

Core Elements and Programming

Sample Schedule

7:00 am Quiet Activities and Recess	Campers arrive and begin engaging in Quiet Activities (Table games, One Engineering option, Drawing, Coloring, Reading). 7:45: Begin outside recess 8:20: Clean-up and prepare for snack
8:30 am Snack and Recess	8:30 – 9:00: snack or reading 8:45 – 9:15: Recess
9:15 am Age Groups and Recess	What's happening today? Logistics, reminders, and announcements. Small games, Question of the Day, riddles, etc. Read aloud
9:30 am Age Groups and Recess	Break into age groups (K-1, 2-3, 4-6) 9:30-10: Ice Breakers, Relationship Building, Lead in Activity 10-10:45: Activity (All ages = same activity. Extensions added in for various age groups) 10:45-11: Student-led clean-up.
11:00 am Lunch and Recess	11:00-11:15: Large Group Community Meeting 11:15 – 12:00 Lunch (Recess opens at 11:35) 12:00 – 12:30: finish lunch → recess
12:30 pm Recharge Hour	A time for children to decide what they need to refuel for the rest of the day. Spaces for silent activities, quiet play and active movement will be available during this time.
1:30 pm First round of choice	Camper's Choice: Learning through self-led play encourages social-emotional growth while giving children an opportunity to engage in activities at their own pace. Options include Explore (outdoor), Create (art-based), Innovate (STEM-based)
2:30 pm	2:30 – 3:00: snack or reading 3:00 – 3:30: Recess
3:30 pm second round of choice	Camper's Choice: Learning through self-led play encourages social-emotional growth while giving children an opportunity to engage in activities at their own pace. Options include Explore (outdoor), Create (art-based), Innovate (STEM-based)
4:30 pm Large Group Games and Activities	Reflect, PBIS drawings, Emblems. Some small game, question, riddle, etc. Read a story? Dismiss to Quiet Activities
5:00 pm Quiet Activities	Table games, Engineering option, Drawing, Coloring, Reading.

Program Components

Summer Trails Day Camp incorporates Camp Fire designed curricula and activities that intentionally create opportunities for youth and staff to connect with the outdoors, others and themselves. By identifying nine experiential youth outcome indicators within each of the three connection trails we've created programming that follows very specific pathways each day. [Click here](#) to learn more about the nine youth outcome indicators (LINK).

Mondays: Trail to Knowing Me

This trail relates to the long-term benefit of Health and Well-being. Join us as we build relationships, improve communication skills, and build self-confidence through staff-guided and youth-led activities.

Tuesdays: Trail to Creativity

Stimulate creativity and imagination through activities involving visual, performing, and imaginative arts. This trail benefits long-term academic success as youth learn that creativity comes in many forms.

Wednesdays: Trail to the Environment

Come develop a life-long love of Nature. Learn to appreciate and understand the world around us through activities focused on nature, environmental stewardship, and awareness of our ecosystem.

Thursdays: Trail to Family and Community

Explore the lasting benefit of Civic Engagement as youth find their purpose in the world around them. Youth and staff will work together as teams while learning leadership skills and the importance of helping their circles and communities.

Fridays: Trail to the Future

Develop various mental and physical skills important for success. Play games that encourage cooperation, teamwork, and good sportsmanship. This trail supports the benefit of future readiness.

We use experiential learning to create a deeper connection and sense of belonging in the program and community. Camp Fire programming encourages youth to think deeply and engage in inquiry about the natural world, others, and self. Youth will discover, explore, and develop their Sparks along with peers and staff.

Along with our Summer Trails programming, Camp Fire creates spaces and activities with youth through voice and choice. Actively engaging youth in the design of program helps us be responsive, teach leadership skills, and build self-esteem when young people see their ideas and Sparks come alive.

Some ways in which we align our programming with youth voice and the nine youth experiential outcomes are:

- Earning Camp Fire Emblems as they complete special projects, activities, and community-focused work. [Click here](#) to learn more about Camp Fire Emblems.
- Providing spaces for youth to interact in their own age groups as well as mixed age groups. These opportunities teach young people to work together and further develop social skills as they get to know about their passions and leadership styles.
- Team building activities are intentionally included in programming.

- Engaging in Community-based Learning Projects. Youth will explore community needs, develop a service project to help meet a need, reflect on the process, and celebrate their accomplishments.
- Teaching life skills
- Taking part in discussion and activities about self-image and self-improvement, equity and inclusion, diversity, leadership, decision making, communication skills, coping with anxiety and anger, growth mindset, and social skills such as confidence, inclusion, and conflict resolution.