

4-H Camp Counselor Guide to Reflection Activities Upham Woods

*Your county
extension office*



UW
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Winnebago County



First Night

Describe yourself using words that start with the letters of your name

(First Day Activity)

Time Capsule

On a piece of paper have each camper write one thing they are excited for while at camp, what they want to do at camp, and the best thing that happened today. Put each piece into the capsule and hide it in the cabin. You will not look at again until you leave.

Second Night

This is a personal reflection. Do only if you and your cabin have bonded well

Have campers write a problem they have on a piece of paper. They will not share these with anyone. They tell them that at camp all of their worries, fears, and problems go away. This is a place to try new things, meet new people, and to have fun. Then rip up the piece of paper and toss into the garbage can. This will signify they have already left their fears behind them and are ready to have a great camp experience.

Jolly Rancher Reflections

Give each camper two jolly ranchers

- one to eat right away
- one to eat after they said their reflection.

The reflection question depends on which candy they have left.

Red = Tell an embarrassing moment

Pink = A Happy Time

Green = An angry or scared time.

Blue = Favorite memory

Color Candies

Distribute candy to participants. Have a list of reflection questions prepared and linked to each color of candy. Each participant answers a question based on the color of candy they received.

Red: Favorite cookie.

Blue: Favorite type of music or singer/group.

Yellow: One thing you learned today.

Orange: So far your favorite place at camp.

Green: Name one person you met for the first time today/this week.

Purple/Brown: Tell us something about the Ocean or Underwater world .

Use items from your backpack to ask what they think each item represents, then make up imaginary uses of them.

* Stick to the theme even

What is the most amazing thing you've ever seen before?

Reflection Beach Ball

Whatever question the catcher's right thumb lands on,
is the one they must answer.

Write a letter to yourself

Counselor will send later after camp.

(Paper and envelope)

Tell a Story

Each person in the Cabin will help tell a story. The Counselor will begin the story then pick the next person. This continues until everyone has had a turn and it goes back to the counselor. Each person gets one minute.

*Remember: 4-H Appropriate!

Go through the day and see what happened.

What is one thing you would change from today?

What is something you like about today?

What is something new you learned today?

Who did you someone new you met today?

I wish I had more_____.

I wish I had less_____.

What do you want to be when you grow up?

**(This way you get to know the campers,
what their dreams are, what they like, etc.)**

**If you could be any animal,
What would it be,
And, why?**

Reflection Court

Talk about everything that happened that day, to take care of anything that comes up during the day that needs to be talked about.

(This will help to bring light to problems, if any, in the cabin.)

Biggest Worry/Fear

As a cabin, help this person overcome that fear the best that you can, give them advice.

What is one thing people don't know about you?

**Tell something you'll take home from camp that
you want to share or continue.**

Collage of Words

- Have each camper say one word to describe their day.
- With these words create a story for camp.
- (Example: the word happy. Susie was so HAPPY when she jumped out of bed this morning and saw a bird on the front porch.)

Describe yourself using 3 random objects.

*Limit this to items from their suit case, outside, on themselves.

Affirmative Fold-Ups

- Have the group comfortably sit in a circle.
- Give each participant a sheet of paper and ask them to write their name on the top of the paper.
- Place all of the papers in the center of the circle.
- Have each participant draw a sheet from the center (not their own) and ask them to write one positive word about that person at the bottom of the sheet.
- They then fold the paper up to cover up the word.
- Have them place the sheet back in the center and repeat on another sheet.
- Participants will continue to select other's sheets from the circle to write affirming words on, until the name is the only thing showing on the paper.
- The leader can then distribute the papers to their owners.
- Each reads theirs separately and to themselves.

*** This one is really good to calm down your cabin right before bed***

What's Different?

- Ask everyone to team up with a partner (someone they haven't worked with yet, who has the same birth month, etc.)
- Ask them to introduce themselves then stand back-to-back.
- Once they are all back-to-back, ask each person to change 5 things about their appearance (including one which is silly).
- Once both partners are ready, have them turn around and try to guess the 5 things that have been changed.

Crazy Handshakes

- Split the group into pairs.
- Each pair is directed to develop and practice a creative handshake.
- Once each pair has a handshake, the pair splits and each individual partners with another group member.
- The newly formed pair then teaches each other the original handshakes and together creates a new handshake.
- When each pair comes together, ask them to introduce themselves.
- Repeat a third time asking partners to share all of the handshakes previously learned and then recall the group into a circle.
- Ask for volunteers to share all of the handshakes learned.

I Went to Camp

- Another deceptive quiet game, where the leader starts by saying "I went to camp and I took a/an [Object]."
- The next player, then, has to repeat the phrase with another object, at which point the leader tells the player whether they can take the object or not.
- The 'secret' is that the object has to start with the same letter as the speaker's name.
- Variations include the first letter of the name of the person sitting to your left, double letters (e.g. spaghetti, banner, ball) etc

Translator

Three people sit in the front of the room.

The two on the end speak only gibberish (and mime).

The one in the middle translates between them and tells each one
(and the audience) what's just been said.

What Are You Doing?

- Two people go up on stage.
- One of them starts an action. The other watches briefly and then asks, "what are you doing?"
- The first person has to say something completely different from the action.
- As soon as the first person answers, the second person starts acting out that answer.
- Then the first person asks, "what are you doing?" and the second answers with a different action that the first person then begins perform.
- If you hesitate, repeat a verb that's been used before, or say something that's too close to your action, you're out and someone else takes your place.

Toilet paper game

- Get a roll of toilet paper and explain to your group that they are going camping and need to take as much toilet paper as they think they may need for a three day trip.
- Once everyone has an ample supply, explain to the group that for every square in their possession, they must share something about themselves.

NOTE: If anyone knows the activity, ask them not to give away the secret under any circumstances.

Back to Back

- Divide into partners with one person left over in the middle. You need one person to be the “caller”.
- The caller will yell directions telling the partners to line up “back to back”, “foot to foot”, “elbow to elbow”, “shoulder to shoulder” and so on.
- When the caller yells “people to people”, everyone must find a new partner.
- The one left over is now in the middle.

Open Door

This is a chance for the campers to come up with their own reflections.

Talk about any topic the entire cabin wants.

* Remember 4-H Appropriate!

Goal Setting

Ask them to set an individual goal and a cabin goal on the first day, at the last night talk about them. (If reached congratulate them!)

On the last night:

“Ask _____ anything”
Counselor’s Name

Last Night:

What did you learn most while at Camp Upham?



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