







# Chance vs. Choice: Staff Decisions in a Typical Camp Day



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- Set expectations for these times...EARLY!! Children count on you to do this!
- Be consistent with other counselors of your same age group when setting adhering to expectations.
- Meet with co-counselor to make a unified plan (avoid good/bad “cop”).
- Stick with your plan from the beginning...you can adjust later if necessary.
- Ask campers for input about what to do should someone forget an expectation.
- Re-evaluate expectations at the start of each new session.
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- Being a **GREAT** counselor is **NOT** a **SPECTATOR** sport!



<p><b>ROAD RULES</b></p> 	
<p><b>WAKE-UP/CLEAN-UP</b></p> 	
<p><b>MEALTIMES</b></p> 	
<p><b>REST HOUR</b></p> 	

**BEDTIME**



**OVERNIGHTS**



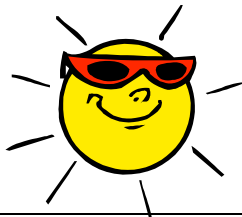
**5 MINUTES - UGH!**



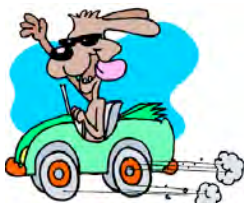
**CRAZY WEATHER**



**SUPER SUNDAY**



**SAYING GOOD-BYE**



# SKUNK

## The Game of "Choice vs. Chance"

(adapted from the April 1994 issue of *Mathematics Teaching in the Middle School*)



S	K	U	N	K

**How to Play:** Each letter of "SKUNK" represents a different round of the game; play begins with the "S" column and continues through the "K" column. The object of "SKUNK" is to accumulate the greatest possible point total over the five rounds. The rules for play are the same for each of the five rounds.

- Have players make a "SKUNK" score sheet as shown above.
- To accumulate points in a given round, a pair of dice is rolled.
- A player gets the total of the dice and records it in his/her column, unless a comes up on either die.
- If a "1" comes up, play is over for that round and all the player's points in that column are wiped out.
- If "double 1's" come up, all points accumulated in prior columns are wiped out as well.
- If a "1" does not occur on any given roll, the player may choose either to try for more points on the next roll (stay standing) or to stop and keep what he/she has accumulated (sit down until next round).
- Once a player chooses to stop for a given round, he/she must stay seated until a new round begins (when all players are seated).



**Note:** If a "1" or "double 1's" occur on the very first roll of a round, then I usually let players write down the value of whatever points have been rolled and continue the game from there.

### Discussion points:

- Winning vs. self-improvement
- Goal-setting
- Risk-taking (safe vs. unsafe risks)
- Power of Peer Pressure
- When do you "put on the brakes"?
- Listening to your "gut" or the "voice inside your head"
- Choice of decisions you make vs. Chance or "luck"



# WHOONU GAME

www.cranium.com

<p><b>1-A</b></p> <p>Bubblegum</p> <p>Climbing trees</p> <p>Pinball</p> <p>Knitting</p>	<p><b>1-B</b></p> <p>Dolphins</p> <p>Clowns</p> <p>Coconut</p> <p>Pumpkin Carving</p>
<p><b>2-A</b></p> <p>Pepperoni</p> <p>New York City</p> <p>College Football</p> <p>Dinosaurs</p>	<p><b>2-B</b></p> <p>Microwave Ovens</p> <p>Telling Jokes</p> <p>Popcorn</p> <p>Perfume</p>
<p><b>3-A</b></p> <p>Checkers</p> <p>Chinese Food</p> <p>Picnics</p> <p>E-mail</p>	<p><b>3-B</b></p> <p>Pineapple</p> <p>Doing Laundry</p> <p>Flying Kites</p> <p>Riding the Bus</p>
<p><b>4-A</b></p> <p>Nail Polish</p> <p>Pickles</p> <p>The Desert</p> <p>Stuffed Animals</p>	<p><b>4-B</b></p> <p>Ice Skating</p> <p>Goldfish</p> <p>Concerts</p> <p>Coffee</p>
<p><b>5-A</b></p> <p>Sunglasses</p> <p>Skim Milk</p> <p>People-Watching</p> <p>Dodgeball</p>	<p><b>5-B</b></p> <p>Libraries</p> <p>The Comics</p> <p>The Color Green</p> <p>String Cheese</p>
<p><b>6-A</b></p> <p>Chocolate Cake</p> <p>Pinatas</p> <p>Instant Messaging</p> <p>Spelling</p>	<p><b>6-B</b></p> <p>Fixing Things</p> <p>Gardening</p> <p>Small Towns</p> <p>Miniature Golf</p>
<p><b>7-A</b></p> <p>Cooking</p> <p>Fishing</p> <p>Pirates</p> <p>Golf</p>	<p><b>7-B</b></p> <p>Hamsters</p> <p>Country Music</p> <p>Corn on the Cob</p> <p>Snow Days</p>







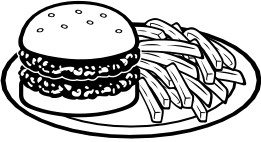

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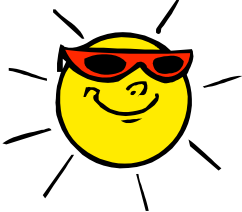



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<p><b>ROAD RULES</b></p> 	<p><b>Routine:</b> Where &amp; how to meet/greet campers, safely load/unload vehicle</p> <p><b>Travel Games</b> in case of delay or long trip          Roadside Bingo, License Plate Game          String Games, Aluminum Foil Art          Car-i-Oke, Pirates of the Caravan          Counting Cows, Lines &amp; Dots, Battleship  <a href="http://www.momsminivan.com">www.momsminivan.com</a></p>
<p><b>WAKE-UP/CLEAN-UP</b></p> 	<p><b>Routine:</b> Start YOUR day with a positive tone (exercise, shower, read, coffee)</p> <ul style="list-style-type: none"> <li>• Get up BEFORE campers</li> <li>• Wake-up song</li> <li>• Have “snooze” time</li> </ul> <p><b>Routine:</b> have bed made by ??, job finished by ??</p> <ul style="list-style-type: none"> <li>• Put counselor on job wheel</li> <li>• “Free space”: “DJ” or “walk the dog”</li> <li>• Fun music (same song?)</li> <li>• Name the broom</li> <li>• Agree to help each other when finished</li> <li>• Musical bed-making</li> <li>• Beat the clock</li> </ul>
<p><b>MEALTIMES</b></p> 	<p><b>Routine:</b> establish table manners - wait until everyone has been served, chew with mouth closed, etc.</p> <ul style="list-style-type: none"> <li>• Ask LOTS of questions!</li> <li>• <b>Quiet Games:</b> (Napkin Balls!)          Detective, Gooney Likes/I’m Taking a Trip          Number Game, 2 Truths and a Lie          Story Pass, ABCity, Counting Moo</li> </ul>
<p><b>REST HOUR</b></p> 	<p><b>Routine:</b> bathroom break, on own bed/mat?</p> <ul style="list-style-type: none"> <li>• Letter writing (designated day?)</li> <li>• “Step” System (varying levels of quiet)</li> <li>• <b>Quiet Games:</b>          Animal Rummy, Paper/Pencil Decathlon          String Games, Positive Me from A to Z,          Noodle Doodles</li> </ul>

<p style="text-align: center;"><b>BEDTIME</b></p> 	<p><b>Routine:</b> in own cabin/bunk by ?, ready for bed by ?, lights out (Family Fun Night?)</p> <p><b>Friendship Circle:</b>          Highs/Lows/Uh-Ohs or Pow-Wow          Sweet-Tart          Fortune Cookies          “You Rock” Rock          Impression Feet/Hands          Ball of Questions/Sombrero of ?’s          Body Parts/Mood Dudes          Discussion Topic: Toothpaste, SKUNK</p> <p><b>Flashlight time (how long?):</b> read a story!</p>
<p style="text-align: center;"><b>OVERNIGHTS</b></p> 	<p><b>FUN Activities:</b>          Wintergreen Lifesavers          What Color Am I?          Night Sounds          Bat and Moth          Disappearing Act</p>
<p style="text-align: center;"><b>5 MINUTES - UGH!</b></p> 	<p><b>Anticipate:</b> activity ends early, waiting for your “turn”, transition, keep group together and calm</p> <p><b>Holding Games:</b>          Charades          Mummy Ball/Fireball          Screaming Toes          Get the Point          Secret Signal          Wink</p>
<p style="text-align: center;"><b>CRAZY WEATHER</b></p> 	<p><b>Anticipate:</b> where to go if your activity is outside? Have a plan in mind before 1<sup>st</sup> day of rain!</p> <p><b>What to Do (avoid “bored” games):</b>          Plan “B” for your activity          Be creative: hackey sack “soccer”, table tennis, hypothermia activity</p>
<p style="text-align: center;"><b>SUPER SUNDAY</b></p> 	<p><b>Anticipate:</b> more “down” time than on a regular activity day!</p> <p><b>What to Do:</b>          Bandana Necklaces          Wire-o-mania          Group Games: Whoonu, Catch Phrase          Cabin project/hike          Shoe Stacking/Kicking/Sculpture/Relay</p>
<p style="text-align: center;"><b>SAYING GOOD-BYE</b></p> 	<p><b>Anticipate:</b> campers need a chance to put closure on their camp experience</p> <p><b>What to Do:</b>          “All The Good Things”          Appreciation Web          Later Letters          Paper Creation          Cheeseburger in “Pair-o-Dice”</p>



# SETTING EXPECTATIONS: QUEST FOR BEST PRACTICES

Getting Down to the "Nitty-Gritty"

## ROAD RULES

- Where/how will I greet my campers?
- What guidelines should be enforced for safely loading and unloading a vehicle?
- What procedures should be followed if a camper does not report to the pick-up area?
- What quiet activities can I do with campers if a delay is experienced?
- What are proper procedures to follow in the event there is an emergency while on a trip?



## WAKE-UP/CLEAN-UP

- When will I wake up each morning?
- How will I start my day in a positive tone?
- When/how will I get my campers up each morning?
- What "chores" will my campers be expected to complete before/after breakfast?
- What will I do if someone doesn't want to do his/her job?
- What will my campers do before 1<sup>st</sup> activity period begins?



## MEALTIMES

- What manners will I enforce at my table every meal?
- What "games" are allowed during mealtimes?
- What if a camper needs to get up from the table during a meal?



## REST HOUR

- How will rest hour start in my cabin/bunk/tent?
- Where will campers be during rest hour?
- What will I be doing during rest hour?
- What if a camper needs to get up and use the restroom?



## ACTIVITY INSTRUCTION

- What will I do if a camper is missing from one of my activities?
- What will campers do if we finish our activity before the period ends?
- How will I deal with a camper who is reluctant to do an activity?
- What if a lightning/thunderstorm threatens during an activity period?



## EVENING PROGRAM/BEDTIME

- How can I help my campers get ready for evening program?
- Where should I be/what am I doing for evening program?
- Where should I meet my campers at the end of evening program?
- What time should my campers be in their OWN cabin/bunk/tent at night?
- What will my bedtime routine be for campers?
- What are some good ideas for affirmation/devotion/friendship circle time?
- When should campers be IN their own bed?
- When do lights go out? How long is flashlight time?
- What are ways to make an overnight fun for my campers?
- How will I deal with my campers if they haven't settled down when I'm ready to leave for time-off?



## MISCELLANEOUS

- What are consequences I can use should campers not follow the "rules"?
- How will I get my campers' attention without raising my voice?
- How will I deal with a camper who is homesick?
- What are fun things I can do during transition times?
- How will I keep my campers needs as the top priority and yet still have time for myself?



# NOTES FOR A GREAT GROUP MEETING ON OPENING DAY

## INTRODUCTION

*What to say:*

## NAME GAMES/ICEBREAKERS

- 
- 
- 



*What to say:*

## GENERAL GUIDELINES

- 
- 
- 
- 
- 

Name and post it!

*What to say:*

## GIVE SPECIFIC EXPECTATIONS FOR:

- Wake-Up
- Clean-Up
- Rest Hour
- Bedtime
- 

What if somebody forgets?

## GO OVER SCHEDULE/ANSWER QUESTIONS

## FUN GAME/ACTIVITY: END WITH A BANG!!



# GAME/ACTIVITY SNIPPETS

**Detective:** Remove one person from the circle, the detective, and select someone to be the “criminal.” When the detective comes back, s/he asks each person in the group where they were on the night the crime was committed. The detective must listen to the alibi of each person of the group BEFORE making any accusations. Next the detective listens to each alibi again, only this time, the criminal must change his/her story just a little while everyone else must keep their story exactly as it was the first time around. The detective must listen for the person who changes their story and then make an accusation of the “criminal” in the group. To play again, select a new detective and a new criminal. (Source unknown)

**Gooney Likes:** Gooney eats with a spoon, but not a fork. Gooney likes yellow, but not red. Gooney likes to visit Illinois, but not Chicago. So, what does Gooney like? Gooney likes words that have double letters...see how long it takes your group to figure this one out! ([QuickSilver](#), p. 251)

**I'm Taking a Trip:** The leader says, “OK, I'm taking a trip from Chicago to New York.” Have the people in your group ask if they, too, can take a trip. If someone says, “I'm taking a trip from London to Paris,” the leader must respond, “I'm sorry, you can't take that trip.” If another person says, “OK, I'm taking a trip from Atlanta to Dallas,” the leader responds, “Have a GREAT trip!” The trick is that the traveler has to say “OK” before describing his/her trip. ([Bag of Tricks II](#), p. 92)

**Number Game:** Each person is given a number. Rhythm is clap-clap, snap-snap. The number 1 person begins by calling his/her number twice and then the number of another person in the group twice (1-1, 3-3; 3-3, 6-6; 6-6, 4-4, etc.). A person is “out” if they miss the beat or call a number that is no longer in play. (Source Unknown)

**2 Truths and a Lie:** each person tells 3 things about themselves, 2 true and 1 that is a lie (not in any particular order). It is up to the group to decide which of the 3 statements is a lie. ([www.group-games.com](#))

**Story Pass:** Pass a story around the circle...there must be a beginning, a middle, and an end. The only catch is that each person can only say ONE WORD at a time. Have a time limit of 3-5 minutes to complete the story. (Michael Brandwein, 1996 ACA Conference, San Diego)

**A,B, City:** first person says the name of a food beginning with the letter “A” followed by the name of a geographic location starting with the same letter; follow around circle in alphabetical order through “Z”. Ex: A = Apple and Atlanta, B = Bagel and Bahamas, etc. ([FamilyTimeFunGames.com](#))

**Counting Moo:** This is a counting game that can have various rules depending on age of participants. One way to play is to go around the circle and have the first person say “1”, the second person says “2”, and the third person says “Moo”. Continue counting around the circle saying “Moo” for every 3<sup>rd</sup> number. Group must start over if a mistake is made - go for world counting record! ([FamilyTimeFunGames.com](#))

**Animal Rummy:** Each person writes the same name at the top of a sheet of paper, each letter to head a column (Ex: Brian). The leader now calls a category (animals, flowers, cities, etc.) and each player begins writing the names of as many words as s/he can under each column heading that begins with that letter. After a set time (2 min. is plenty), the leader asks for all the words listed in each column and makes a master list. Players receive points for each word they have listed, plus a bonus point for each word not listed on anyone else's sheet. Play again using a different name and category. ([Play It!](#), p. 198)

**Paper/Pencil Decathlon:** A fun way to have an indoor “track meet” with your eyes closed! ([Big Book of Games](#), pp. 40-41)

**String Games:** Before playing “Cat's Cradle” or other classic string games, give each person in the group a piece of string or yarn about 1 yard in length. Have each person tell the story of their name as they wrap the string around their finger. Follow with having each person use the string to talk about his/her hometown or other geographic location by making a “picture” on the ground. ([Essential Staff Training Activities](#), p. 23)

**Positive Me from A to Z:** Write something descriptive/positive about yourself for each letter of the alphabet. Another twist to this activity is to write down 25 things you like about yourself...not always easy to do (even though it should be)! (Source Unknown)

**Noodle Doodles:** put a piece of paper on top of a book (or something with a hard surface) and put it on top of your head. The leader gives directions to the group of a picture to draw while in this position. The paper stays on top of the head until all instructions have been given. It is guaranteed to make you laugh when you look at your masterpiece! ([Quick Crowdbreakers and Games for Youth Groups](#), p. 133).

**Highs/Lows/Uh-Ohs or Pow-Wow:** Good ways for everyone in the group to share something about their day!

**Sweet-Tart:** Each person shares one thing they are excited about and one thing they are anxious about for this discussion.

**Fortune Cookies:** Put discussion questions for your group inside a “fortune cookie” (real or otherwise). (Michelle Cummings)

**“You Rock” Rock:** Find a cool rock and paint “YOU ROCK” on it. The recipient of this award then chooses the next deserving person and passes it along during the next meeting (Margaret Young).

**Impression Feet/Hands:** What/who made an impression on you today? Who is someone in the group that you would like to give a hand to? (Michelle Cummings, [www.training-wheels.com](#))

**Ball of Questions/Sombrero of ?':** Using a permanent marker, put random discussion questions on a beach ball. As the ball gets passed from person to person (see where your right thumb lands when catching the ball), the person with the ball reads the question aloud and then answers the question for the group (Don Wood).

**Body Parts:** **Eyeball** - something that you saw in yourself or someone else, a vision you have for the group; **Stomach** - something that took guts for you to do or took you out of your comfort zone; **Hand**- a way the whole group supported you, someone you would like to give a hand for a job well done, etc. (Michelle Cummings, [www.training-wheels.com](#))

**Toothpaste Activity:** Ask one of your campers to spread a little toothpaste on a piece of paper. Now ask one of the others to try and put the toothpaste back in the tube. Of course, it's impossible! Remind your campers that sometimes words can be like toothpaste - once they're out, good or bad, we can never really take them back (Camp Sea Gull - Arapahoe, NC).

**Night Sounds:** Have your group stand still and listen for one minute and count the sounds heard. Name the sounds that were heard and their sources. Which sounds did the entire group hear? Others heard by a few people? (Mountain Trail Outdoor School, NC)

**Bat and Moth:** (need 1-2 bandanas) Have your group form a circle in an open-space area. Choose a camper to be the bat; blindfold him/her once in the center of the circle. Designate 3-5 other campers to be the moths and ask them to also come to the center of the circle. The object of the game is for the bat to catch the moths. Whenever the bat calls out "Bat!" the moths answer by calling back "Moth!" (this is to simulate the radar signals bats use to find their prey) The bat tracks down and tags the moths by listening to their responses. It takes good concentration to be a successful bat! Add some excitement by bringing two bats into the circle at once. (Mountain Trail Outdoor School)

**What Color Am I?:** (need special color-marked index cards) In as dark a place as possible, give each camper an index card and the task of determining the color of the paper swatch on their card. This is not easy to do! (Mountain Trail Outdoor School, NC)

**Disappearing Act:** Once in a circle, have each camper look at the person opposite them and stare at that image without moving or blinking. What happens? (The image dis-appears!) Stare at a star in the sky and make it disappear. This disappearance is due to the mechanisms within the eyes related to the "rods" and "cones" in the eyes. (Mountain Trail Outdoor School, NC)

**Wintergreen Lifesavers:** (need one wintergreen lifesaver per person and complete darkness - save this activity as the grand finale!) Have each camper sit next to a partner and hold onto her lifesaver. Have the campers take turns biting down on their lifesavers with their front teeth (and lips apart) so that their partner can view the show. WOW - the results are ELECTRIFYING! (Mountain Trail Outdoor School, NC)

**Charades:** Divide into groups of 4-5. Choose an "actor" for each group and then designate a letter for this round. Actors will then pantomime as many words for their team to guess as possible in a limited amount of time (1 min. works well). Groups earn 1 point for every correct guess. Assign a new actor/new letter for the next round. When game ends, count to see which group has highest number of points. (Good 'Ole Standby!)

**Mummy Ball/Fireball:** Have each person sitting randomly around the playing space. Pass a soft ball or object around from person to person (in no particular order) without talking. Everything will go smoothly until the ball is dropped. The goal is for the two people involved (the thrower and the catcher) to decide whose fault it is, i.e. who had a bad toss or who had a bad catch, WITHOUT TALKING. If this process takes more than five seconds both players must sit out. If a decision can be made prior to the time limit, either the thrower or the catcher sits out and play continues. The game ends when only one person remains or the leader decides to start over. This is a GREAT one to debrief afterwards! (John Jordan, Camp Towering Pines/[Games for Group Book 1](#), Chris Cavert)

**Screaming Toes:** Stand in a circle. Everyone looks up, looks down, and then at each other. One must look at one person and keep looking, no changing midstream. If the person being looked at is looking at someone else, then the looker is safe. If eye contact is made, then the two are zapped. They each scream, and the group moves on to the next round. (Laurie Frank, T.E.A.M. workshop)

**Get the Point:** Everyone stands in a circle and holds out her left hand, palm up. Then each person puts the index finger of their right hand in the palm of the person to their right. On a signal, try to catch that person's finger without getting your own finger caught. Do this a couple of times, then switch. Have everyone hold out their right hand, palm up, and put the index finger of their left hand in the palm of the person to their left. Get it? (Laurie Frank, T.E.A.M. workshop)

**Secret Signal:** Players sit in a circle. One player is chosen to be It and sent from the room. Another player is selected to be the undercover leader. The leader begins a movement, such as head nodding, arm moving, or foot tapping, while the rest of the group follows. Explain to the group that they must be careful not to blow the leader's cover by looking at him or her directly. The person who is It comes back into the room and stands in the center of the circle. All those in the circle perform the movements the leader begins. When the leader changes a movement, everyone follows. The person who is It must observe very carefully in order to discover the leader. When the leader is discovered, two other players become It and the new undercover leader. ([The Incredible Indoor Games Book](#), p. 53)

**Wink:** Classic game of "Killer"! Can do this frog style (the person who is "IT" eliminates people by sticking out his/her tongue).

**Shoe /Kicking/Throwing/Stackign/Sculpture/Relay:** You can make an entire theme event out of shoes! Start off with a shoe kicking/throwing contest to see who can hurl their shoe the farthest by foot (right/left) or arm (watch out for shoes that may end up going backwards!). Then divide into teams and have a contest to see who can build the highest tower using only shoes. From here, you can have each team build a sculpture out of shoes given a specific category (Ex: something you use at the beach) and see if the other team can guess your sculpture. You can finish up with a shoe relay by teams; all shoes are in a pile and one by one each team member races to the pile and puts on his/her shoes and rejoins the team so that the next person can go. Have each person take a seat upon return so that you can see which team is finished first! (Kim Aycock)

**"All The Good Things":** see story/activity found in [Chicken Soup for the Soul](#), Vol. 1, p. 125.

**Appreciation Web:** When group members throw the ball of yarn to one another, the person throwing the yarn describes something s/he appreciates about the person to whom the string was thrown. This continues until everyone in the group has been included, with the last person returning the ball to the leader. The resulting web represents the community they have created for the experiences they have shared. To undo the web, throw the ball in reverse order, this time having the person throwing the ball describe some aspect of the experience that will go with him/her when s/he leaves the group. ([Bag of Tricks II](#), p. 110)

**Later Letters:** Have campers write a letter to him/herself, collect, and send at some later point in the summer/year. ([Bag of Tricks II](#), p. 112)

**Paper Creation:** Give each person in the group a blank piece of paper (wire, pipe cleaner, etc.). Using this piece of paper and no other "tools" (pencils, pens, scissors, etc.) have each person create something that describes their recent camp experience. Then go around the circle and have each person share her creation by showing, telling, "acting out,"...you name it! (Mo Kelty)

