

### Inside Out Self-Care, *Evening Experience*

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<b>SUMMARY:</b>	In this session we will learn how to address the most common barriers that prevent campers from feeling safe and comfortable outside or in tents, and discover new ways to foster a sense of calm and inspiration during starlit nighttime experiences.
<b>ABC GOALS:</b>	<p><b>Affective:</b> Participants will feel...</p> <ul style="list-style-type: none"> <li>• Excited to spend time outdoors with campers</li> <li>• Confident in their ability to create a comfortable overnight environment</li> <li>• Safe and comfortable in an evening outdoor experience</li> </ul> <p><b>Behavior:</b> Participants will be able to...</p> <ul style="list-style-type: none"> <li>• Build and tend a campfire</li> <li>• Cook good food over an open fire</li> <li>• Address most common camper complaints about outdoor activities</li> </ul> <p><b>Cognitive:</b> Participants will know...</p> <ul style="list-style-type: none"> <li>• How to strategically use nature experiences to foster cabin community</li> <li>• What to pack for a successful outdoor overnight</li> <li>• How to create opportunities for self-care outdoors</li> </ul>
<b>AUDIENCE:</b>	Ideal for a cabin size group (12-15 participants)
<b>TIMING:</b>	75 minutes
<b>APPENDICES:</b>	Star Chart Group Dyadic Encounter
<b>MATERIALS NEEDED:</b>	<p>Tents Flashlights (or electric tea lights) Bug Spray Starlore Stories or Constellation maps (StarWalk is a great app) Binoculars or telescope</p> <p>Food Item (optional)</p> <ul style="list-style-type: none"> <li>• Campfire Cookware (kettle, cups, plates, frying pan)  </li> <li>• Campfire Recipes</li> <li>• Tea or Hot Chocolate</li> </ul>

### SET-UP DETAILS:

### SESSION TIMELINE

- 00:00-00:05 - Introductions, setting group norms
- 00:05-00:20 – Learning how to get a camp fire started and identifying barriers
- 00:20-00:25 – “Darkest Dark” book
- 00:25- 00:35 - Constellations and tea lights
- 00:35- 1:00 – Enjoying tea and campfire cooking with small group dyadic question conversations
- 1:00 – 1:15 - Making a packing list – what ideas or items would you bring back from this session to do an amazing camp-out at camp?

### RAIN PLAN

- Plastic campfire or Flashlight Campfire
- How to make the best of rain

In the event of rain, you can shift the program to deal specifically with how to deal with rain when camping. Most of the activities in this workshop will work in a tent, but you could add things like card games, mad libs, or other in-tent activities.

Setting flashlights together, pointed towards the top of the tent is a great way to do an indoor campfire. You can even use this strategy in a cabin.

### SESSION OUTLINE:

00:00-00:05 - Session leader introduces session topic and leads group in a round of introductions (name, pronouns, camp, explain one thing that prevents kids from feeling safe and happy outdoors)

00:05-00:20 – Participants gather kindling, and learn how to build and start a campfire, while they discuss the barriers that they identified and brainstorm solutions. (The facilitator can boil water on the fire to make tea at the end of the session while participants discuss)  
Some examples of barriers and solutions include:

- I don't like bugs – bring extra bug spray
- Kids get cold – bring extra blankets

00:20-00:25 – Read aloud – The Darkest Dark  
This book talks about childrens' fear of the dark. It can be used as a way to discuss the other parts of a camp-out that can be scary for kids.



## CORNERSTONE 2022 RESOURCE

00:25-00:35 – Using a star chart or app as reference, the facilitator will make different constellations with tea lights. Participants will use binoculars to try to identify the constellations that were modelled with tea lights.

00:35-1:00 - Making a packing list

Ask participants what ideas or items would you bring back from this session to do an amazing camp-out at camp? What tools/books/supplies might you need in order to create a comfortable environment outside?

1:00–1:15 - Debrief

What was the best part of your experience

Where did you feel a challenge?

What are the best ways for us to make sure campers feel comfortable in the outdoors?

### **BRINGING IT TO YOUR CAMP:**