

Class Presented by:

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Thursday:

Body Part Name Game

No Materials Needed

The group stands in a circle. One person starts by drawing every letter of their name with any body part. For example, "Jane" could draw a "J" with her elbow. The group must mimic her action. The person must spell out their whole name. The person must use a different body part for each letter of their name.

Scar Wars:

A group member starts by either describing or, if they are comfortable, showing a scar they have, and telling the story behind it. You get a lot of cool stories in this one! Each member can try and one-up the person who went before them with their scars.

A good debrief - most of the scars we have are connected to memories. Each life experience we have builds us up to be the people we are today. Scars are like tattoos with better stories. Embrace your scars and experiences, because everything you've been through - no matter how silly or sad, helps bring experience to our team.

Miss Inga Homes: some campers will have periods of "missing home." I like to call it "missing home" instead of "homesickness" as they are not sick. There are many ways that you can help campers so they can have a successful session at camp:

1. let them write a letter home
2. have them help you accomplish a goal
3. give them your special stuffy to keep safe overnight
4. keep their mind off of home and remind them that the busier they are how fun the week will be.
5. monster spray

CAN YOU DIG THAT CRAZY GIBBERISH

Can you dig that crazy gibberish?

Can you dig it, can you dig it?

Can you dig that crazy gibberish?

Can you dig it, can you dig it?
Hey, look, there's a chicken on the barn yard fence.
Hey look, there's another chicken coming down the road.
Get that son-of-a-gun off of my tractor.

Chickie Chickie Dance

Hey there Professor, you're a
real cool cat
You got a lot of this and a lot of that
We all think that you're really neat
So come on down and do the chickie
chickie beat

Chorus:

Hands up chickie chickie
Chickie chickie-ee
Hands down chickie chickie
Chickie chickie-ee
To The Left chickie chickie
Chickie chickie-ee
To The Right chickie chickie
Chickie chickie-ee
All Around chickie chickie
Chickie chickie-ee
Get down chickie chickie
Chickie chickie-ee

Hey there, Mikey, you're a real cool cat
You got a lot of this and a lot of that
We all think that you're really neat
So come on
down and do
the chickie
chickie beat

(Repeat Chorus)

NOSE JOUSTING

Materials Needed: A roll of masking tape (preferred) or painter's tape
Each player starts out with a "loop" of tape on their nose. The players try to get their opponent's piece of tape off of their nose by swiping. Hands must be behind the back when jousting. On the count of 3, the players joust! The player that loses their tape in the duel follows the player who won and cheers them on. The winner competes with another player. If a player's wad of tape falls off of their nose, this player is considered to have lost in a duel also. This continues until there is a final winner amongst the group.

Friday

DUM DUM DADA

Dum Dum Dada
Da Dum Dum Dada
Da Dum Dum Dada Da Dum

Dum Dum Dada
Da Dum Dum Dada
Da Dum Dum Dada Da Dum

Dum Dum Dada
Da Dum Dum Dada
Da Dum Dum Dada Da Dum

Dum Dum Dada
Da Dum Dum Dada
Da Dum Dum Dada Da Dum

A Letter to My Child's Counselor

by Michael Brandwein

Dear Counselor:

How strange it is that I've never met you and in a few days you will become the most important person in my life.

I suppose you've been told that already: "These are other people's children—their most cherished loved ones; they'd actually give up their own life before they would let anything terrible happen to them...;' etc., etc. But I hope that you don't think it's strange if I take a few moments to write down a few things that I would want you to know. Oh, sure, there are those official camp forms where I can tell you that my son or daughter is allergic to a rare kind of wallpaper paste, loves volleyball but not when it's cloudy (please keep an eye out for that), or has promised the parole officer not to set any more of the big fires. I wanted to take a few extra moments to tell you some things that don't really belong on a form.

I've been thinking a lot the last few days about baby-sitters. Whenever I hired one to look after my child, I interviewed them. I had the chance to meet them, ask them things, watch how they interacted and played with my child and how my child responded to them. I could personally talk to people for whom they'd worked before. And I've thought about school: There has usually been an opportunity to meet the teacher before each school year began, in the younger grades at least.

But when a parent sends their child to camp, odds are they've never met the people who will stand in the parent's place. If I understand right, at some camps you don't even know the counselor's name until camp actually begins. I just wanted to tell you that all of this is scary.

Please don't be insulted. I trust the director who hired you and would never think of sending my child unless I did. If the director trusts you, then I trust you. But I know that the director is not going to be taking care of my child personally. You are. And I just wanted you to know what an extraordinary act of faith it is for me to put my child into your arms. Please hold my child carefully.

I'm sending my child with all of the things that the camp letter said to include. I feel absolutely certain that I've forgotten something and I have this fear that my child will be the only one without it, whatever it is.

I can still remember when my little brother and I went to sleep-over camp in Wisconsin. Our second summer we showed up for only the second four-week session. We didn't know that no one did that, and that we'd be walking into a place where everyone already knew everyone else. We showed up proudly wearing our official camp T-shirts, the only kind we'd brought. Unfortunately, no one had told us that these shirts, which were considered the height of coolness our first summer, had been declared the depths of dorkiness for the second summer. When we arrived it was dark.

I remember being very grateful for that. Everyone was in the dining hall watching a movie, so we snuck into a corner, away from the stares. I don't think I've ever felt so alone.

And then I remember the first counselor who smiled at me. Who asked me lots of questions about what I liked to do. Who really listened without interrupting or correcting. I must have talked for three or four minutes with him just smiling and nodding at me. I kept waiting for him to interrupt or something. Four minutes! That was a personal record. It had never happened at home. I liked it. I liked it a lot. And then the box of regular, ordinary, no dorky-logo shirts arrived in an emergency package from mom and dad. Things got much better after that....

There were a few other things I wanted to tell you: I don't expect you to be perfect. Heaven knows I'm not. With any luck, maybe heaven doesn't know.... I've brought my child up the best way I know how and I know I've made mistakes. I keep trying to learn how to do it better, and just when I think I've got this parenting thing down, my child grows older, changes considerably, and sends me back to the drawing board to figure it all out again. But I have learned one thing: if you don't know, ask. Read. Watch others. Invite help. I have a lot of good friends who I talk to all the time about raising my child. I'd hate to think you were suddenly trying to do this on your own when I can't do that myself.

Please know that my child is not perfect either. I'm hoping that you will forgive just as you would like to be forgiven yourself and that when my child does something that isn't right, that you will focus on helping to show what should be done better the next time. In other words, just treat my child exactly as you will want to be treated if you mess up. I know you've got a lot of children to take care of. They are all important. I hope very much you find something special about mine. I don't mean better. I just mean something unique that sets my child apart as a valuable individual. You see, I love my child very much. And I tell my child that every day. But the problem is that I've raised a reasonably smart child who figures that it's my job to say "you're smart" and "you look great" and "people really think you're terrific." From time to time my child must wonder if I say these things because they're really true or because I'm supposed to say them. Wouldn't it be great if my child met you, a complete stranger, and you discovered valuable things in my child all on your own? See, if YOU find and talk about these positive things, my child can say, "Hey, people notice that I've got good things inside of me. I guess maybe I do..." So I've sort of ended where I began: talking about strangers. Ironically, the very fact that you are a stranger to my child gives you, in some ways, even more power than I have. And one final thing: sometimes when I write my thoughts down I understand them better. When I started writing this letter I didn't really see this, but I do now. It just occurred to me: If you care for my child with love and patience and skill, then you're no stranger. You've suddenly become my most important friend in the world. Thank you, friend. Have a most wonderful summer! —A Child's Grateful Parent

Make me!

1

I don't have to
do anything
you say!

6

Why can't I
just do what I
want?

2

I don't want
to do it!

7

I don't care!

3

So?!

Whatever...

8

You're a
poop head!

4

She/he did
it first!

9

Why are
you being so
mean?

5

You hate me!

10

- That's actually not c _____.
- You've been m _____.
- We a _____ have to be respectful.

6

- I c _____.
- You're in c _____ of your _____. Let's t _____ again.
- What w _____ here? Let's do what works.
- When you don't make good choices, then people don't like to h _____ you because you're not helping them.

1

- (Listen first; then--) This is not a want to. This is a _____ to.
- This one's not a c _____.
- Some things you decide. Some things I or we decide.

7

- That's a s _____ question. It's because we're not here by ourselves. We're part of a g _____. So we have to think about e _____.

2

- So what q _____ do you have? Questions are OK.
- So what more do you need to hear to u _____ this?
- Whatever you want to ask to understand this, please ask.

8

- I'd like to l _____ why that is.
- If you don't care, that's why there's a problem. Being respectful means we try our best to care about others.

3

- And was that a good c _____ or a bad choice?
- What's the right thing to do here?
- They're in charge of their choices. You're in c _____ of your choices.

9

- That's name-calling. It's not a _____. If you're mad, that's OK. But you can't call people names when you're mad. You can say "I'm mad" and tell me why. I'll l _____.
- We can be angry and still be respectful.

4

- T _____ me w _____ you think that.
- I want to understand what you're feeling. It's i _____ to me.
- I'm going to listen to every word you say so we can figure out what to do about this.

10

- T _____ m _____ w _____ you think this is mean.
- I'm trying to be respectful. I'm not shouting. I'm not making fun of you. I won't let anyone do that to you.

5

Go Take a Hike

Are you bored doing the same hike over and over? Or have you walked the same path every day? Kick it up a notch! Try out some of these hikes whether you're walking to your unit or hiking to your overnight!

HIKING ESSENTIALS: Closed toed, comfortable shoes with socks and plenty of water. Always triple check your campers' water supplies before hiking.

ALPHABET HIKE: Look for an object beginning with each letter of the alphabet. This can be an ongoing hike.

COMMANDO HIKE: The leader is the Commando. At various places along the trail, the Commando yells, "Commando!" and starts counting down from 15. The rest of the group hides in the woods. When the Commando reaches zero, she/he must pivot on one leg, in any direction and tries to as many people as possible. Hearing does not count; the Commando must see the person in order to "find" them. The found person(s) then joins the Commando's team and will help find the hiding person(s) in the next rounds. The amount of time the hiders have to hide lessens by two counts each round. Ex. The start count was 15. The next count will be 13.

FLIP A PENNY: Flip a penny to start. If it is heads, go right. If it is tails, go left. At each stopping point in the path, flip the penny again to get directions.

FREAKS IN NATURE: Look for strange things in nature.

GNOME HIKE: Pretend you are only 3 inches tall. Suddenly every twig and blade of grass in the path is an obstacle. You must "climb over" everything that gets in the way.

HOLD THE FRONT: Hike in a single line and stop often asking the leader of the line to identify some natural thing. If the leader misses, she/he must go to the end of the line.

HUNT THE TREE: The leader shows the campers a leaf and they hunt for the tree from which it came.

I SPY: See how many different things you can see from a resting spot. This is a great activity for a water or rest break along the trail.

MINITURE HIKE: Lay a piece of string about a foot long on the ground. Using a magnifying glass, "hike" your "trail" and observe the scenery.

NIGHT HIKE: Doing a sensory awareness hike focusing on how the woods change after dusk can help alleviate many children's fears of the unknown.

TRACK AND TRAIL: One group lays a trail to lunch, snack, or prize and another group follows it.

Constantly monitor your campers on a hike! Check for boredom or tiredness.

Helpful hint: Put your slowest walker(s) in the front with you! This will keep the group from getting gaps! It is best to hike with a counselor in the front and another in the back. After a rest or water break, always make sure all your campers are present before the group starts hiking again.

[The Day The Cravons Quit](#)

Saturday

If I were not a counsellor,

If I were not a counsellor,
Something else I would rather be,
If I were not a counsellor,
a _____ I would be:

Baby Doll...Mom! Dad! Oops! I pooped!
Bird Watcher...Hark! A lark! Flying through
the park! Splat!
Camper...What time is it? What's next? Oh, I
hate that phrase!
Carpenter...Two by four! Now nail it to the
floor! Wham!
Cheerleader...We don't need to win to have fun!
Cowboy...Rope that steer! Brand that
calf! Watch out where you step! Yuck!
Electrician...Red! Black! Gently now! Zap!
Farmer...Give, Bessie, give! My baby's gotta
live!
Fighter...Stop! The bell! Darn it all I broke a
nail!
Fireman...Jump, Lady! Jump! Aaahhhh!
Splat!
Football Player...Set! Hut! Kick 'em in the butt!
Girl Scout...Buy our cookies! Eat our cookies!
Heave our cookies! Barf!
Nerd... Hey Baby! How's it going? How
about a date with me? *Snort*
Plumber...Plunge it! Flush it! Look out below!
Scientist...Acid! Base! Blow up in your face!
Ow!
Stewardess...Here's your coffee! Here's your
tea! Here's your paper bag! Barf!
Valley Girl...Totally! Fer sure! I just got a
manicure!

We love being camp counselors,
There's nothing we'd rather be!
Since we are camp counselor,
We're as happy as can be!

SPES & SMUGGLERS
Set Up - 1 hour

Time: 60-75 minutes

Participants Will:

- Work in small teams
- Interact with the entire camp

Materials:

Small containers (film canisters work best.)

Carnival-Type Games

Raffle Tickets

Total Cost: \$FREE

Set up one area (indoors or out) as the central playing location. You will need various carnival games to create a distracting environment. You will also need a jail inside on the central playing location. Give each carnival game raffle tickets players can win. You will need 1 box of "smuggles" for each team. You can load the containers with any kind of substance to give them weight (we used rocks).

Intro to the game – 5-10 minutes

Split the group into teams (at least three) and give each team a headquarters separated from the main playing location. Explain the rules of the game, and then release each team to their headquarters for a brief (5 minute) strategy meeting. During the strategy meeting, teams can come up with small group assignments, hand signals, and practice smuggles.

Each team needs to split into two groups: Spies & Smugglers. There does not need to be an even split – let the campers choose their role. The role of the smugglers is to make as many "smuggles" as possible for their team. Smuggles are made by passing the container from one person to the other, and returning the container to the home base. You can only make a smuggle within the playing arena. The role of the spies is to catch other teams making smuggles, and take suspected canister-holders to jail. If a spy takes a suspected smuggler (from another team, of course) to jail, and the suspect is found to have a canister in their possession, the smuggler is put in jail. However, if the suspect does not have a canister, the accuser is sent to jail. The jailer (a staff member) releases prisoners at their discretion, usually after singing a camp song or doing a silly act. While spies and smuggles are happening, carnival games are also going to create a distracting environment. There is also a reward given to the team that collects the most raffle tickets. There are two rounds of the game. During the second round, players have the option to switch roles (become a smuggler instead of a spy or vice versa). You will need a staff member at each team's home base to keep count of the smuggles.

Debrief - 10 minutes

You can reconvene the entire group and allow team captains (the staff stationed at each team headquarters) to announce their totals of smuggles and raffle tickets. Talk to the campers about how it felt to make a smuggle or catch a smuggler. I use this as a metaphor for camp – how it feels to be in the real world, and feel like you have a secret bond through summer camp. I always encourage team captains to pair up spies and smugglers of different ages – to help build new friendships.

EMPIRES

Players write down a famous person on a piece of paper and folds it up. They are to do this so no-one else knows who they have chosen.

Facilitator collects the pieces of paper in, then they read the names out. Depending on group, you may want to read these names out more than once. Once the game has begun - the names are NOT to be read out again. It is up to the players to remember what names have been read out.

After the names have been read out, nominate a player to start the game. Player A asks player B if they are *insert a name that has been read out*. If player A guesses right, then player B joins player A's empire. If player A is wrong, then player B gets control of the game and gets the chance to build their empire.

The game gets slightly complex here. If player A has an empire, another player (player C) can go after player A's entire empire. To do this, player C must guess who player A is, as player A is the head of the group. If player C is correct, player A and all of their empire joins player C's empire.

Once a player joins an empire, they can not be separated from it, only the head of the empire can be guessed.

Players in an empire can confer between themselves - however, it is up to the head of the empire to make the statement and ask the other player. (This is where communication comes in, as players will forget the famous people, so collectively they can work out who is left.)

The game continues until one player has all the other players in their empire.

Forty years on an iceberg

Forty years on an iceberg / *make #10 four times with hands*

Sailing the ocean wide / *wave motion*

Nothing to wear but pyjamas / *slide hands up body from toes to head*

Nothing to do but slide / *slide hands down body from head to toes*

The wind was cold and icy / *shiver, arms around body*

The frost began to bite / *chomping motion with hands*

I had to hug a polar bear / *hug body*

To keep me warm at night night night night

Castle on the river Nile:

In my castle on the river Nile

I'm gonna live in elegant style

Inlaid diamonds on the floor

And a bamboo butler at my door

I'm gonna marry that prince from Kalamazoo

My blood's gonna change from red to blue

Entertain royalty all the while,

In my castle on the river Nile!

Actions: During each pair of lines in the song, you have time to complete the following series of hand actions:

1st line: Slap knees, slap knees, clap hands, clap hands, hand-over-hand, (switch) hand-over-hand

2nd line: fist-on-fist (twice), (switch hands) fist-on-fist (twice), right thumb over right shoulder (twice), left thumb over left shoulder (twice)

One Dark Night

(Sung 3x as a round)

One dark night when we were all in bed.

Miss O'Leary left a lantern in the shed

And when the cow kicked it over he winked his eye and said

It'll be a hot time in old town tonight.

1x Fire Fire Fire!

2x Water Water Water!

3x Sssssssssssssss

SUNDAY

HOSPITAL TAG

Everyone is IT. Everyone will try to tag as many people as possible. If one of volunteers tags another person, the tagged person needs to grab the place where he/she was tagged- as if injured- and run around (for example, if someone tags another person on the knee, the person needs to run while grabbing his/her knee). After a person is tagged three times, the person sits where they are tagged. They become a landmine. They can't move their butt, but they can tag anyone within arms reach. If they tag someone, then they are back in the game.

TOILET TAG

No Materials Needed

This game is played similar to the popular "freeze tag." There are several people who are "it." They try to tag everyone else within the game boundaries. If someone is tagged, they become frozen. If you are frozen, you must kneel on one knee. The only way to become "unfrozen" is if someone "flushes you." Anyone who is not frozen can sit on you like a toilet and pretend to flush you. YOU MUST make a flushing noise to become unfrozen.

BUMP TAG

Have campers buddy up with a partner. Choose someone to be "it" and someone being chased.

Have the buddy pairs spread out. While being chased, the runner can go up to another pair of buddies, and "bump" one person. The other buddy then is released from that pair, and becomes the new person being chased. For example, IT is chasing RUNNER and RUNNER goes up to one of the sides of the buddies, and bumps BUDDY 1. BUDDY 2, now becomes the person chased by IT. The original RUNNER is now buddied up with BUDDY 1. If the IT tags the RUNNER, they immediately switch roles, and the original runner now tries to catch the original "it."

OCTOPUS TAG

Select one camper to be the octopus and place them in the middle of the area.

Have all other campers line up beside one another at one end of the area, facing the octopus.

When the octopus shouts "Octopus," all of the campers try to run from one side of the area to the other.

The octopus is allowed to run anywhere in the area. If a camper is tagged by the octopus, their feet become frozen to the floor and their arms stick straight out: They are seaweed. For the following rounds of play, the game gets harder as the campers who have been turned to seaweed reach out and try to tag campers who are running by. Remember that seaweed campers CAN NOT move their feet in order to tag a passing camper (you might want to let them turn and face the line of camper after each round, and just have them re-glue their feet to the floor once they have turned). The last camper(s) remaining at the end of the game gets to be the octopus at the beginning of the next game.

Song: Days Of the Week

Comment [1]: This is the last piece we are missing before we submit!

MEALS

Everything you can do at a meal to make it awesome. (Musical chairs, loaded questions on popsicle sticks, who am I cards - celebrity, phrase -Before the guests arrive, brainstorm funny or weird phrases and place them under each person's plate. When everyone sits down, have them read the note to themselves and memorize it. As the dinner progresses, each guest has to naturally slip their phrase into the conversation, without the others noticing)

Meal games/activities:

1. double double meal - you you must must say say everything everything twice twice.
2. big utensils meal - everyone eats with large utensils (spatulas, whisks, tongs, etc)
3. all together dinner - everyone is tied together to eat
4. Monk meal - a totally silent meal
5. themed dinner

SHAKE THE DUST

"SHAKE THE DUST IF YOU WEAR GLASSES OR CONTACT LENSES.

The Questions

- If you are not from Michigan
- If you were born outside of Michigan
- Since this year you have broken off a serious relationship.
- In the past year you have been in a relationship and been hurt.
- You feel that you have formed a close friendship at Camp
- You take pride in your work at school
- You identify yourself as Christian
- You are an atheist or agnostic.
- You are a person of color.
- You know little about you cultural heritage
- You wish you had more money
- You consider your family as working or middle
- You consider your family as upper class
- You have felt embarrassed about the economic class your family is in
- You come from a family of four or more children you are an only child
- You live independently of your parents
- You have taken primary responsibility either for raising another member of your family or caring for an elderly member of your family
- Sometimes You have low self-esteem
- You would like to lose ten or more pounds
- You feel lonely
- You have been to college or plan to go to college
- You have not graduated from high school
- You have had serious thoughts about running away from home
- You feel physically unattractive
- Your parents have either divorced, separated, or never married
- At least one of your parents have died
- You feel estranged or unconnected
- There have been times when you have seriously felt that, if you could choose, you would not choose the family into which you were born
- You have or have ever had medical problem
- You have a learning disability

- You have a physical disability
- You have questioned your sexual orientation
- You have experienced the effects of alcoholism in your family
- You have experienced the effects of drug addiction in your family
- You have had a sexual experience that you regretted
- You have experienced suicidal thoughts at some point in your life
- Should have crossed the line at some point during this activity and you didn't
- You have cried at least once this year
- You have cried at least once this year for someone or something other than yourself
- Since coming to camp, you have laughed at yourself at least once
- You thought about leaving camp for the summer during staff training
- Don't think you'll be a good counselor
- Feel like people in the room don't really know you
- Compare your abilities to others
- Faced a fear during staff training
- Learned something new
- Are nervous to find out your co for mini-week
- You're anxious about tripping this summer
- You worry you don't know enough to teach a great camp class
- You wish you were more outgoing
- Made at least one friend
- Wish you knew someone in this room better
- Didn't think camp would hire you as a counselor
- Just want summer to start already
- Know that despite all your fears and worries, this will be a summer you will remember forever
- You know you'll make a difference in a child's life this summer

ALOHA

Aloha means we welcome you. It means more than words can say. Aloha means good luck to you. Good night at the close of day.. It's just like a love song with a haunting sweet refrain. Bringing you joy, bringing you pain. Aloha mean farewell to you ...until we meet again.