



Camping Day

Grade level: K-2+

Session goal: Encourage camping skills for all youth through BIPOC-centered children's literature and activities

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Length of program session: 6 hours+

Safety check

- **YPQA Indicator: Safe environment**
- Supplies:
 - First aid kit
- Description/Directions: Are the following accessible and visible?
 - ___ Emergency procedure posted
 - ___ Fire extinguisher
 - ___ First aid kit

Overview

Camping Day is Day 5 and the last day of camp! You have been working all week building skills for this "camping trip." Today, it is important to refer back to the topics and activities from previous days and help campers make connections between what they've learned and the skills they are practicing now. Reflection, reflection, reflection!

Today, there is plenty of room for free play and revisiting any well-loved games from the past week. Please adjust times as needed. Set up camp as early as you can and give youth plenty of time to learn through play and self-guided activities. If some kids require more structure, create stations or teams to help them stay engaged. Allow youth who prefer solo activities and self-direction to work individually at times (under the care and supervision of staff/volunteers.) Allow plenty of time for careful packing and clean-up at the end.

Your site may have restrictions on equipment such as tents or activities such as campfires. If this is the case, consider what adjustments can be made. Curriculum for making a solar oven is included in the supply list below and in the "Let's Go Camping!" lesson plan. Please plan ahead as you may need different supplies than are listed in the guides.

Following is an overview of how the time is planned. If viewing in Google Docs, we recommend clicking on the "Show Document Outline" icon to the left of the page view for easier navigation.

Hour 1

- Welcome and Land Acknowledgement (30 minutes)
- Movement activity: Simon Says (10 minutes)
- Reading time: *Fatima's Great Outdoors* (20 minutes)

Hour 2 & 3:

- Set up camp! (90 minutes)
- Scavenger hunt & Nature Journaling (30 minutes)

Hour 4

- Lunch (20 minutes)
- Free play (40 minutes)

Hour 5

- Break camp and return to site (60 minutes)
- Book nook and journal time (first 10 minutes)

Hour 6

- Book nook and journal time (continued, 20 minutes)
- Snack (20 minutes)
- Farewell (15 minutes)

Preparation

To Do Ahead of Time:

- Source camping supplies: tents, sleeping bags, cookstove and utensils, etc.
- Choose an outdoor area for kids to set up camp
- Have an indoor backup plan for inclement weather
- Consider if a campfire would be a safe activity with your group. If so, be sure to go over fire safety with staff/volunteers ahead of time. Have a fire safety plan, extinguisher, and first aid kit.
- Decide if you will need extra adult volunteers this day to help with tents, fire, etc.

Supplies:

- Every Day:
 - Checklist to inform caregivers about clothes and supplies needed throughout the week
 - First aid kit
 - Poster paper
 - Markers
 - 4-H sign or flag
 - Name tags
 - Roll call sheet
 - Land acknowledgement statement
 - Art supplies
 - Balls
 - Games and puzzles
 - Books
 - Drawing paper
 - Laptop or other screen device that everyone can see
- Camping Day:
 - Tents
 - Sleeping bags
 - Bags to pack camping supplies
 - Firewood, kindling
 - Matches, lighter
 - Fire extinguisher
 - Flashlights
 - Binoculars
 - Magnifying glasses
 - Hammer
 - Packing list
 - Table
 - Hiking backpacks (2)
 - Large clear plastic tub with lid
 - Sleeping bag
 - Pillow
 - Water bottle
 - Camping foods/snacks
 - Large water jug
 - Pot

- Pan
- Plates, cups, bowls
- Utensils
- Paper towels
- Trash bag
- Toilet paper
- Sponge
- Soap
- Basin for dishwashing
- Bug spray
- Sun screen
- Cooler
- Hammer
- Rope
- Pants
- Sweater
- Raincoat
- Towel

- Hat
- Sunglasses
- Deck of cards
- Camping cook stove and fuel
- Fire ring
- Roasting forks or long sticks
- Marshmallows
- Chocolate bars
- Graham crackers
- Scrap paper from the recycling bin
- Wet hand wipes
- Bucket of water
- Bubble-making supplies
- Hula hoops
- Optional: camp stove or solar oven
4-h.org/wp-content/uploads/2020/08/stemlab-hughesnet-solar-smores.pdf

Camping Day Plan

Welcome & Land Acknowledgement

Time: 30 minutes

1. Welcome Everyone
 - a. **YPQA Indicator: Warm welcome**
 - b. Description/Directions: As parents/caregivers sign in their children, ask youth to write or draw their favorite _____ (food, animal, game, plant, machine, etc.) on a large piece of poster paper (everyone uses the same piece of paper.)
 - c. Supplies:
 - i. Sign-in sheets
 - ii. Large poster paper
 - iii. Pens and markers
2. Land Acknowledgement
 - a. **YPQA Indicator: Belonging**
 - b. Description/Directions:
 - i. Use this map to discover the tribal nations of your area: <https://native-land.ca/> (Be sure to research and practice the pronunciation before teaching the names to others.)
 - ii. Explain to the young people that an important part of camp will be acknowledging the Native American tribes whose land we are on. To start, you may say something like, *"We are gathered today on the occupied territory of the _____ people. They have cared for the land, water, air, animals, and spirits of this place for many generations and continue to do so. We thank them and their ancestors and pledge to work towards a better world with more kindness, fairness, and healing."*
 - iii. Ask youth what plants, animals, bodies of water, etc. they care about. Let this start a conversation about ways we can help "steward" (take care of) the land, as a way of saying thank you to the tribes who have been caring for the land for so long.
 - iv. As a group, create your own land acknowledgement statement together or adjust the one above.
 - c. Supplies:
 - i. Poster paper to write statement and display
3. Acknowledgement that youth are a part of 4-H
 - a. **YPQA Indicator: Belonging**
 - b. Description/Directions: Explain what 4-H is to the group. Share 4-H sign or flag with the group for a visual representation. Display the sign-in poster from earlier. As you do roll call, ask each person to show what they drew. Give examples of how youth might turn that interest into a 4-H project.
 - c. Supplies:
 - i. Sign-in poster
 - ii. Roll call list

Movement Activity: Simon Says

- Time: 10 minutes
- **SEL-PQA Indicator: Active Learning**
- **Description/Directions:** One person is designated “Simon.” Standing in front of the group, Simon tells the group what action to do. However, the others must only obey commands that begin with the words “Simon Says.” If Simon says, “Simon says touch your nose,” then players must touch their nose. But, if Simon simply says, “sit down,” without first saying “Simon says,” players must not sit. Those who sit must “go out” and wait for a new game to start.
- After the game is over, tell the group to get ready for our book of the day. “Let’s get ready to listen by pretending you are a blueberry bush, rooted in one spot. Keep your branches to yourself and be as quiet as a blueberry bush on a calm, sunny day. Deep roots, calm branches, soaking up the sun.”

Read *Fatima’s Great Outdoors* by Ambreen Tariq

- Time: 20 minutes
- **SEL-PQA Indicator: Active Learning**
- **Description/Directions:** Read *Fatima’s Great Outdoors* by Ambreen Tariq as a large group.
- **Supplies:** *Fatima’s Great Outdoors* by Ambreen Tariq

Vocabulary words (Vocabulary words can be built into the project-based learning and reflection)

- Time: 10 minutes
- **SEL-PQA Indicator: Skill-building**
- **Words:** tent, campground, instruction manual, sleeping bag, campsite, campfire, kindling, tinder, road trip, outdoors, adventure

Let’s Go Camping!

- Time: 90 minutes
- **YPQA Indicator: Choice**
- [Let’s Go Camping Activity Guide](#)

Campsite Scavenger Hunt

- Time: 30 minutes
- **YPQA Indicator: Reflection, Choice, Session Flow**
- **Description/Directions:** Print and hand out scavenger hunt cards to campers. Instruct them to walk around the camp area and check off each item they find. They can use their nature journals to draw pictures of things they see that are not in the scavenger hunt. After 20 minutes, have everyone circle up and talk about what they found. Ask, “what did you notice or find because you were paying close attention?” “Where else do you need good observation skills?”
- **Supplies:**
 - [Scavenger hunt cards](#)
 - markers
 - Nature Journals

Lunch (bag lunch at camp)

- Time: 20 minutes
- **YPQA Indicator: Nourishment**

Free Play

- Time: 40 minutes
- **YPQA Indicator: Choice**
- Description/Directions: If you are away from your usual site, bring bubble-making supplies, hula hoops, and other “free choice” outdoor fun activities for campers.

Break Camp & Return to Site

- Time: 60 minutes
- **YPQA Indicators: Active engagement, Skill-building, Reflection**
- Description/Directions: Ask campers to form a circle and count off by 3, to create 3 groups. Assign each group to an earlier station. Tell them that we are going to practice putting everything away very carefully and practice the Leave No Trace principles we learned earlier in camp!
- **Reflection:** At each station, ask campers if they can remember the Leave No Trace principles. Ask why they think it is important to leave a space better than you found it.

Book Nook & Journal Time

- Time: 30 minutes
- **YPQA Indicator: Reflection, Choice, Session Flow**
- Description/Directions: Put together a cart or bin of kids books that fit the day’s theme, art supplies, and drawing paper. Youth can look at different books, write/draw in their nature journal, make art, or just relax. Set a timer for 25 minutes and ask everyone to help clean the space when it rings.
- Supplies:
 - Books
 - Nature journals and pencils
 - Art supplies and paper

Snack

- Time: 10 minutes
- **YPQA Indicator: Nourishment**

Reflection & Farewell

- Time: 15 minutes
- **YPQA Indicators: Choice**
- Description/Directions: Encourage youth to gather their things to return home. Then, gather in a circle and let everyone share their favorite part of camp. Invite others to silently wiggle their fingers if they also like what another person is saying. After this, you can do free play until pick up time or do a round of their favorite game.
- Take notes and photos of projects/writing (with permission) to use for camp evaluation.

Additional Resources:

- Tips for responsible camping: <https://treadlightly.org/learn/recreation-tips/camping/>
- Fire safety for kids: <https://smokeybear.com/en/prevention-how-tos/campfire-safety>

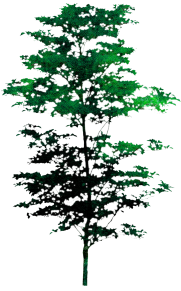
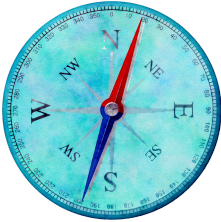
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Camping Scavenger Hunt

Explore your campsite with a buddy and check off what you see!

			
backpack	boat	camper	deciduous tree
			
evergreen tree	sunglasses	tent	lantern
			
map	hiking sign	compass	animal tracks
			
bike	wild animals	hiking boots	campfire



Camping Pack List

This list will help you get started packing for your camping trip! You may not need all the items on this list. Think about where you are going and what you want to do. Is there anything you need to add to your list?

NECESSITIES

- Tent (check for poles and stakes)
- Sleeping bags and pads
- Pillows
- Camping chairs
- Water Jugs
- Flashlights / Headlamps
- First Aid Kit
- Medications

COOKING

- Cook stove & fuel
- Pots & pans
- Cooking utensils
- Pot holders
- Sharp knife
- Eating utensils
- Plates, bowls, cups
- Water bottles
- Paper towels
- Cutting board
- Camp sink
- Sponge
- Soap
- Cooler & Ice
- Foil / Plastic Bags
- Roasting Forks

FOOD / SNACKING

- Jerky
- Trail Mix
- Fruit
- Vegetables (cut and ready to eat)
- Popcorn / Pretzels / Chips
- Granola Bars
- Bread / Buns

- Peanut Butter & Jelly
- Hot Dogs / Veggie Dogs
- Condiments

TOILETRIES

- Bug Spray
- Baby Wipes
- Toilet Paper
- Soap / Lotion
- Sunscreen / Aloe Vera
- Trash Bags
- Dry Bags

CLOTHING

- Hiking Shoes / Sandals
- T-shirts / Pants
- Socks / Underwear
- Sweaters / Hoodies
- Jackets / Hats / Gloves
- Sunglasses
- Rain Gear
- Towels / Swimsuits

TOOLS

- Hammer
- Hatchet
- Shovel
- Rope / Bungee Cords
- Duct Tape
- Multi Tool
- Fishing Equipment
- Lighter / Matches
- Extra Batteries
- Binoculars

FOR FUN

- Games
- Toys
- Flotation Devices

ANYTHING ELSE?

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