CAMP CARE-A-LOT

Marco PRODUCTS, INC.

A Fun, Comprehensive K-5 Program Where Coping and Social Skills are Taught and Practiced in a Unique Setting

Written By Lisa Eck, M.S.

Camp Care-A-Lot

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A Message From The Author

Camp Care-A-Lot was developed to help school counselors meet the increasing needs of students with a decreasing amount of time available to do so. Classroom instruction time has become so focused on meeting academic goals that social-skills lessons are not given the attention they require. *CCAL* offers social-skills lessons such as identifying feelings, dealing with anger and worry, and developing a positive mind set and coping skills.

Students participating in *CCAL* eat lunch with the facilitator for 10 weeks. The group can be large since the students are divided up into smaller sized “cabins” consisting of 3-6 students. Best of all, the program can be adapted to fit your needs. For several years, I lacked the ideal setting. I lead *CCAL* in a hallway, and was able to reach students with valuable life lessons.

I have students who begin to ask for *CCAL* the first day of school. There are students who have been in the program for several years and gain something different each year based on their current needs and development.

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CARD #1

CAMP CARE-A-LOT BINGO

ME	Angry	Positive Thinking	Flashlight	Divorce
Family	Relaxing	Teasing	Reading Books	S'mores
Sad	Happy	Welcome to CCAL! FREE SPACE	Journal	Exercise
Fun!	Talking	Bully Buster (BULLY FREE ZONE)	Worried	Cabin
Friendship	Work Hard In School	Work Together	Moving	Lunch Time

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CAMP CARE-A-LOT WEEK 2

GETTING TO KNOW ONESELF

Facilitator's Goal:

To have the students learn a little about themselves such as what they like and how they are different from others

Materials Needed:

For the facilitator:

- ☐ Table seat assignments
- ☐ Small flashlights for each student group/cabin
- ☐ *Attendance Chart* (page 15 or CD)
- ☐ Lunch supplies
- ☐ Trash can and cleaning supplies
- ☐ *Four Corners Sample* (optional, CD only)
- ☐ Interactive whiteboard (optional)

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For each student:

- ☐ *Four Corners* (page 34 or CD)
- ☐ Crayons
- ☐ Pencil
- ☐ *Me* (optional activity, page 35 or CD)
- ☐ *Camp Activities* (optional activity, page 37 or CD)
- ☐ *Just Like Me, Not Like Me* (optional activity, page 38 or CD)

For each "cabin":

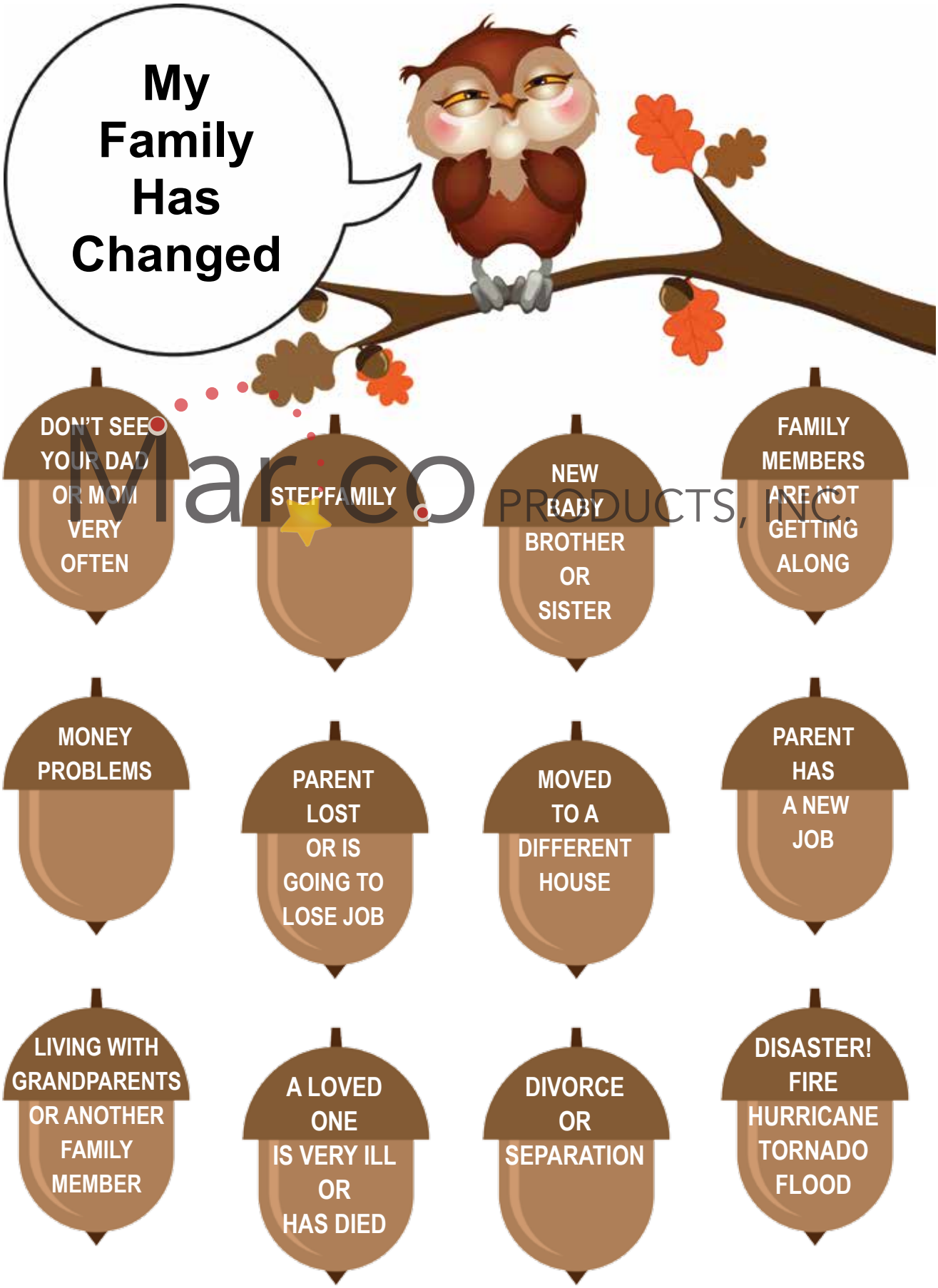
- ☐ *Jolly Campers* placed in a plastic sleeve (optional activity, page 36 or CD)
- ☐ Jolly Ranchers™ or another candy that have the five colors used on the *Jolly Camper* printout

Procedure:

ROLL CALL

Take attendance using the *Attendance Chart*. If some of the students have forgotten to come to *CCAL*, send a reliable student to the cafeteria to check in on them. If they choose not to come, make a note to talk with those students later.

My Family Has Changed



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CAMP CARE-A-LOT WEEK 5

TAKE A HIKE, WORRY

Facilitator's Goals:

To have the students understand what they can and cannot change

To help students understand that feeling worried is normal and worrying can have a positive aftereffect as long as it is controlled

Materials Needed:

For the facilitator:

- ☐ Table seat assignments
- ☐ Small flashlights for each student group/cabin
- ☐ *Attendance Chart* (page 15 or CD)
- ☐ Lunch supplies
- ☐ Trash can and cleaning supplies
- ☐ Interactive whiteboard or large piece of chart paper/dry erase board and markers
- ☐ Gather different sizes of rocks and write words associated with the word *worry* on them. Place the rocks in a container or bag. Or reproduce *Worries Weigh You Down* (page 58 or CD), cut out the paper rocks, and place them in a container or bag.
- ☐ Backpack

For each student:

- ☐ *Worry Action Plan* (page 57 or CD)
- ☐ *Worries Weigh You Down* (optional activity, page 58 or CD)
- ☐ *Take A Hike, Worry!* (optional activity, page 59 or CD)
- ☐ *My Worries* (optional activity, page 60 or CD)
- ☐ *Let Your Worries Go!* (optional activity, page 61 or CD)
- ☐ *Where Do You Feel Worry*? (optional activity, page 62 or CD)
- ☐ Pencil
- ☐ Crayons, including a yellow crayon (optional activities)

Procedure:

ROLL CALL

Take attendance using the *Attendance Chart*. If some of the students have forgotten to come to *CCAL*, send a reliable student to the cafeteria to check in on them. If they choose not to come, make a note to talk with those students later.

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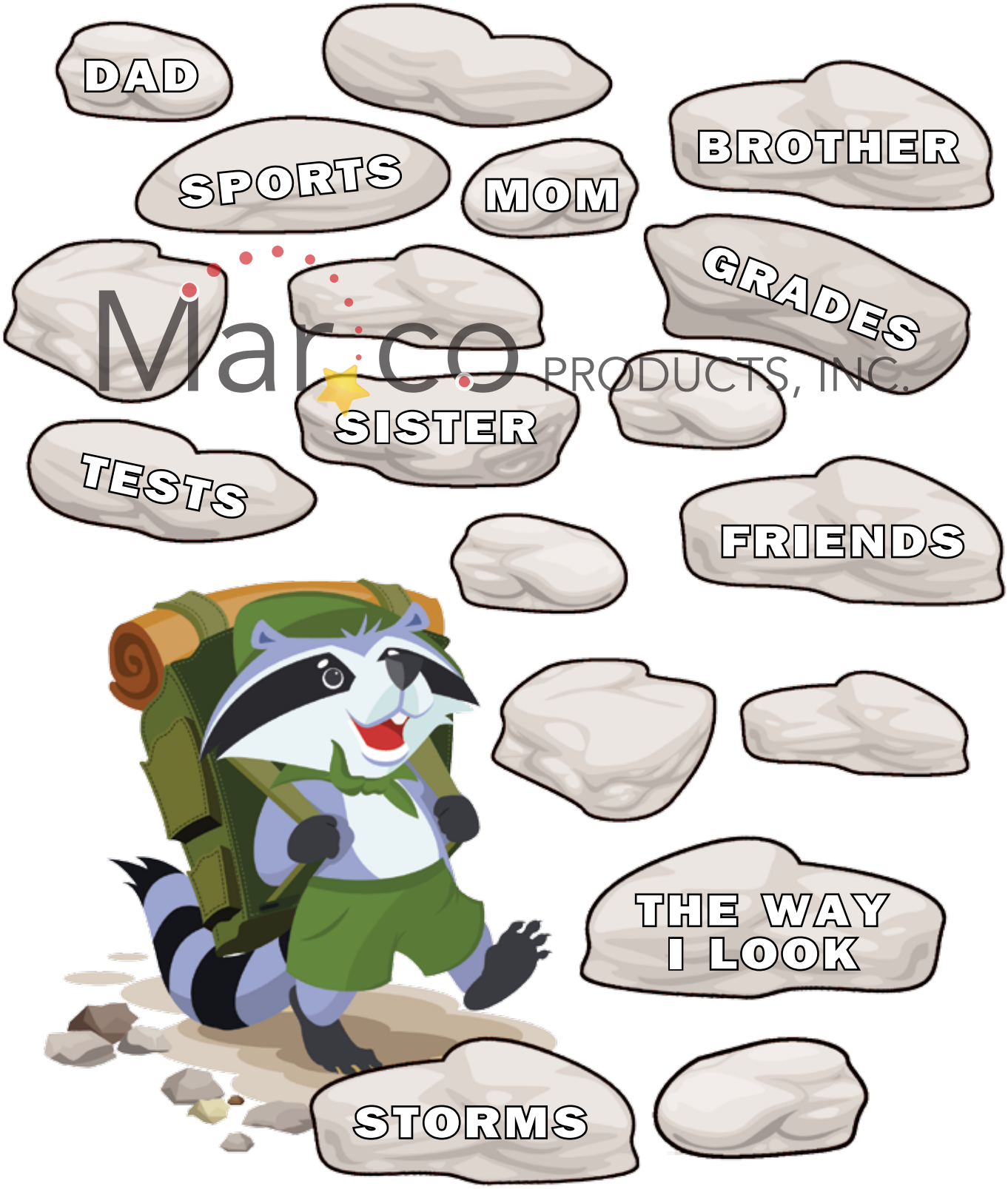
Worries Weigh You Down

Color the worries that might weigh you down.
Write any other worries you have on the empty rocks.



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