

## **CAPTAIN TRAP-MOUSE AWESOME UNICAMP PROGRAMMING**

*^cool title, woodsey. Say it again.*

### **Le Theme**

Transformers Autobots

- More than meets the eye
- even though we change shapes depending on who or what we are dealing with, the important thing is that you stay true to yourself.
- You can adapt to new situations by the skills you already have and the skills you will have in the future

MODES: SILENT MODE, POWER DOWN, POWER UP, ENGAGE, ROLL OUT

### **materials needed for the week**

hula hoop

yarn

wear transformers shirt to camp

themed decoration for cabin-- poster? autobots icon

### **INTRODUCTION**

...to camp and each other- 1 week of activities, fun, and teambuilding--sing songs, play games, (change lives).

...introduce ourselves- say what unit we are, who we are (intro ourselves by camp name), tell

...what we're here for, who Lship is--you can come to either of us for concerns/questions, etc.

### **TONE SET**

Establish camp rules and norms (the non-negotiable ones)--NSDs, safety, behavior, meals  
camp names- no more real names or kiss a tree. Also, enforce use of woodsey language but  
mark a safe zone (cabin) to vent out if they feel the need  
get ready to have fun!

Consequences

NSDs

wandering

hitting

stealing or borrowing

no food or smelly things in camp ground

no excluding people, everyone gets a chance

### **GAMES & ACTIVITIES**

First day is for Icebreakers

-Arrange by age silently

-Imaginary object game- Object "transforms" into different forms: Bag of cement, blue ball, red

ball, hot coal, stinky socks, crank critter, cactus plant

### Get to know you

1 word- clear your mind and think of one word that encapsulates a good life, a civilized society etc.

### Communication

Telephone Charades

1,2,3,4

day 2 or 3: Knowns and Unknowns

### Team building

Human knot

Group sit down, stand up- where they have to stand up back to back all together

highs and lows

## **UNIT NIGHT 1:30- 2 hours**

### Trust walk- ~20 mins

capt can be at the tail of the line, mouse at the head

blindfolded, finding your all-spark and reaching out to grab it (dangling from a string/rope between two trees or somewhere

tell them they're on a quest to find their all-spark (they'll be thinking wth?) and then it will hit them once they 'see the light'

we will lead them to it

find some way to bring energy levels back to appropriate level to get ready for next activity; emphasize all-spark is object of power, but also of responsibility?

### light your "all-spark if"...---~15 mins

led by capt

serious activity. follow usual procedures of activity, then have them remove their blindfolds.

follow with debrief and next activity?

start with shell-type questions then progress to more yolk-related issues

debrief: we all experience difficulties and nobody should feel alone in going through them

because chances are someone is going through something similar, and we are all here for each other to keep each other up. ---> talk to someone for support/advice if you have a difficult issue

### Dirty laundry- 45 minutes or whatever time remaining volunteer

lead together

don't have to share if they don't want to: Something hard to talk about and that they wouldn't tell people normally but that they can because we are there to listen to them. They are probably used to having to listen to other people..but now is the chance for them to be heard. warm

fuzzies after sharing

### End of unit night

debrief points:

- you are with a new group of ppl this week, and have worked together tonight to accomplish a mission/task. you can trust these people (and your counselors, since we helped lead you)
- you have a new found power within you (all-spark) that represents all your talents, abilities, and experiences; use it wisely
- even though you have special powers, no one is without difficulties/obstacles (they are the decepticons to your autobots), and first we should acknowledge them and second, realize that everyone is here for one another for support, including counselors and Lship if your ever need to talk to us.
- Together we will be working together to face whatever life (specifically, this week) throws at us and will do it with a positive attitude.

Lights out!

### **closing**

#### **TAP GAME**

You trust

x Makes you laugh

x You consider a friend

x You are glad you met

x Is an interesting person

x You enjoy spending time with

x Who has a good personality

x Brings a smile to your face

x Is a strong person

x You always enjoy talking to

x You have fun working with

x Has a heart of gold

x Impresses you everyday

x Makes you feel like you've known forever

x You think is talented

x Has made today worth it

x You could tell a secret to

x You have fun with

x Is special to you

x Reminds you of your brother or sister

x That you could call if you needed help

x Makes you happy

- x Has taught you something about yourself
- x Inspires you
- x Is a beautiful person
- x You will never lose touch with
- x You miss when you don't see them
- x You have shared a special memory with
- x You will never forget
- x You wish you could be more like
- x Could be the inspiration for a song/story/poem
- x You look forward to getting to know better
- x Will be a great counselor
- x You respect

Joining- ok its day 2 and you you have just crash landed on earth. in order to have a successful landing you must have  
ex. 12 kids makes 12 feet, 4 elbows, 30 fingers, 1 nose

### **Outcomes**

Unlocking your potential

Instill sense of serve be in ENVIROMENTAL, WORK (your job) ex. teachers are doing a service by educating the next generation so respect them, everything you do to yourself or for yourself can be a service or a disservice. ex. homework, eating healthy, trying your best you are doing a service to your future self ( TIME TRAVEL TRANSFORMER THEME)

MAterials, etc

flashlight, bandanas

### **Camp themes**

**SUNDAY:** Fire Up! NEON-

**MONDAY:** Pirates (no bandanas please) - It's a new session, a new time to explore yourself and your world to figure what you like and discover new possibilities, abilities, and goals.... (getting the booty!), while getting to know your ship's crew (unit)

**TUESDAY:** Superheroes - finding out your own abilities and how to use them to make the world a better place (service)...can talk about things like recycling, participating in efforts to improve your community

**WEDNESDAY:** Game day 🎮-

**THURSDAY:** Career Day perhaps emphasize service to self and doing your best to be who you want to be

**FRIDAY:** Olympics 🏅 - using your abilities with other people's to do something more than any individual can (like how sports teams make use of everybody's talents to accomplish something)

**SATURDAY:** Woodsey again