

IN THE CITY CAMPS SESSION 3

Applying What We've Learned to Working with Campers

Big Idea: Campers have strengths, and we can help them to build/reinforce their strengths.

Goal of session:

Staffers will be able to recognize and nurture strengths in themselves and in others.

Objectives:

Staffers will be able to:

- identify multiple character strengths in others;
- apply their understanding of character strengths to respond to campers;
- employ strategies to turn character strengths into behaviors; and
- practice using and recognizing their own character strengths.

Set up for Session 3:

- Smartboard or computer/projector with screen.
- Butcher paper with character strengths displayed.
- Post-its (2/participant).
- Menti for Noticing and Using Character Strengths.

Participants will need:

- Participant Packet and pen.
- VIA Character Strengths chart.
- Results of their VIA survey.
- Smartphone for Menti.

Order of Sections:

- Opening: Follow up on homework
- Building Awareness of Character Strengths
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- Helping Others Build Their Character Strengths
- Noticing and Using Character Strengths
- Closing

Opening: Follow up on homework (5 minutes)

Welcome participants.

Direct participants to look at what they wrote on page 8.

Facilitator Script: *Think about how you described what growth would look like for you.*

Invite participants to post 2 character strengths they would like to grow/build on butcher paper around the room.

Facilitator Script: comment on the strengths that are common and different. Underscore that we have unique strengths, and that we can all work on developing these strengths.

Building Awareness of Character Strengths (10 minutes)

Facilitator Script: *You have more than one strength. Everyone does. Part of the problem for the characters in “Encanto” was that they saw themselves as having only ONE strength. Mama’s gift was that she could heal with her baking, but she was also a loving person. Bruno’s gift was seeing the future, but he also really cared about his family.*

If I only see one strength in myself, I can become stuck there. So if I think that being smart is the most important part of me, where is there room for me to be kind or funny?

Strengths can support each other. For example, your Kindness and Generosity superpowers can be linked. Think about how your signature strengths support one another. Turn to your neighbor and describe how 2 of your signature strengths support one another.

After a couple of minutes, ask for a few volunteers to share.

Facilitator Script: *We know that strengths grow as we pay attention to them. When I notice I’m being generous, for example, I’m more likely to feel good about my generosity and to do more of it. When I notice my sense of order, it will also bring me pleasure and growth. We can actually grow our strengths by watering and feeding them – like plants!*

We can also nurture character strengths in others. *But the first step is to recognize their strengths. There’s a lot about what I talk about that shows my strengths. If I comment on the color of the sky, I’m telling you that I appreciate nature or beauty. And if you see that I try over and over again to perfect a skill, I’m showing you that I have great perseverance. I can see how strong you are by looking at your muscles, I can see your character strengths by looking at your behavior and listening to your speech.*

Facilitator Script: name a strength, such as Curiosity or Honesty (or any strength you like) and asks participants to think about how they might notice that strength in another person.

Divide the group into bunk groups for about 5 minutes. Ask groups to discuss and write responses to the questions on page 9 of their packet.

Bring everyone back together. Call on volunteers to share how they can see strengths in others and how they might expect to notice strengths in campers.

Helping Others Build Their Character Strengths (10 minutes)

Facilitator Script: Once we recognize someone's strengths, we can help them to grow their strengths. When someone comments positively on your actions or attitude and you believe them, it makes you feel good and more likely to act that way in the future. It might seem manipulative, but we can SLOWLY help people to become their best selves! And we do it all the time! And all competent adults act in ways that might seem manipulative at times – I don't ask my boss for a raise or my mom for a ride if she's in a bad mood; I compliment people I want to have like me. That's just smart and socially aware.

It's much harder to impact people through criticism. They often feel we simply don't like them or don't understand them. To successfully nurture others' character strengths, we need to do so in a supportive and positive manner.

It is also important to remember that everyone has multiple strengths and that these strengths complement and strengthen each other.

Think of someone you know, perhaps a friend or a sibling. Now, think about their different character strengths and what might you say to them to build their sense of having multiple strengths.

On page 10 of your packet, record ideas about what you might say to them.

Allow participants time to record their ideas. Have people share with those sitting next to them what they wrote.

Facilitator Script: As I mentioned, once you recognize another person's strengths, you can help turn those strengths into behaviors.

Noticing and Using Character Strengths

Facilitator Script: We will now have a chance to practice noticing and thinking about how we can leverage character strengths. We're going to look now at a couple scenarios depicting camp situations. You will think about your and the camper's character

strengths, how you both might use your strengths in this situation, and how you can help the camper turn that strength into a behavior.

Have participants meet with their bunk group. Direct half the group (Group 1) to open to page 11 and the other half (Group 2) to open to page 13 in their packet.

Explain that they will have about 7 minutes to meet as a group, to read the scenario, and to respond to Questions 1-5.

After all groups meet, bring everyone back together. Read Scenario 1 aloud. Invite everyone in Group 1 to post the strengths they saw in the camper in a Word Cloud. (Create a [Word Cloud](#) on Mentimeter.) Ask all participants to look at the Word Cloud and ask what they notice.

Invite one volunteer from each group to share their responses to Questions 1-5.

Consider:

- Which of the camper's strengths could you encourage them to use?
- How might you do this?
- What might you say?
- How can your encouragement help to turn a strength into a behavior?

Now, go back to YOUR strengths.

- How can you use these right now?

Allow time for all participants to ask questions and to offer suggestions. This is an opportunity for staffers to think about how they could best handle a difficult situation.

Repeat this process for Scenario 2.

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Facilitator Script: Our strengths are always there when we're willing to look for them. It is important that we do this at camp — for ourselves, for campers, and for each other. Noticing and using your character strengths can help you to be happier and to be your best self. Likewise, when you notice your campers' strengths and help them build these strengths into behaviors, you can help them to be their best selves.

Homework: Direct participants to page 15 in their packet. Explain that they should write a paragraph in response to each of the questions on the page.

- What did you learn over these 3 sessions?
- What will you do with it?

The facilitator may want to reiterate to the participants that they should be affirming their campers' strengths in various ways throughout the summer as this affirmative stance will lead to behavioral change.

Remind them of the postcards that they filled out during session 2 and offer them strategies for using the postcards in similar ways with their campers.

Participants should tear out page 15 from their packet and submit their writing to the facilitator.