

ON CAMP DAY OFF IDEAS AND CONSIDERATIONS

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OVERVIEW

CONCERNS AND SOLUTIONS

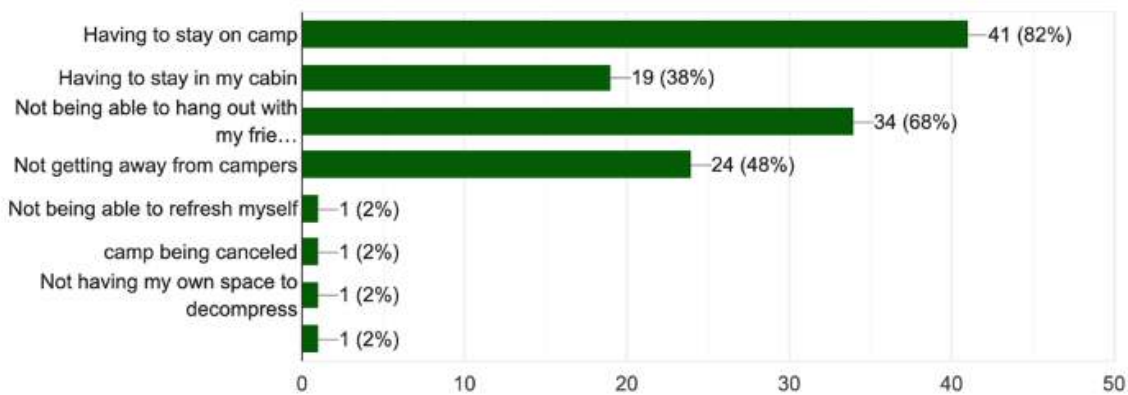
MENTAL HEALTH CONSIDERATIONS

DAYS OFF THROUGH A JEWISH LENS

SURVEY

Which of these do you foresee being an issue for days off in summer 2021?

50 responses



1. HAVING TO STAY ON CAMP

COST FREE OPTIONS:

- Staff “taking over” camper activities (ex. After lunch on Tuesdays the water front is open to staff a time off)
- Karaoke
- Staff Game Night
- Pool/beach party
- Sports tournaments

COST OPTIONS:

- Catering/food truck
- Silent disco
- Paintball/laser tag on camp
- Drive-in Movies
- Airbnb rentals
- Renting out venues (bowling alley, restaurant, etc)

2. "NOT BEING ABLE TO HANG OUT WITH MY FRIENDS"

COVID SAFE WAYS TO SPEND TIME WITH FRIENDS

- ❑ Outdoor fire pits
- ❑ Nature hikes
- ❑ Picnics with staff from other cabins
- ❑ Night time staff only programs
- ❑ Designated space only for staff (staff lounge or outdoor area)
- ❑ Staff barbeques
- ❑ Off period/day off request forms
- ❑ Sports and outdoor equipment being readily available
- ❑ Staff tie dye!

3. NOT BEING ABLE TO GET AWAY FROM CAMPER/ HAVING TO STAY IN THE CABIN

- ❑ Daily schedule of when camper areas are open for staff
- ❑ Additional off periods
- ❑ Out of camp covid safe spaces (parks, beaches, rented out venues)
- ❑ Utilizing empty cabins or spaces not being used for staff
- ❑ Rotation of staff time off during meals and rest hour

MENTAL HEALTH CONSIDERATIONS

WAYS TIME OFF IMPACTS STAFF MENTAL HEALTH:

- ❑ Relaxing
- ❑ Time for self/away from campers
- ❑ Recharging/reset
- ❑ No responsibility
- ❑ Break from negative situation- difficult campers/cos/supervisor etc.

TIPS FOR HELPING STAFF MAKE THE MOST OF THEIR TIME OFF:

- ❑ Healthy mind platter
- ❑ Having sessions about Coping mechanisms both on a day off and during normal camp schedule (understanding the role of drugs and alcohol during a day off and how to replace it)
- ❑ Incorporate mental health benefits into day off options

HEALTHY MIND PLATTER:

<https://jewishcamp.org/healthymind/>



SELF-COMPASSION EXERCISES

<https://positivepsychology.com/wp-content/uploads/3-Self-Compassion-Exercises-Pack.pdf>



LOOKING THROUGH A JEWISH LENSE

MENUCHAH

“A REST OF LOVE FREELY GIVEN, A REST OF TRUTH AND SINCERITY, A REST IN PEACE AND TRANQUILITY, IN QUIETUDE AND SAFETY.”

- How can staff incorporate these concepts in their days off?
- How can camps set up days off to include these ideas?

KEY TAKEAWAYS:

- Staff's Main Concerns
- Mental Health Implications
- Time off through a Jewish lens
- Creating solutions based on concerns
- Positive coping mechanisms and productive time off trainings
- How can Jewish values inform staff time off?

CREDITS

For more information about

The healthy mind platter: <https://jewishcamp.org/healthymind/>

Positive coping Mechanism:

<https://positivepsychology.com/wp-content/uploads/3-Self-Compassion-Exercises-Pack.pdf>

Shabbat and rest through a Jewish lens:

<https://www.myjewishlearning.com/article/shabbat-rest-and-renewal/>