

3. NURTURING CULTURE AND SPIRITUAL LIFE

This section focuses on how the camp community consistently incorporates culture and spiritual life into everyday practices. It is about ways camp organizations can create spaces for processing, plan mindful scheduling, and incorporate resiliency skills into their programming.

This may look like⁷:

- Spaces to process
- Self-awareness activities
- Self-care time accounted for in schedule
- Practices to recognize and sanctify Shabbat
- Pajama breakfasts (for overnight camps)
- Spirit/dress-up days (for day camps)
- Communal gatherings
- Built-in moments woven through programming for reflection and processing
- Evening journaling
- Morning intention setting
- Facilitated cabin time

A central piece of nurturing culture is establishing routines and setting clear expectations and boundaries for campers and staff. When campers and staff know what to expect and what is expected of them, they feel more supported in the environment and can begin to engage in the experience differently.

Organizations do not need to do all of these things, but the goal is for camps to help campers and counselors to build life skills. It is about teaching campers and staff the ability to take space, reflect, learn a new skill, and grow. Then, when campers or staff find themselves in moments of stress, they can utilize the skills they have already learned.

Key questions to keep in mind:

- *Is camp programming proactively designed to help campers and staff build their toolkit to develop life skills and handle stressors/challenges?*
- *How does the physical space support the individual needs of current and potential campers and staff?*
- *Does the schedule allow for moments of reflection or skill-building in these areas?*
- *Do the spiritual teachings complement the skills you want campers and staff to build?*

⁷ Programmatic resources can be found in [FJC's Campopedia](#).