

1. What are some moments at camp you can reflect on where you have felt depleted (low energy, in need of care?)
2. What are moments at camp where you have felt replenished?
3. When you are at camp, at home, or at school, what gives you energy?
4. When you are experiencing a moment of depletion (low energy, frustration, etc.), what would it look like for you to acknowledge it? How might you remind yourself that you might need some self-care?
5. Who (if anyone) do you, or who would you like to turn to when you are experiencing moments of depletion? Who (if anyone) do you like to share with when you are experiencing moments of energy?
6. What relaxation tools do you already use at home or at school that you might incorporate into your self-care activities for the summer?