

Bounce

To provide campers with a unique, fun new activity every day, building campers self-confidence, encouraging them to feel successful, and providing them with a positive experience.

Preparation (to be done during staff training)

1. Make a list of camp games to play on Day 1, gather any materials necessary
2. Choose icebreakers for each day, related to the activity of the day
3. Ask if you need to know any information for Day 2 and how you will be helping in the garden.
4. Choose skills to focus on in Basketball for Day 3
5. Review activities for Adventure Day – ask if you have any questions
6. Think about safety concerns for all days, especially Adventure Day
7. Choose skills to focus on in Volleyball for Day 5 (Session 2 only)

Day 1 – *Introduce campers to Bounce, create Bounce group contract, encourage campers to familiarize themselves with each other and the camp community.*

Materials

- Items needed for games/icebreakers
- Pen
- Paper

Introduction – 30 minutes

- Take attendance – 5 minutes
- Name game – 10 minutes
- Expectations/Group Contract – 10 minutes
 - What should our rules for Bounce be?
 - Must haves include: Respect; Play hard, play safe, play fair
- Overview of Bounce – 5 minutes

Camp Games

- Play several icebreakers and camp games
- Think about arching the group with a variety of games, keep them lite and friendly since it is the first day.

Camp Songs

- Teach camp songs as you want and need.
- This can be a break from games or time filler

Wrap Up/Clean Up

- Clean any necessary supplies
- Remind campers what you will be doing tomorrow, any necessary items they need to bring/remember, and their meeting place.



Day 2 – *Join the gardening class for a morning to learn about the garden and help with their key hole garden project.*

Day 3 – *Learn and practice basic basketball skills; Learn and practice basic kickball skills.*

Materials

- Basketballs
 - Kickballs
 - Bases
-

Basketball Introduction

- Icebreaker
- Warm Up
 - Practice dribbling, passing, shooting

Activities

- Ball work
- Relay races
- 1 v. 1 or 2 v. 2, etc.
- Horse/Pig
- Knock Out

Kickball Introduction

- Icebreaker
- Warm Up
 - Practice kicking, throwing, review rules

Activities

- Play a short kickball match

Wrap Up/Clean Up

- **Ask:** What was the best part of today?
- Clean up any necessary items



Day 4 – Explore CLC and have fun learning about the environment!

Materials

- First aid kit
 - Blind folds
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Introduction

- Hike to the back property across the creek
- Sing

Hug a Tree

- Campers pair up
- One camper is blindfolded and one is the guider
- Guider must go slow, guide with both hands on shoulders, use verbal instruction, don't purposely run them into anything, watch for lowing lying branches, etc.
- Blindfold participant should have hands out in front of them
- Guider leads partner to a tree, the blindfolded partner should get to know the tree, by feeling it, etc.
- The Guider leads their partner back to the starting point and can take their partners' blindfold off
- The Blindfolded partner should try to find their tree now that they have their sight back.

Scavenger Hunt

- Set boundaries
- Give campers one item at a time to find
- Examples:
 - Shiniest thing
 - Biggest leaf
 - Tallest tree
 - Skinniest stick
 - A bird
 - An insect

Camouflage

- Set boundaries
- Facilitator has a set spot, they must stay in the circle, but can rotate.
- Yell camouflage, count out loud to 30, and all campers hide within the boundaries
- If facilitator can see anyone and describe what they are wearing, they are out, and must return to the circle.
- Yell 'Animal Noises' – all campers must respond with an animal noise.
- If the facilitator can't see anyone else, they yell 'Camouflage' again, and all campers run back to the circle, the first person back, wins.
- Winner can become facilitator for next round (use your best judgment).

Return Hike

- Hike back to camp
- Sing songs
- Wrap Up : Review what you did, talk, play games



Day 5 Goals – *Learn and practice basic volleyball skills; Campers vote on favorite activity of the week for the second hour*

Materials

- Volleyballs
-

Volleyball Introduction

- Icebreaker
- Warm Up
 - Practice bumping, setting, spiking, serving

Activities

- Hot potato (with bumping)
- Launch and return
- 2 v. 2, 3 v. 3, etc.

Camper Vote

- Campers vote on their last activity for the last hour of class

Wrap Up/Clean Up

- **Ask:** What was your favorite part of the week? What is something new you did this week in Bounce? What is something you would do different?
- Clean up any necessary items

