

SOCIAL EMOTIONAL SKILL BUILDING

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THE WHY:

SOCIAL EMOTIONAL SKILL BUILDING FOR YOUNG CAMPERS

SOCIAL EMOTIONAL COUNSELOR AWARENESS ACTIVITY:

The purpose of this portion of social emotional skill building for young campers is for their counselors to model and normalize mental health. Often, many campers get the idea that their counselors are perfect.

This activity, which is to be hung in a well seen area of the cabin (ex: bathroom stall), is meant to show campers and remind counselors that all emotions are normal. This is also the start for the youngest campers to gain self-awareness, begin regulating their own emotions, gain perspective and begin problem solving. This is also a positive activity for newfound co's as they will get to know each other on a deeper level and hold themselves and each other accountable for their emotions and expressions when working with the campers. .

SOCIAL EMOTIONAL POSTER FOR YOUNGER CAMPERS:

The purpose of this portion is to allow young campers to attach what they may be feeling to an action they can do to help. Many times with young campers, they do not know how to emote exactly what they are feeling or exactly how to feel the emotion.

This poster which could be hung in bunks and/or around camp, provides campers a visual way to look at ideas in ways to build their social-emotional coping. The poster emphasizes that it is okay to feel different things at camp, and that there are different ways you can help yourself and do self-care.

Counselor Activity

COUNSELOR NAME:

WHEN I FEEL OVERWHELMED I.....

IT'S OKAY TO FEEL...
SAD OVERWHELMED ASHAMED
NERVOUS SCARED HAPPY
TIRED EXCITED STRESSED
BOTHERED SURPRISED
YOU CAN.....

STRETCH READ A BOOK
LISTEN TO SOME MUSIC/SING A SONG **DRAW**
TAKE A WALK TALK TO A COUNSELOR OR FRIEND
TAKE QUIET MOMENT TO YOURSELF
TAKE A DEEP BREATH SLEEP AT REST HOUR
WRITE IN A JOURNAL
DESCRIBE HOW THE GROUND FEELS UNDER YOUR FEET
WRITE A LETTER HOME **COLOR**
LISTEN TO NATURE PLAY A GAME
THERE IS ALWAYS SOMETHING YOU CAN DO