



Calm, Cool, Collected Campers: Ongoing Reflection Discussion Prompts

- 1. Using strengths and interests to motivate and support self-management.**
 - a. Think of a camper who is struggling to participate in camp activities or self-manage. What are their strengths and interest? How are we using these strengths and interest to motivate this camper? To support self-management?

- 2. Calming and mindfulness exercises to use at camp.**
 - a. When and how have we incorporated calming or mindfulness exercises into our daily routines? How is it going? What could we do to support?
 - b. Are there additional opportunities for practicing these skills?

- 3. Creating retreat or safe spaces.**
 - a. When and how can campers who need it ask for and take breaks during the camp day?

- 4. Using visuals to support and teach self-management and de-escalation.**
 - a. How are we using visuals to communicate? How could we improve?
 - b. What visuals could we create specifically to support and teach strategies for managing difficult feelings and using calming strategies?