. Don't forget to trim the excess!


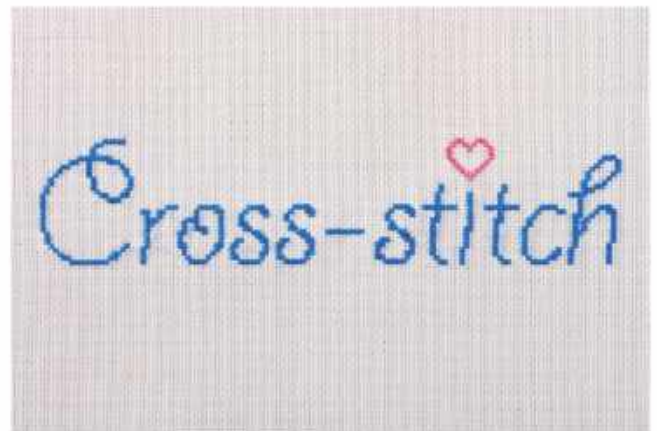


Figure 11: Up Close Stitches
Note- Some stitches use the same hole to make it look like they are touching.



Figure 12: Completed Example

1. Repeat the directions from day 1 as needed until campers finish their pattern.
2. Once finished, trim any excess thread as needed.
3. Trim the excess fabric around the hoop, be careful not to trim too much. You want some to hot glue on the back.
4. Fold the remaining fabric around the back of the hoop. Using a hot glue gun (this should be done by a counselor), glue the fabric to the hoop for a clean look in front.



Courage

WEEK 7



A CAMP ROOTED IN...

Courage



THE CHARACTER TRAIT OF THE WEEK IS COURAGE! HOW CAN WE TEACH OUR CAMPERS OUR 3 R'S TO LEARN AND SUCCEED IN THEIR EVERYDAY!

Attention Getters

- Counselor: I am...
 - Campers: BATMAN!
- Counselor: Its a bird... its a plane...
 - Campers: IT'S SUPERMAN!

Counselor Challenge

- Divide campers into groups with a counselor as the lead. Each group will be given butcher paper and tasked with making a cape for their counselor! Then counselors "fly through the air" racing one another.

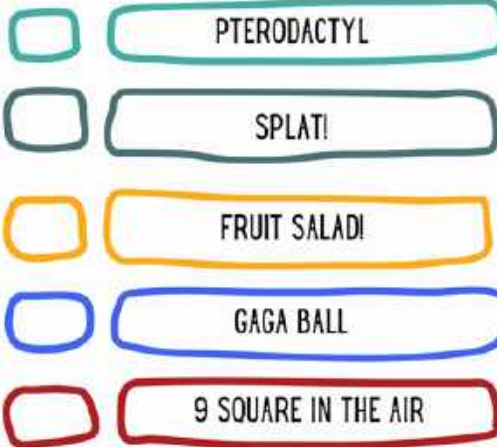
Camp Magic

- Dress up like a.... SUPER HERO!

Huddle Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Use the prompts below to guide daily discussion during snack time!
 - Mon - Introduce yourself, campers, and create a SUPER team name!
 - Tue - How can we be like super heroes and show courage this week?
 - Wed - Who is your favorite super hero?!
 - Thurs - BUDDY UP! How was that person showing courage this week?
 - Fri - End of the week! What was your favorite part about this week?

GO TO GAMES!



SUPER KICKBALL



Materials:

- Pennies
- Kickball

Preparation:

- Use sidelines of the gym or create sidelines with cones or another type of marker

Instructions:

1. Split the group into 2 teams (a fielding team and a kicking team)-- give one team the Pinnies to wear.
2. The kicking team will stand in a line along the sideline and the fielding team will spread out in the playing area
3. The counselor will start as the pitcher in the middle of the playing area facing the kicking team
4. When you start choose a student to roll the ball to and that student will kick the ball
5. Once the kick has been made , all players on the kicking team will try to run back and forth to the sidelines as many times as they would like before the play ends!
6. If the player makes it back to the original sideline they get a point, they keep going back and forth to try and score as many points as possible before the play ends.
7. The play is over after 3 outs, OR if the fielding team passes the ball back to the pitcher in the middle.
8. Fielding players can get kicking players out by tagging them with the ball, or hitting them with the ball as they are running , or catching a "pop fly"
9. If the fielding team passes back to the pitcher the kicking players need to stay on the line they are on and the pitcher will roll the ball again and another round starts. Passing to the pitcher is considered 1 out.
10. After 3 outs the ROUND ends, not the game
11. The kicking players will switch with the fielding players

CORP GROUP DISCUSSION

Materials:

Talking Stick

Preparation: Set the tone with campers let them know that they have to actively participate in the discussion.

Questions

- a. What is courage?
- b. When is a time you had to show courage?
- c. What does courage mean to you?
- d. What character traits does a courageous person have?
- e. Who do you know that is courageous?
- f. Why do you think this?



A CAMP ROOTED IN...

Courage



KV WORLD RECORDS- CHAOS CREAM PIES

Preparation:

- Identify a spot for easy clean up!
- **HINT** - Grab a pair of glasses/goggles to prevent shaving cream getting in the eye of the counselor.
- **HINT** - Put a trash bag over the counselor's clothes or bring extra to change into.

Materials:

- Shaving Cream
- Paper Plate

Instructions:

- Have campers line up to, one at a time, pie a counselor as many times as they can in 30 seconds.

DR. CHAOS IS HERE TO BRING CHAOS TO A CAMP NEAR YOU! THE KV WORLD RECORD FOR THE WEEK IS THE MOST PIES TO THE FACE!



- Encourage campers to be quick but also practice safety.
- Spread the wealth to other counselors!

CARNIVAL GUIDE

SPLASH DAY

9 SQUARE!



GAGA BALL!

RAINBOW!



CONNECT 4!



LEADS LOUNGE



QUESADILLA MAKING

Materials:

- Tortillas
- Griddle
- Cheese
- Salsa
- Other Quesadilla fillings (be sure to get with Director/Manager on what you need here)
- Sour Cream
- Plate
- Plastic Knife
- Spoons

Preparation: Split campers into groups and the culinary challenge will be to create a Quesadilla in 20 minutes

Instructions:

1. To make a quesadilla, layer filling on top of one tortilla.
2. Top with a second tortilla.
3. Cook tortilla on both sides for several minutes until golden brown.
4. Cut in triangles and serve.
5. Once complete, campers will share their recipe with the rest of the campers and they must plate the food they created in a pleasing manner and photograph it.

- Quesadilla Filling and Recipe Ideas
 - Bean Quesadilla
 - Beef Quesadilla
 - Pizza Quesadilla
 - Cheese Quesadilla





DAY 1

Materials:

- Duct tape
- Scissors
- Rulers
- Cardboard (credit card size 3.4 inches wide by 2.2 inches high)

Instructions:

1. First, tear off 4 strips of duct tape that are 9 inches long. Layer them sticky side up with 1/2 inch of overlap between each piece.
2. Then, tear off 4 more strips the same length. Stick these to the sheet you just made, but start about 1/2 inch down from the top. That way, you will stagger the overlapping sections and not make the duct tape too thick to fold.
3. Fold the edges over. Then, use your scissors to trim both ends of the sheet. Your finished width should be 8.5 inches, and it should be about 6 inches tall.
4. Tear off two 5 inch strips and layer them. Then, stick two more 5 inch strips to the back and fold over the edges following the same procedure as the main body of the wallet. Trim the edges with scissors and ruler so that this pocket measures 4 inches wide.



DAYS 2 & 3

Instructions:

1. Tear off two 9 inch strips of duct tape, and stick them back-to-back. Cut this piece into two pieces that are each 4 inches wide.
2. Tear a strip of duct tape in half lengthwise to make trim for the top of these pockets. Fold the trim over the top of the pockets and trim off the extra.
3. Lay the three pockets on top of each other, with the largest pocket on the bottom. The middle pocket won't go all the way down to the bottom, and that's okay.
4. Use a strip of tape torn in half lengthwise to attach them.
5. Use your credit card sized cardboard to make sure that you have enough room in the pockets! You will probably need to have more of the tape hanging over onto the other side - it won't be divided evenly.
6. Lay out your main fabric with the side UP that you want to be on the OUTSIDE of the wallet.
7. Attach the credit card pockets to the upper right with a 9 inch strip of duct tape torn in half lengthwise.
8. Then, fold the wallet in half and secure the ends with strips of tape that have been torn in half lengthwise. Trim off the extra.
9. Add a final strip of tape across the bottom of the wallet, and you're done!

Once campers have finished their wallets allow them to either make new ones with different designs or create something else out of duct tape!



Confidence

WEEK 8



A CAMP ROOTED IN...

Confidence



Attention Getters

- Counselor: I like to.
 - Campers: MOVE IT MOVE IT!
- Counselor: Mighty cool and mighty fine..
 - Campers: Everybody get in line!

Counselor Challenge

- Hula Hoop Ring Toss!

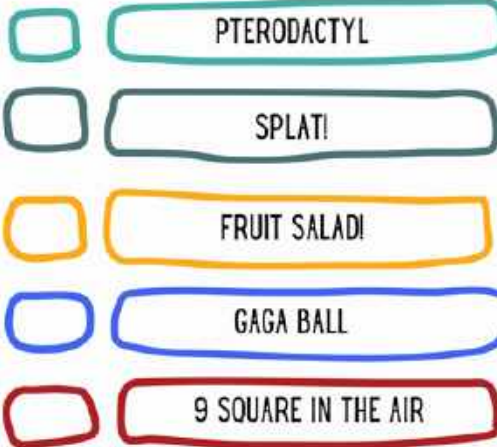
Camp Magic

- Dress up like a.... animal, safari guide, disco, OR ALL THREE! Get creative and bring the MAGIC!

Huddle Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Use the prompts below to guide daily discussion during snack time!
 - Mon - Introduce yourself, campers, and name your Safari Squad!
 - Tue - What is confidence and how can we be confident at camp?
 - Wed - We are going on a safari! What animal would you hope to see?
 - Thurs - BUDDY UPI! How was that person showing confidence this week?
 - Fri - End of the week! What was your favorite part about this week?

GO TO GAMES!



WHAT ARE YOU DOING?

Materials:

- None

Preparation:

- Encourage campers to get outside of their comfort zone and be confident!

Instructions:

1. Have 8 campers volunteer. 2 stand up facing the audience and the other 6 line up behind the 2 campers (creating 2 vertical lines)
2. One camper in the front row starts an "Activity" (brushing their teeth, tap dancing, swimming, etc.)
3. The other camper in the front row asks: What are you doing?
4. While that camper continues, for example, brushing their teeth, they say that they are doing a totally different activity. For instance, they might say "I am washing my car."
5. The asker must immediately start washing their car while the first camper goes to the back of the line and the next camper moves up
6. That camper who just moved up immediately asks "What are you doing?" Again the other camper in front must continue to wash a car while they say, for example, "I am curling my hair"
7. And so on. Campers are eliminated if they hesitate, stop what they are doing while they say what they are doing, or repeat an action from earlier in the round
8. Continue until you are down to one camper
9. Bring up the next 8 campers and play the game again

THE CHARACTER TRAIT OF THE WEEK IS CONFIDENCE! HOW CAN WE TEACH OUR CAMPERS OUR 3 R'S TO LEARN AND SUCCEED IN THEIR EVERYDAY!

CORP GROUP DISCUSSION

Materials:

Talking Stick

Preparation: Set the tone with campers let them know that they have to actively participate in the discussion.

Questions

- a. What is confidence?
- b. What makes someone confident?
- c. In what areas of your life you would like to build confidence?
- d. Who do you know that has the type of confidence that you would like to have?
- e. What strategies do you use to boost your confidence?
- f. Do you believe confidence can be learned and developed?



A CAMP ROOTED IN...

Confidence



Materials:

- Hula Hoop
- Speaker

Instructions:

- Longest Disco Hula Hoop to the song "I Like to Move it Move it" from Madagascar!
- Counselors must also disco while hula hooping!
- If a counselor drops their hula hoop, or stops discoing at any point they are OUT!
- TIME YOU HULA HOOPER - LONGEST DISCO HULA HOOP WINS!

KV WORLD RECORDS- DISCO HULA



CARNIVAL GUIDE

SPLASH DAY

9 SQUARE!



GAGA BALL!

RAINBOW!



CONNECT 4!



LEADS LOUNGE



how to make Ice Cream in a bag



Materials: (Per camper)

- 1 gallon ziploc bag
- 1 quart ziploc bag
- Measuring Cups/Spoons
- 2 cups of Half-and-Half
- 4 tbsp. of Granulated Sugar
- 3 c. Ice
- 2/3 c. Kosher Salt
- 1 spoons
- 1 styrofoam bowls
- 1 tsp. Pure Vanilla Extract

Instructions:

- In the quart size Ziploc bag, combine Half-and-Half, Granulated Sugar and Vanilla Extract.
- Push out excess air and seal the bag.
- In the gallon size Ziploc bag, combine ice and Kosher salt.
- Place the quart size bag inside the gallon size bag.
- Push out excess air and seal the gallon size Ziploc bag.
- Shake the gallon size bag vigorously for about 10 minutes until ice cream has hardened.
- Open the gallon size bag and remove the quart size bag.
- Open the quart size bag and put ice cream in the styrofoam bowl.
- Enjoy!

CURRICULUM+ GUIDE *Pinata Making*



PROJECT OVERVIEW

DAY 1

Materials:

- 1 part water, 2 parts flour, 1 tbsp salt, mixing bowls (1 per 5 campers), measuring cups, whisk, brown paper bags, tissue paper, balloons (1 per), scissors, bowls (1 per), glue, gallon size bag, paper, pencils, prizes.

Preparation: Gather materials. Blow up balloons to an even size, about the size of a camper's head. Place balloons in a trash bag to keep them in one space. Cut tissue paper into a bunch of squares and place in a gallon sized bag. Have the ingredients measured out and ready to combine if needed. Label each styrofoam bowl with the name of a camper. Create an example the week before if possible.

Instructions:

1. Give each camper a pair of scissors and brown bags or newspaper. Have them cut paper into strips, about an inch wide. Make sure to give them enough to cover their entire balloon.
2. Place one bowl of mixture within reach of each group of 4 to 5 campers. Give them a balloon and a styrofoam bowl with their name on it. Have campers place their balloon knot side down in their styrofoam balloon bowl for balance while they cover their balloon.
3. Dip each strip into the m \acute{a} ch \acute{e} mixture, keeping it flat by squeezing it as you pull it out.
4. Lay each strip flat over the balloon, pressing and rubbing it in as necessary.
5. Overlap strips in different directions to create a sturdier final result.
6. Completely cover the balloon in about 3 layers.
7. Once complete, have campers set their pi $\u00f1$ ata on their bowl aside to dry, about 24 hours.



Make sure to overlap the paper to create one solid object!

Use many different colors to create your own theme!



DAY 2

Instructions:

1. Time to add some razzle dazzle! Place tissue paper within reach of each camper.
2. Use paintbrushes and glue to attach the tissue paper. Campers can cover it as much or as little as they would like.
3. Once complete, set aside to dry.
4. Give campers a sheet of paper and a pencil. Have them write a kind message to another camper. Allow them to do 2-3 messages, but make sure each note is positive and appropriate. Have them fold it up and label it with the recipient's name. Write a message for any campers who did not receive one. Place these messages in a bag and set aside for tomorrow. These will go in their pi $\u00f1$ ata.



PROJECT OVERVIEW

DAY 3

Instructions:

1. Give campers a sheet of paper and a pencil. Have them write a kind message to another camper. Allow them to do 2-3 messages, but make sure each note is positive and appropriate. Have them fold it up. Write a message for any campers who did not receive one.
2. Counselors only!! Carefully help campers pop their balloons and use an exact-o knife to cut a small opening large enough to put prizes in, but small enough to not ruin the integrity of the piñata. Place their message into the recipient's piñata. Add 2-3 prizes to put inside.
3. Cut two small holes and put the ribbon through the holes to hang your piñata.
4. Use the papier-mâché mixture and paper strips to seal the holes closed.
5. Set aside to dry.

Tips:

- Write out kind affirmations for each camper prior to this activity and insert them into the pinatas.
- Use tissue paper to cover the seams if you still have holes.



Leadership

WEEK 9



A CAMP ROOTED IN...

Leadership



THE CHARACTER TRAIT OF THE WEEK IS LEADERSHIP! HOW CAN WE TEACH OUR CAMPERS OUR 3 R'S TO LEARN AND SUCCEED IN THEIR EVERYDAY!

Attention Getters

- Counselor: Where are my leaders at?
 - Campers: HERE HERE HERE!!
- Counselor: Leadership is COOL...
 - Campers: AND CAMPERS ARE TOO!

Counselor Challenge

- Is it cold in here or is it just YOU! Frozen t-shirt challenge! Soak and freeze a few t-shirts. The counselor who gets the shirt unrolled and on their body first - WINS!

Camp Magic

- Dress up like a.... PRESIDENT, boss, or leader!

Huddle Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Use the prompts below to guide daily discussion during snack time!
 - Mon - Introduce yourself, campers, and come up with a group name for the week!
 - Tue - What is leadership and how can we be a leader at camp?
 - Wed - Kid President strives to inspire others to change the world. How would you make the world a better place?
 - Thurs - BUDDY UP! How was that person showing leadership this week?
 - Fri - End of the week! What was your favorite part about this week?

GO TO GAMES!

- PTERODACTYL
- SPLATI
- FRUIT SALADI
- GAGA BALL
- 9 SQUARE IN THE AIR

PROTECT THE PIN

Materials:

- Dodgeballs
- Bowling pins/cones

Preparation:

- Set up a designated area to play preferable a gym or larger room.

Instructions:

1. Each team will be given 3 bowling pins to place at the back end of their playing area
2. The goal is to not only hit other campers to get them out (when tagged they must go stand on the sideline) but to try and knock the pins down on the other team
3. Option: campers who catch a ball can bring back a camper from their team that has gotten out.---If you play this way have campers make a line as they get out and the first person in the line will go in---this will help keep it fair



CORP GROUP DISCUSSION

Materials:

Talking Stick

Preparation: Set the tone with campers let them know that they have to actively participate in the discussion.

Questions

- a. What is leadership?
- b. What qualities make someone a good leader?
- c. Do you consider yourself a leader or a follower? Why?
- d. Tell us about someone in your life who is a good leader



A CAMP ROOTED IN...

Leadership

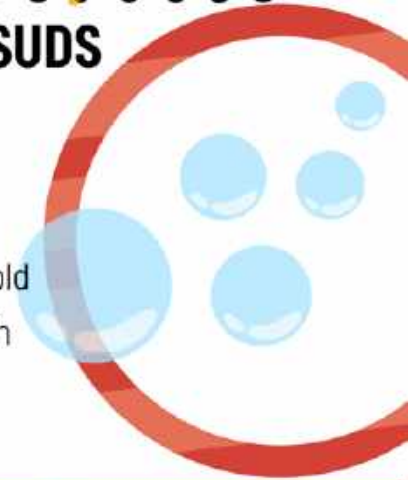


Materials: KV WORLD RECORDS- RING OF SUDS

- Hula Hoop
- Bubbles

Instructions:

- a. Bubbles through a hula hoop! One counselor will hold a hula hoop, while the other blows bubbles through the hoop. The winner is whom blows the most bubbles through the hoop!



CARNIVAL GUIDE

SPLASH DAY

9 SQUARE!



GAGA BALL!

RAINBOW!



CONNECT 4!



LEADS LOUNGE



Materials: Serves 5-8

- 2 cups cold milk
- 1 package chocolate instant pudding
- 1 (8 ounce) container Cool Whip
- 1 (16 ounce) package Oreo cookies
- Gallon Plastic Bags
- Cups
- Gummy Worms
- Mixing Bowl
- Mixing Spoon



Instructions:

1. Give each camper a gallon plastic bag with the oreos split into them.
2. Have campers carefully crush the cookies in their bags.
3. Pour 2 cups of milk into a large mixing bowl.
4. Add 1 package of pudding mix.
5. Mix until well blended, 1 to 2 minutes.
6. Let stand for 5 minutes.
7. Stir in 8 ounces of whipped topping and half of the crushed cookies.
8. Add a layer of crushed cookies into the bottom of everyone's cup.
9. Fill cups 3/4 full with pudding mixture.
10. Top with remaining crushed cookies.
11. Refrigerate for 1 hour if possible
12. Decorate with gummy worms and enjoy!

CURRICULUM+ GUIDE

Yarn and Pipe Cleaner Trivets



PROJECT OVERVIEW

Materials:

- Pipe cleaners (10 per camper)
- Chunky Yarn
- Hot Glue Gun
- Scissors



DAY 1



Preparation: Give each camper their pipe cleaners and a good amount of yarn.

Instructions:

1. Campers begin winding the yarn around the pipe cleaner, leaving the first $\frac{1}{4}$ inch of pipe cleaner bare (campers will bend this bit and pinch it to secure the yarn)
2. Trap the tail of the yarn in place as you wind around the pipe cleaner
3. Keep wrapping/winding relaxed
4. The trivet will be thicker and work up more quickly than if you wind the yarn tightly
5. Add another pipe cleaner, before you reach the end of the pipe cleaner, add a second one by twisting the ends together tightly
6. Continue wrapping over the twisted bit and carry on
7. Repeat this process every time you add a new pipe cleaner until you reach the length desired



DAYS 2 & 3

Instructions:

1. Finish wrapping-when you get to the end of the last pipe cleaner.
2. Leave an $\frac{1}{8}$ inch bare and snip your yarn leaving a short tail
3. Bend the end of the pipe cleaner over the tail and pinch it in place
4. You will now have something that looks like a long length of woven rope
5. Coil and Glue the Trivet
6. Lay some butcher paper down before you start gluing-place your rope of pipe cleaners on a flat surface. Begin coiling the pipe cleaner. Every couple of inches, dab a thin line of hot glue along the edge of the coiled pipe cleaner and press the next couple of inches of pipe cleaner into it. Hold for a few seconds while the glue cools
7. Continue to coil and glue your pipe cleaner rope until you reach the end and your trivet has been formed

Imagination

WEEK 10



A CAMP ROOTED IN...

Imagination



THE CHARACTER TRAIT OF THE WEEK IS IMAGINATION! HOW CAN WE TEACH OUR CAMPERS OUR 3 R'S TO LEARN AND SUCCEED IN THEIR EVERYDAY!

CORP GROUP DISCUSSION

Materials:

Talking Stick

Preparation: Set the tone with campers let them know that they have to actively participate in the discussion.

Questions

- What comes to mind with the word imagination?
- How do you use your imagination day to day?
- Is having imagination useful? Why? Why not?
- Who in your life has the biggest imagination?



GO TO GAMES!

- PTERODACTYL
- SPLATI
- FRUIT SALADI
- GAGA BALL
- 9 SQUARE IN THE AIR

RAINBOW SOAP

Materials:

- Clear Soap Base (250 grams per color)
- Soap Dyes
- Essential oils (1 scent per site)
- Bowls (5 per site)
- Plastic knives (10 per site)
- Microwave safe bowl (1 per site)
- Loaf pan (2 per site)
- Wax Paper
- Spoon

Preparation: Cut glycerin into little bits. Since there are limited knives, some campers can cut the soap and others can work on the next step.

Instructions:

1. Place wax paper in each loaf pan (have enough wax paper in each pan so that it hangs over the side of the loaf pan)
2. Melt the glycerine in microwave safe bowl
3. Pour melted soap into a bowl and let the campers add a few drops of color and a few drops of essential oil
4. Stir quickly, the soap starts to solidify right away
5. Pour the color into the pan that is lined with wax paper
6. Wait for the layer to harden (about 10 minutes) and then pour the next layer, until you have about used all the melted soap
7. Once it all hardens you can cut up the soap and each camper gets a piece.



Attention Getters

- Counselor: Whose your friend that likes to play?
 - Campers: BING BONG! BING BONG!
- Counselor: We're using our...
 - Campers: Imagination! (make a rainbow with your hands like Spongebob)

Counselor Challenge

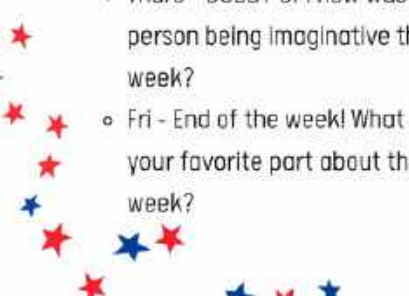
- What does this object do? Get creative! Grab some objects and play item improv like an episode of Whose Line Is It Anyway?

Camp Magic

- Dress up like a.... crayon, artist, or your favorite color!

Huddle Time

- Let's be intentional with supporting the Social and Emotional Needs of our campers. Use the prompts below to guide daily discussion during snack time!
 - Mon - Introduce yourself, campers, and come up with a group name for the week!
 - Tue - What is imagination and how can we be imaginative at camp?
 - Wed - Artists of all kinds work hard to make the world a colorful and beautiful place, how can you use your imagination to do the same?
 - Thurs - BUDDY UP! How was that person being imaginative this week?
 - Fri - End of the week! What was your favorite part about this week?



A CAMP ROOTED IN... *Imagination*



KV WORLD RECORDS- TOE ART

Materials:

- Paint
- Butcher paper
- Paper towels/baby wipes for clean-up

Preparation: Pour paint into bowls or plates, lay out butcher paper

Instructions:

- Have participants take off their shoes and socks on one foot.
- Participants can stand or sit down, whichever is more comfortable!
- Participants have to write out KIDVENTURE in the paint only using their toes and will be timed.
- The most legible and quickest wins!



CARNIVAL GUIDE

SPLASH DAY

9 SQUARE!



GAGA BALL!

RAINBOW!



CONNECT 4!



LEADS LOUNGE



COLOR BUTTER

Materials:

- Food Coloring
- Measuring cup
- Bowl
- 1 cup heavy whipping cream
- Cold water
- Cups
- Small plastic bags
- Jar with a lid, seal, and ring
- Ritz crackers

Instructions:

- Have campers fill the jar halfway with cream.
- Add 1-2 drops of food coloring.
- Make sure to secure the lid on the jar and have campers start shaking. The cream should make a sloshing sound.
- When the sloshing sound stops, remove the lid and check for whipped cream.
- Put the lid back on and continue shaking until the mixture separates into buttermilk and butter.
- Remove the solid butter and try it out. You can drink the buttermilk too if you'd like!





DAY 1

Materials:

- Tie dye kit (1 per 10 campers)
- White shirts
- Plastic bags
- Plastic bin

Instructions:

1. Choose your design and twist your shirt
2. The instructions contain lots of suggestions on how to twist and tie your shirt to get different designs.
3. Simply use two fingers to twist the shirt in a spiral starting in the center. Then use 3 of the provided rubber bands to secure the twisted shirt.
4. Use the squirt bottle to fully cover a section of the shirt with dye. Each section of the shirt can be a different color.
5. Make sure you get dye in all the nooks and crannies!
6. Use a plastic bag to wrap your wet shirt up tightly. Let your shirt sit for 8 hours (or however long the directions say).
7. Once your shirt has soaked in the dye for the set amount of time, rinse until the water runs clear.



DAYS 2 & 3

Materials:

- Shirts from the prior day
- Colorful permanent markers

Instructions:

1. Now that your shirts are dyed we're going to allow our campers to use some permanent markers and create designs on top of the color.
2. They could also take this time to instead have others sign their names and write positive messages on their shirts.



