



CAMPOPEDIA RESOURCE

Supporting Campers with Anxiety

AUTHOR(S):	Natalie Rothstein
SUMMARY:	This training will help participants understand signs of anxiety versus other emotions in campers. The session will also provide tools for supporting campers that experience anxiety.
TOPIC(S):	Anxiety, Mental Health
LEARNING OBJECTIVE:	Participants will leave the session feeling they have a better understanding of how to recognize anxiety in campers and how to support those campers.
AUDIENCE:	Camp staff members
TIMING:	30 minutes
APPENDICES:	Tools for Supporting Anxiety Handout, Anxiety Scenarios for Facilitator
MATERIALS NEEDED:	None
SET-UP DETAILS:	Room with participants sitting in a circle or in rows (dependent on group size).



SESSION TIMELINE & OUTLINE:

Outline- 30 minutes

- Welcome and Introduction – during this time, allow an opportunity for quick intros if necessary and share the session goals (2 minutes)
 - Session goals:
 - Identify signs of a camper experiencing anxiety and when to utilize camper care team.
 - Provide approachable and appropriate tools for supporting campers with managing anxiety.
- Identifying Anxiety in Campers – during this section of the training, the facilitator will share information with participants about identifying campers with anxiety versus other emotions- there are bullet points on the handout for participants to have (13 minutes).
 - Defining anxiety: share the information included on the first page of the handout (definitions and misconceptions) and discuss the bolded parts as important takeaways.
 - Activity: the facilitator will share scenarios that are either anxiety or other similar emotions and help the participants identify which it is. Depending on the group size, you can have participants guess or give them a chance to think about it and write down their answer and then share the correct answer.
 - Debrief with a few questions about why people chose which answer.
- Tools for Helping Campers Manage Anxiety - go over the list of tools on the handout with participants. Read through each tool, allowing for questions as you go. When you come to the breathing exercises, lead the group through the two breathing exercises. If there's extra time, have the participants run through role plays using the tools. (13 minutes)
 - This activity will provide 5-8 tools including:
 - Helpful language
 - Breathing and relaxation techniques
 - Appropriate questions to ask
 - Preparation and prevention ideas
- Closing - give participants an opportunity to think about one thing they learned during the session. Provide an opportunity for any final questions (2 minutes)

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

This is a great session for staff training. Revisiting the tools at staff meetings throughout the summer is a great way to remind staff of the toolbox they gained during this session!