



CAMPING: COMES IN MANY FORMS

From Day to Overnight, Indoors to Tents

November 20-22, 2015

OPENING ACTIVITY:

Craft: Tissue Paper Shapes – cardstock shapes, use tissue paper rolled into little balls and dipped in glue to fill in the shapes. Shapes can be used to make fridge magnets, mobiles, posters, etc. Theme the shapes related to the camp theme.

i. SAFE SPACE:

“Insider Outsider” You start by having the group stand in a circle, except for one person and lock arms at the elbow. Take the one person off to the side, just out of ear shot and tell them when you call to them they are going to try to get to the center of the circle. When you get back to the circle, call to the person standing alone and as they are walking over quickly explain to the group that this person is going to try to get into the center of the circle. I generally explain it very quickly and in an excited and hurried voice. Most of the time, when the person tries to get into the center of the circle, everyone will try to keep them out.

Debrief this activity – I will often try to tie it into exclusive behavior: how that could affect someone, how easy it is to be exclusive and ways that we could see exclusive behavior on the program.

Have everyone join the circle in a boneless, skinless chicken circle and reach out their right hand so that everyone’s thumb is touching the pinky of the person beside you.

Within this circle and the space of this session I am going to ask 5 things of you. THUMB – Actively Participate, RING FINGER - Share my knowledge, LITTLE FINGER - Listen to others, INDEX FINGER – Support a Positive Learning Environment, MIDDLE FINGER – Respect.

Lots of people have about 10,000 different ideas about the RIGHT Way to camp. You will end up doing what works for you. If you have a STRONG opinion about how something is to be done, share it, but respect the fact that others may not do it the same way. EXAMPLE: bedroll debate.

ii. What Camp COULD Look Like ...

Who are the players when thinking about a camping experience with Sparks?(Parents Guiders and Sparks) How are each of these players affected? We are going to talk about many different ways to camp at various points in this session; you are each assigned to a group and look at that camp experience from a specific point of view.

“Sparks, Parents or Leaders” When I announce the What Camp COULD Look Like ...and the style of camping, please move to your assigned table and discuss the advantages and disadvantages. Once discussed, please have an ambassador from your group come up and write down the key points on this flip chart.



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iii. What Camp COULD Look Like: Stuffed Animal/Doll Camp at your Meeting

Debrief:

Spark		Parent		Guider	
Advantages	Disadvantages	Advantages	Disadvantages	Advantages	Disadvantages
<ul style="list-style-type: none"> Girls pretend to go camping 	<ul style="list-style-type: none"> No independence No outside activities 	<ul style="list-style-type: none"> Very safe, no worries 	<ul style="list-style-type: none"> No Spark independence 	<ul style="list-style-type: none"> Easy, little risk Activities are not weather dependent 	<ul style="list-style-type: none"> No Spark independence

iv. Activity: The SAFE GUIDE Paperwork – related to Camping

Quiz??? What Forms are Needed to Go To Camp? SG.1 **Activity Plan**; SG.2 **Parent/Guardian Permission for Non-Regular unit Activities**; SG.3 **Activity Notification or Authorization**; SG.4 **Emergency Response Plan**. If you have not done this paperwork before, it can seem overwhelming. Find a mentor to help you out. Remember if you are booking at Provincial Camp Property, the SG 1 and SG 4 templates are on the Ontario Council website.

v. What Camp COULD Look Like: Day Camp Experience at Camp (Without Parent)

Debrief:

Spark		Parent		Guider	
Advantages	Disadvantages	Advantages	Disadvantages	Advantages	Disadvantages
<ul style="list-style-type: none"> Sparks Get Outside Independence 	<ul style="list-style-type: none"> Sparks away from Parent 	<ul style="list-style-type: none"> Parents get some time away from Child 	<ul style="list-style-type: none"> Spark is a distance away from parent 	<ul style="list-style-type: none"> Do more activities 	<ul style="list-style-type: none"> Safe Guide Paperwork

vi. Creative Ways to Teach: Make it into a GAME:

Puppets – do I really need to say more?

Red Light/Green Light – Girls choose red light (no) or green light (yes) or yellow light (need more information) to rules stated.

Owls and Crows – 2 groups face each other. One side are the Owls (who always tell the truth) and the other side are the Crows (who always lie). State a rule – if it is true the Owls chase the crows and anyone tagged joins their team. If it is a lie, then the opposite happens.

3 Step Forward & 1 Steps Back – For every rule that is true, the group takes 3 steps forward, for every rule that is not true the group takes 2 steps back.

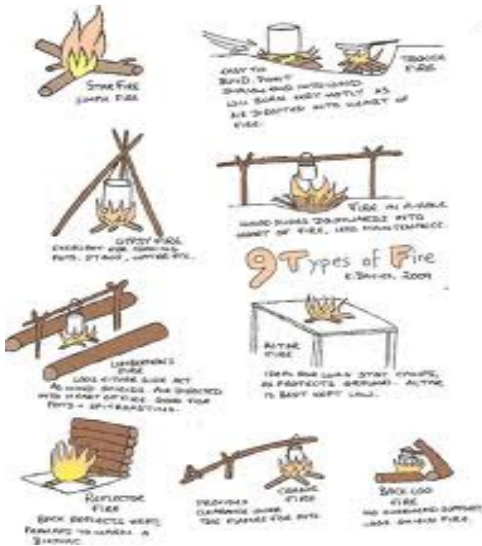


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vii. Activity: Edible Campfire

Each participant gets a baggie with all campfire supplies. They build the campfire and practice different styles of fire building: Chocolate Chip Rocks; Mini Marshmallow Fire Bucket; Pretzels for Logs of Wood; Jujubes for Fire.



viii. What Camp COULD Look Like: Overnight Sleepover with Parent

Debrief:

Spark		Parent		Guider	
Advantages	Disadvantages	Advantages	Disadvantages	Advantages	Disadvantages
<ul style="list-style-type: none"> Get an overnight Camp Experience 	<ul style="list-style-type: none"> Not as much independence as going alone. What if parent is not able to come to camp 	<ul style="list-style-type: none"> Parent able to provide supervision of Spark 	<ul style="list-style-type: none"> Less independence because Mom is there More cost for camp 	<ul style="list-style-type: none"> Easy supervision 	<ul style="list-style-type: none"> Have to keep Parent happy too

Tips to a successful Parent and Me weekend:

- Coffee, tea, juice and snacks available at all times.
- Let Moms know they can step away from any activity at any time, if they want an earlier bed time for girls etc.
- Focus on the positive Moms, make their voices heard at opening and gathering times
- Have some adult activities and cards available for after girls' bed time. Offer a special adult snack.
- Let Moms know if they have any questions, who they can go to for answers.



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ix. Activity: Packing For Camp: The room/tent conundrum.

Have a pile of clothes in the middle of the room. Get participants into teams to represent a Spark who has been at camp and is trying to pack for home. Each group has the kit list and tries to pack their clothes.

Spark 1	Detailed list with labels on everything	Spark 5	Poor list with bigger items labelled
Spark 2	Detailed list without labels on things	Spark 6	Poor list with nothing labelled
Spark 3	Good list with labels on everything	Spark 7	Thinks that someone else has accidentally packed her things and tries to get from other teams
Spark 4	Good list without labels on everything	Spark 8	Mom packed her bag and so she has no idea what was packed for her – grab whatever is left at the end of the round.

Packing List

Shirt (2)
Pants
Shorts
Socks
Underwear
Sweater
PJ's
Socks (3 pairs)
Shoes

Demonstrate different effective packing methods to help parents and Sparks be organized at camp.
Safe Guide Appendix K Clothing for the Outdoors – great resource for the right types of clothing to pack for camp!



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x. What Camp COULD Look Like: Overnight Sleepover at Camp In Buildings

Debrief:

Spark		Parent		Guider	
Advantages	Disadvantages	Advantages	Disadvantages	Advantages	Disadvantages
<ul style="list-style-type: none">• Independence• Chance to be themselves without parent supervision	<ul style="list-style-type: none">• Possible Homesickness	<ul style="list-style-type: none">• Parents get some time alone• Less cost than Parent and Me	<ul style="list-style-type: none">• Parents worry about Spark being away	<ul style="list-style-type: none">• Only dealing with Spark	<ul style="list-style-type: none">• More to plan• Increased responsibility• Have to plan food

xi. Activity: Emotional Safety

CAMPER **SICKNESS** – With our Sparks, we really need to help prep and support the parents to the fact that their SPARK can be very successful away from home and at camp. Getting parents prepared is just as important as preparing the girls.

Ways to support nervous parents:

HOMESICKNESS – The Summer Camp Handbook - Christopher Therbuer PhD. Jon Malinowski PhD.

“Homesickness is the distress or impairment caused by an actual or anticipated separation from home. It’s characterized by acute longing and preoccupying thoughts of home and other beloved objects. About 95% of campers miss something about home when they’re away at camp. Homesickness feelings are normal. There is a silver lining – “When you miss home, it means you love your parents. Plus, you know you’ve got a lot to look forward to once you get home.” – direct quote from a camper.

Statistics:

1 in 5 children have bothersome amount of homesickness

1 in 14 children have truly distressing degree of homesickness

Fewer than 1 in 100 children have to end their camp early because of severe homesickness

Let the camper know...

Feeling homesick is good...it means that you love your parents and family and your home. If feelings are super strong, things you can do to feel better

1. Do a fun activity
2. Do something to feel closer to home
3. Think bout the good side of being at camp
4. Try to be happy and have fun
5. Remind yourself that your stay at camp is not long after all and that you will be home pretty soon
6. Talk with someone who can make you feel better



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Things NOT to do

1. Sit around doing nothing
2. Giving up
3. Wishing that things were different
4. Doing something to get back home on your own (running away)
5. Doing something angry or mean to try and get sent home
6. Spending time by yourself

Homesickness ALERT Times: Meals, Quiet Time and Bed Time – girls are out of their normal routines and this is a key point for these feelings.

- a. Spend a little 1 on 1 time with a leader: Get the girl to talk briefly about her feelings. Describe how she is feeling and what she is missing. (don't make this too long)
- b. Remind her that her feelings are normal and briefly describe a time you were homesick. (shows this happens to everyone)
- c. Ask her what she has been trying to do to make her feel better when these feelings hit? Remind her that she is pretty smart and that you can work out a plan that will help. (keep herself busy at key times, get a hug, write a letter/draw picture)
- d. Make a plan for when these feelings hit (but put a time limit at bed time...so she is not getting over tired)
- e. Plan to meet the next day to review and see how the coping strategies worked. Some will work well, some will not.
- f. Give the girl a hug (if she wants it) and remind her that she is learning to work through these emotions. They are great because she is so well loved.

NOTE: The longer the camp, the more strategies you may need to try.

A PLACE OF BELONGING – One of the best things you can do at CAMP is make the SPARKS a place. They go to school, your Spark meeting etc and always know where to put things, where things go. At Camp, in the new environment, make sure they have a space. Label where their coats and shoes go. Label their bunk bed and who is sleeping where (do this ahead of time so there are no arguments – AND you can make sure the bed wetter's, sleep walker etc. are on lower bunks, close to the door (in tent).

xii. What Camp COULD Look Like: Overnight Sleepover at Camp In Tents

Debrief:

Spark		Parent		Guider	
Advantages	Disadvantages	Advantages	Disadvantages	Advantages	Disadvantages
<ul style="list-style-type: none">• New adventure and cooler sleeping in hot days	<ul style="list-style-type: none">• Bathrooms are further away	<ul style="list-style-type: none">• Gets personal time	<ul style="list-style-type: none">• Increased anxiety over the weather• Need more specialized equipment	<ul style="list-style-type: none">• Girls are in smaller groups, more likely to settle down	<ul style="list-style-type: none">• Need specialized equipment (aka tents)• Need some expertise in tenting



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Final Activity: Brainstorm of GREAT SPARK CAMPING ACTIVITIES:

- Not ready for tents yet? Book a camp with large indoor space and have girls set up tents inside and sleep in the tents in the buildings.
- RANGERS & PATHFINDERS – ask them to come to camp with you. They are great resources.

CONCLUSION: This session was intended to review the many ways that Sparks can camp. I have seen and done all of these types of camping with 5 and 6 year olds. The bigger question becomes what is your comfort level with camping and what are you willing to try. The girls are more than ready if you are. Find your adventurous spirit and try something new!

Resources...

BC Sparks Camping Work Plan

<http://www.girlguides.ca/web/documents/bc/camping/2013sparksgowildoutthereoct2013.pdf>

Member Zone – Many great resources related to camping and the outdoors.

Safe Guide – Appendix K – Clothing for the Outdoors



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Conundrum

Player	Specifics	Packing List	Set-Up
Spark 1	Detailed list with labels on everything	Shirt 1 Shirt 2 Pants Shorts Socks Underwear Sweater PJ's Socks 3pair Shoes	
Spark 2	Detailed list without labels on things	Shirt 1 Shirt 2 Pants Shorts Socks Underwear Sweater PJ's Socks 3pair Shoes	
Spark 3	Good list with labels on everything	Shirt 1 Shirt 2 Pants Shorts Socks Underwear Sweater PJ's Socks 3pair Shoes	
Spark 4	Good list without labels on everything	Shirt 1 Shirt 2 Pants Shorts Socks Underwear Sweater PJ's Socks 3pair Shoes	



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Spark 5	Poor list with bigger items labelled	Shirt 1 Shirt 2 Pants Shorts Socks Underwear Sweater PJ's Socks 3pair Shoes	
Spark 6	Poor list with nothing labelled	Shirt 1 Shirt 2 Pants Shorts Socks Underwear Sweater PJ's Socks 3pair Shoes	
Spark 7	Thinks that someone else has accidentally packed her things and tries to get from other teams	Shirt 1 Shirt 2 Pants Shorts Socks Underwear Sweater PJ's Socks 3pair Shoes	
Spark 8	Mom packed her bag and so she has no idea what was packed for her – grab what ever is left at the end of the round	Shirt 2 Pants Shorts Socks Underwear Sweater PJ's Socks 3pair Shoes	