

CAMP COUNSELORS USA

GAMES & ACTIVITIES GUIDE



CCUSA

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Before incorporating any of the game or activity ideas included in this guide, please check with your camp director to ensure that they are appropriate for your camp.

Organizing Activities

In dealing with campers, both in the program area and cabin, remember the Five P's: Proper Planning Prevents Poor Performance. In order to make your program ideas a success, here are some questions you need to address:

- What sort of area do you need?
- Do you need to be outside?
- What if it rains? Do you have a Plan "B" in the event of bad weather—or would it be fun and safe to do the activity in the rain?
- Do you need permission from an area specialist?
- Do you need anything from the kitchen? Kitchen staff members are busy people and need advanced warning to round up supplies.
- Is there something you need that you don't have at camp? Again, somebody has to go and find your supplies. They may not be able to do this right away. Give people advanced notice, and never assume everything will be waiting for you. Check first!

Camps have limited resources and space. If your activity is thoroughly prepared ahead of time, you ensure the resources and space required for a worthwhile activity. Your preparation process should allow for "what if?" scenarios. What if the kids don't like the activity? Be flexible enough to change as you go, but never let flexibility serve as a cop-out for being unprepared. Always think ahead!

The most organized and best-prepared events can fall flat on their faces if the kids are bored by the idea. There are ways to get around this pitfall. If appropriate, allow the kids to help prepare the activity. Make the activity the focus of the day or be secretive about the activity, build suspense, and drop clues as to what it might be. Be imaginative about how you inform the children of the activity. Above all, be enthusiastic! You've put a lot of time and effort into your activity, and you want it to be a success!

Once the activity has ended, ask yourself whether or not it was a success. If not, what could have been done differently and improved? If it worked, why? What did you do that made it a special program? Why did the campers like it? Pick up on the good points and try to improve on the bad points for next time. Whatever the outcome, as long as you build on it for the next activity that you plan, don't be too hard on yourself. Always remember to evaluate.

Rain

Every summer brings its share of rain. What happens then? If possible, just carry on! It's unnecessary to dash inside at the first sight of showers. Barring thunder, lightning, or any threat to campers' safety, what about a game of mud soccer, a rain hike, or puddle stomping? If you must go inside, have a "Plan B" that will entertain and keep your cabin's attention. You could hold Indoor Olympics, play Bingo, or stage pillow-case skits. Ask your director for ideas; camps often provide manuals for rainy-day games. Just ask ahead of time and be prepared for rain!

Icebreakers

Icebreakers are games and activities designed to get your campers talking and smiling during those daunting first days at camp. Remember: "Every best friend was once a perfect stranger!"

Name Games

The following games will help everyone learn and remember each other's names.

Positive Adjectives

Equipment: none

Group: 4+ participants

Group sits in a circle and each person thinks of a positive adjective starting with the same letter as his/her name: i.e. Happy Helen, Delightful Daniel, Crazy Callan. One person begins with their name: "Hi, I'm Happy Helen." The next person follows by saying "Hi, this is Happy Helen and I am Delightful Daniel." This continues around the circle. It gets more difficult as each subsequent person has to remember all the names and adjectives of those before him/her. The person who began the game concludes by naming everyone in the circle.

Variations: You can substitute positive adjectives with foods, sports, etc. (i.e. "Hi, I'm Helen and I like honey. Daniel likes danishes, and Callan likes chocolate.")

Active Names

Equipment: none

Group: 4+ participants

Group stands in a circle and one person begins by coming into the center and saying his/her name with each syllable accompanied by an action. For example, Natalie comes into the middle and says NAT-A-LIE, accompanied with a clap, jump, and click of the fingers. The group in unison repeats the name and action with Natalie a couple of times. She then returns to the circle and the next person continues with his/her name/action.

Name Throws

Equipment: tennis ball

Group: 6+ participants

Group stands in a circle and throws a tennis ball between the group members. As each person catches the ball, he/she must say his/her name loudly and clearly. He/she then throws the ball to someone else who says his/her own name. After a sufficient time for everyone to learn at least some of the others' names, the game changes. Then, instead of saying his/her own name, the thrower says the name of the person he/she throws the ball to.

Getting to Know Each Other

M&Ms Game

Equipment: M&Ms

Group: 4+ participants

Group sits in a circle and passes round packets of M&M's. Each person is told to take as many as he/she would like, however nobody can eat until told. Once everyone has some it is time to explain the rules. For each M&M a person took, he/she has to tell the group something about himself/herself. (Watch the smiles fade on those who took a lot!) Go around the circle with each person saying one thing and then eating an M&M. Continue round and round the circle until everyone has finished all his/her candy. This game enables people to share standard, fun information and stories, and have a great laugh.

Toilet roll sheets, pennies, or any small, plentiful object can be substituted for the M&Ms if they are not available (or allowed!).

One-Minute Interview

Equipment: none

Group: 4+ participants

Group is divided into pairs (preferably people who do not know each other well). Pairs are given five minutes together to talk about themselves. (Leader may assign topics such as "proudest achievement," "favorite holiday," or "family life.") After the five minutes is over, everyone forms one big circle and each pair has a couple of minutes to relate to the group what they learned about each other. This activity is especially good for shy campers who may find it easier to talk one-on-one and tell the group about their partner, rather than speak publicly about themselves.

Balloon Game

Equipment: packet of balloons, music

Group: 6+ participants

Before starting the game, the leader writes various statements on small pieces of paper and folds them up. Statements might include: my favorite sport, my favorite school subject, my proudest achievement, my hometown, etc. The folded papers are then put into balloons, which are blown up and tied. The group sits in a circle and passes one balloon around at a time while music is playing. At intervals, the leader turns off the music and the camper holding the balloon pops it and completes the statement in front of the whole group. The leader should monitor who has the balloon so that each camper gets a turn.

Variation: If your group is smaller and/or if time allows, have every child contribute something for each statement.

Interactive Icebreakers

Couples Game

Equipment: blindfolds optional

Group: 8+ participants works best

The game involves giving various names of well-known duos to pairs of campers. Campers are separated into two groups and sent to opposite ends of the room or preset area. The leader then goes to each end and gives each camper the name of half of a famous duo: e.g. Batman, Spongebob, Han Solo, Scooby Doo, Bonnie will be on one end, and Patrick, Chewbacca, Shaggy and Clyde on the other. Then, the campers are blindfolded and have to walk around calling out the name of their lost partner until they meet. Once they meet, they move to the side and watch until the remaining couples are all matched. Be sure that the area is free from obstacles and dangers before starting the game.

Variations: Animal noises make a fun change. Campers walk/crawl as their animal would while making its noise, hunting for the other same animal. It's fun to combine this game with others (for instance, when your partner is located, begin Five-Minute Interviews).

How's Yours?

Equipment: none

Group: 4+ participants

Group sits in a circle. One person is elected to leave the room for a few minutes while the rest of the group discusses an object to describe to the individual (for instance, a dog or a marshmallow). The individual is invited back in and attempts to find out what the secret object is by asking anyone in the group, "How's yours?" If the object chosen was a dog, the game might go like this:

Q: "How's yours?"

A: "Mine's black and spotty."

Q: "And how's yours?"

A: "Small and hyperactive."

Q: "And how's yours?"

A: "White, with big ears, and loves walking."

The game carries on like this until the individual knows the answer or has made 3 incorrect guesses. This is great for getting campers talking and laughing.

Have You Ever?

Equipment: each participant needs a colorful sock or hat

Group: 12+ participants works best

The group stands in a large circle with each participant placing the sock at his/her feet to mark a position. One person is then elected to begin by standing in the center of the circle. The person's sock is removed from the circle; there must be one fewer positions than participants in the circle. The person in the center thinks of something that he/she has done, and announces it to the group by saying, for example, "Have you ever been water-skiing/overseas/seen Star Wars/ etc." If anyone in the group has, he/she must leave their place and run to another free spot in the circle, while the person in the center also hurries for a free spot. There will be one person remaining in the center with nowhere to go. That person will ask the next question. This active game allows campers to share a lot of information with each other.

Zip-Zap

Equipment: chairs set up in a circle

Group: 10+ participants

Everybody takes a chair around one person who stands in the center. After everybody says their name, the center person points to any player in the circle and says "Zip", "Zap", or "Zip-Zap". If the center person says, "Zip", the player must name the neighbor to the left. Meanwhile, the center person counts to 10 as fast as possible. If the elected player fails to name their neighbor by the 10 count, he/she becomes the new person in the center, and the game continues. Note: "Zap" means you name the person to the right, and "Zip-Zap" means everybody gets up and rushes to find an empty seat. The person remaining goes to the center.

Celebrity Heads

Equipment: pens, paper, tape

Group: any number

Celebrity heads is a game that can fill spare minutes or be played during a meal. Before playing, create name cards for the group using appropriate household names your campers will know. The names are attached to players' backs or foreheads, where they can't see them. To play, the wearer asks other participants yes-or-no questions, in order to discover his/her identity. If the wearer gets a "yes" answer, he/she may continue to ask questions until guessing their identity or getting a "no". At that point, it's the next person's turn. Take it in turns until everybody guesses his/her identity.

Human Knot

Equipment: none

Group: 10 to 12 participants

The group forms a tight circle. Participants stretch both arms into the center and clutch the hand of a different person in each hand. The group is now officially a "human knot." The goal is to untangle the knot without anyone letting go, and forming a proper circle. This game promotes group cooperation and laughs, as well as a sense of achievement.

Active Games

These games and activities involve plenty of action and movement, best suited for outdoors or a large hall.

Races and Relays

Charade Relay

Equipment: none

Group: 2 or more groups with 4+ participants (if a leader can be assigned to each group)

Groups sit in semicircles in opposite corners of the playing area; the leader stands in the middle. On the leader's signal, one person from each group runs to the leader, who gives them the name of a movie, book, TV show, etc. They run back to their group and silently act out the title using basic charade rules. When someone guesses correctly, he/she runs to the leader for the next title. The winning group is the first to complete all the titles. Note: a leader (maybe a CIT or older child) needs to be assigned to each group to ensure the rules are being followed.

Variation: Instead of charades, the group could be given paper and pens to illustrate clues. Animals, buildings, and things will be easier to draw in this case.

Automobile Relay

Equipment: none

Group: 12+ participants

Divide the group into teams of six. Have them line up behind preset markers, with a subsequent marker for each team 50 to 75 feet away. Participants are numbered from one to six. Explain that each number signifies a different car.

All the 1s are cars running properly. Their task is to simply run around the opposite marker and back again, to tag the 2s.

All the 2s are cars with a flat tire. They must hop...

All the 3s have a broken clutch, taking two steps forward and one step back the entire way.

All the 4s have run out of gas. They are pushed by the 5s.

All the 6s have a stuck horn and accelerator. They whiz along with horn honking the entire way.

The first team to complete the relay with all cars parked in a straight line behind their marker wins.

Octopus

Equipment: none

Group: 12+ participants

Choose an area about half the size of a basketball court and designate opposite boundary lines. Choose one or two people from the group to act as octopi, standing in the center of the court. Everybody lines up behind one of the boundary lines. An octopus yells, "Go!" and everybody dashes from one end to the other, trying to avoid the tag of the octopus. If tagged, the person becomes a jellyfish, frozen at the spot of tag and only able to move their arms. They assist octopi in tagging others running back and forth. The last free person wins.

King's Treasure

Equipment: treasure (sock/ball/candy)

Group: 8+ participants

Someone is elected King, and stands facing the wall at one end of the playing area, with the "treasure" at his/her feet. The group stands at the other end—approximately 25 feet away. Participants must sneak up to the King, grab the treasure, and race with it back to the starting line. The group must be careful, however—the King can turn around every few seconds to look at the group. Anyone he/she catches moving are sent back to the starting line to begin again. The winner is the first person to carry the treasure safely past the starting line.

Pirate Ship

Equipment: none

Group: 8+ participants

Participants imagine they are on a pirate's ship. Under the supervision of a mean pirate king they must perform certain duties. The pirate king stands at end of the room and calls out commands. The last person to comply with each command is out. Commands may include:

- Port! (Group all runs to left side of room/field)
- Starboard! (Group run to right side of room/field)
- Scrub the deck! (On hands and knees, pretending to be cleaning deck)
- Salute the captain!
- Man overboard! (Jump up and fall down)
- Climb the mast! (Climbing action)

Add any additional commands you find appropriate.

Pass the Orange

Equipment: an orange for each team

Group: 2+ teams of 6 to 15 participants

Teams form straight lines. The person at one end of each line holds an orange under his/her chin. At the leader's signal, the person passes the orange from his/her chin under the next person's chin without using any hands. The winning team is first to successfully pass the orange down the line. A dropped orange or use of hands requires a team to start over.

Are You Dizzy?

Equipment: a baseball bat for each team

Group: 2+ teams of 6 to 15 participants each

Teams form straight lines. Bats are placed about 40 feet from each team. One by one, team members run to the bat, place it firmly into the ground, touch their forehead to the top of the bat, rotate around five times, and run back to the front of the line, tagging the next in line. The winning team is first to have everybody complete the challenge.

Hide, Seek, and Tag Games

44!

Equipment: none

Group: 8+ participants

One person is elected "It". This person stands at a designated home base (i.e. tree or flagpole) and counts to 44, while everybody else hides within a specified boundary. "It" then attempts to seek out participants without straying too far from home. If "It" sees somebody, he/she calls out "44—I see...Troy...behind the fence." If correct, he must run home before "It" tags him. If he doesn't make it, he becomes a prisoner and must stand on home base. Other participants can free Troy by running to home without being caught by "It" and yelling out "44, I free all!" The game is over when everybody's a prisoner or someone frees a prisoner. "It" then changes.

Sardines

Equipment: none

Group: 4+ participants

One person is selected to be "It." "It" hides somewhere within a preset boundary, while the rest of the group counts to 50. The group separates and seeks "It." If someone finds "It," instead of announcing this, they join the hiding spot. Everybody in the group has to find the hiding spot. Great fun is had as more and more people crowd into the hiding spot. The last person to join the crowd is "It" for the next game.

Chain Tag

Equipment: none

Group: 8+ participants

One person is elected "It." Players run within a preset boundary, trying to avoid "It." If tagged, a player joins hands with "It" to form the start of a chain. All tagged players join the chain, and help catch those remaining. The last person caught is the winner, and the game begins with a new "It".

Cat and Mouse

Equipment: none

Group: 6+ participants

Somebody is chosen to be the cat, and the rest are mice. Mice take positions around the room, leaving space between each other. These mice are "in their holes." One mouse is chosen to start the game. At the leader's signal, the cat chases the mouse. To become safe, the mouse must push another out of its "hole." This mouse then becomes the cat's prey. When the cat catches a mouse, they swap roles, and continue the game.

Scarecrow Tag

Equipment: none

Group: 8+ participants

One person is selected to be "It." He/she chases the others around a preset boundary, attempting to tag them. Once tagged, a person must stand on the spot with arms and legs out. To become free, the "scarecrow" must have another player crawl through his/her legs. The game finishes when "It" has tagged everyone. Swap the "It" every few minutes to maintain enthusiasm.

Variations: There are hundreds of variations of tag games. Ask campers for suggestions.

Dragontails

Equipment: socks, cones to make a boundary

Group: 8+ participants

Each child takes his/her socks and ties them together. They tuck one end in the back of their shorts (make sure they don't tie it to their shorts or underwear). The other end must hang down around the back of their knees. The game is easy. At your signal, each child must capture the tail of another child. To do this, they grab the end of another child's tail and pull it free. The child who has lost his/her tail collects it and sits on the sideline to watch the rest of the game. The object is to be the last one with a tail. Note: Players are not allowed to touch, hold, grab, or tackle each other. They are not allowed to sit down, hold on to their tails, or run around the boundary.

Quiet/Passive Games

Lonely Ghost

Equipment: none

Group: 6+ participants

*Please note that because of the mature subject matter of this game, it should not be played with younger campers.

Group sits or stands in a circle with eyes shut. The leader walks around outside of the group and quietly taps someone to signify that he/she is the murderer. Everyone then opens their eyes and sits quietly looking around the circle. Whenever the murderer makes eye contact with someone and winks, that person must stage a dramatic death. The group's aim is to identify whom the murderer is before he/she kills everyone. Anyone who thinks he knows the murderer's identity may guess, but if he/she is wrong, he/she dies.

Honey, I Love You

Equipment: none

Group: 6+ participants

Group stands in a line (or sits in a circle). One person is selected as "Honey". "Honey" chooses anyone from the group and stands in front of him/her. Honey says "Baby, I love you. Won't you smile?" Baby replies, "Honey, I love you, but I just can't smile." If Baby does smile, he/she becomes Honey and repeats the actions. If Baby doesn't smile, Honey must pick someone else.

This is a fun game and it is very difficult NOT to smile under these circumstances.

Are You Coming to the Party?

Equipment: none

Group: 8+ participants

Group sits in a circle. The leader tells players that he is going to a party and would like them to come. However, they can only bring something she agrees to. Note: the leader decides on a "rule" without telling anyone (i.e. items beginning with "A," items beginning with the same letter as the person's name, items of a certain color, etc.). For this example, let's imagine the leader has decided that people must bring something starting with the letter "P". He/she starts by saying, "I'm going to a party, and I'm bringing pancakes." The next person might say something like, "I'm going to a party, and I'm bringing grapes." The leader would say "I'm sorry, you can't come." Perhaps the next person would suggest bringing prunes—the leader would say that this person could come. Continue around the circle until everybody figures out the rule. With each turn, the leader must bring something different (e.g. the next turn the leader has, he would have to bring something other than pancakes.)

The Camp Cat

Equipment: none

Group: any number

Group sits in a circle. The first player starts by saying, "The camp cat is . . . awesome", or any other adjective starting with "A". The next person repeats this and adds an adjective starting with "B". "The camp cat is an awesome, beautiful cat . . ." The game continues with each person reciting what came before and adding an adjective starting with the next letter. Challenge the group to complete the whole alphabet. Prompting will be necessary for younger children.

Secret Phrase

Equipment: none

Group: 4+ participants

Group is divided into pairs. Each pair is quietly given a secret phrase by the leader.

Examples: I always catch the bus to school.

It was so cold, I thought my fingers would fall off!

I ski with a pink scarf.

Pairs are then given a few minutes to prepare a story containing the phrase. The group comes back together and each relates the story to the group. The group attempts to identify the secret in each story. Anyone correctly guessing, or any pair successfully disguising their phrase may receive a prize.

Trust and Team-Building Games

The following activities are designed to help develop a cohesive cabin based on cooperation and problem solving. Along with recognizing the need for cooperation within a group, it is hoped that each individual will have an improved self-image as well.

Roll

Equipment: none

Group: 10+ participants

A group of similar size people stands in a tight circle shoulder to shoulder. One person is elected to stand in the middle. The elected person crosses her arms over her chest and closes her eyes. She makes her body rigid and keeps feet planted firmly in one spot to allow herself to be gently pushed around the circle by the other participants. Some people will find it difficult to fall even a few centimeters into someone's arms—make sure that everyone present is about the same size and able to participate safely. This activity is a good way to build enough trust to lead into "trust falls."

Trust Walk

Equipment: blindfolds

Group: 3+ participants

Blindfold all the campers but one. Have them hold hands in a line. The one without the blindfold will lead them, communicating instructions about logs, hills, low branches, etc.

Variation: Divide the group into pairs. Blindfold one person in each pair and have their partner lead them around for a few minutes (only if partners are mature enough to do this safely). Leaders should identify an object as their destination, and allow the blindfolded partner to feel the object, and return to the start point. Take the blindfold off and see if the person can identify their route and the object they felt. Swap roles and repeat.

Blob

Equipment: rope

Group: 5+ participants

The group must walk within a loop of rope so as to move as one person. It builds teamwork to get them moving the same way at the same time. Try this over different terrains and see if they work together as a group.

Team Games

These games generally last more than 30 minutes and work well as an evening program activity.

Capture the Flag

Equipment: 2 flags (socks/hats/bandannas)

Group: 2 teams, 8+ participants on each

A large, open area or field is needed for this game.

Divide the group into two teams, and the field in half. Designate each team a half of the field as their home area. Give a flag to each team and give them time to find a good place to put it in their home area. Teams also must decide on a jail area and a jailer, flag guard, and other tactics. The aim of the game is for each team to invade the enemy's area, steal their flag, and then take it back over into their home area without being tagged and jailed by the enemy. Once a player crosses into enemy territory, he/she can be tagged and jailed. To be set free, a teammate must invade the enemy camp and tag the prisoners in jail without being caught. The first team to successfully cross into home territory with the enemy's flag wins. Successful teams are often those who have a plan of attack: designated defenders, attackers, decoys, etc.

Snipe Hunting

Equipment: All participants need to bring their own "magic" stick and plastic bag or pillow case.

Group: 4+ participants

This activity places a lot of emphasis on the leader's ability to tell a convincing story. Add your own bits and pieces. The main thing is to be really enthusiastic and get your campers excited about the "hunt."

Have the group gather round in a tight circle and explain that what you are going to tell them is top secret. Check that everyone has a magic stick, and begin the story. This is one version of the story—be creative and alter it to fit your camp traditions, location, etc.

"A boat from a far away and mysterious place has recently wrecked on the coast not too far from camp. Secret sources have let me know that magical creatures, the Snipes, were on board. Some of the Snipes are lost in the woods around camp. Snipes are friendly and caring creatures; they want to go home but won't leave their lost friends alone here. King Snipe has requested that we

help in finding his lost comrades. Magic sticks will help you locate the Snipes—only if you truly believe! There is no accurate description of Snipes, because they are visible only to those who find them. But, if YOU find one, YOU will know what it is."

Once the story is told, have the campers help you in chanting for the Snipes to come out. Make up chants and rhymes for the campers to use in the search. It is now time for the campers to go search for the creatures within set boundaries. Arrange to meet back at designated time to hear about each other's finds, and set the Snipes free together.

This game works unbelievably well, especially with younger children if you can commit them to the search. Tactics include having other counselors "see" or "hear" Snipes nearby, and rush off in pursuit. Kids come up with all sorts of things in their bags, from frogs to dirt to lizards. This activity is great for tiring kids out after a long day!

Ultimate Frisbee

Equipment: 2 teams, 1 Frisbee, 4 cones to mark goals

Group: 8+ participants

The object is to advance the Frisbee up field, player to player, past the opponent's goal. You keep possession as long as nobody drops it. If they drop it, or if it is intercepted, it becomes the other team's. To score a goal, one of your team members must catch the Frisbee past the goal line. The Frisbee comes back to the center line to restart. Children are NOT allowed to touch, hold, grab, or tackle each other when going for the Frisbee. The game is played similar to soccer.

3-Team Soccer

Equipment: 2 soccer balls, 6 cones to mark goals

Group: 12+ participants, split into 3 teams

Same rules as normal soccer. The only difference is that you split up into three teams with two soccer balls and three goals.

Cabin Chats

Cabin chats are times for your campers to express their feelings, interests, and opinions without being inhibited—and without fear or ridicule. Be supportive and encouraging. Forbid other campers from belittling the contributions of cabin mates. This is a great opportunity for everyone to be involved in cabin life.

A good time for cabin chats is just before lights out. It can quiet your campers and prepare them for bed. It gives closure to the day and allows campers to get closer to you and each other. Be sure to include everybody. **Avoid any discussions about drugs, sex, staff relationships, or any other inappropriate topics.** When done correctly, cabin chats are a great way to involve everyone in the cabin and as a counselor learn more about your campers. Some ideas for cabin chats:

1. Discuss the events of the day. What was your favorite part of the day?
2. Have you ever been to another country? Where? Where's your favorite place you've ever visited?
3. Goal setting. Why do we do it? What is the value of goal setting? (A good one for the first night of camp.)
4. Qualities of a leader.
5. Your ideal role model.
6. Proper ways to treat people.
7. Fair play. What does it mean and why is it important to "play fair."
8. The environment. What issues do we face locally and globally? What can we do?
9. Respect. How do we show it? Why should we respect each other?
10. If you were stranded on a desert island, what five items would you want to have with you?
11. Friendship. How do we make friends? How do you be a good friend?
12. What period of history would you most like to have lived in (past or present)? Why?
13. Life in 2050—what will it be like?
14. What are your career plans?
15. If you could save one animal from extinction, which would it be? Why?
16. What is the best movie you have ever seen?
17. If you could be any animal, what would you be?
18. What leisure activity do you enjoy most?
19. What is your most prized possession? Why?
20. What is one of your favorite camp memories?
21. Choose one word to describe your life at this point.
22. Where is your favorite place in camp?
23. If you could invent anything, what would it be?
24. If you could have five wishes, what would they be? Why?