

# Happy Campers

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The most valuable thing  
children get from camp  
is...

- Find your partner.
- Discuss your answer, digging past “why”.

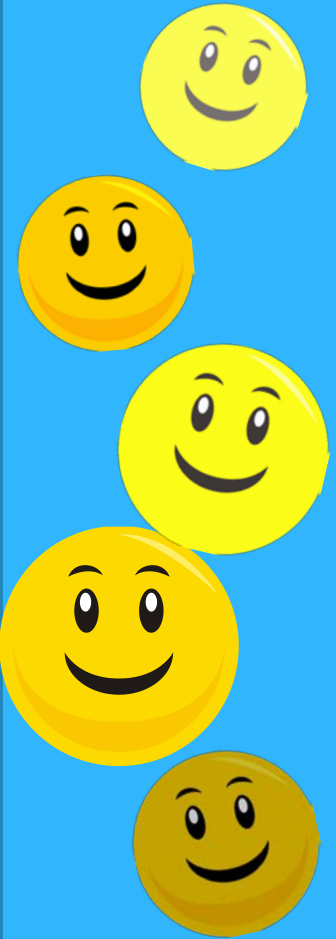


# The best laid plans are ruined by...

- Grumpy campers.
  - Emotional safety
  - Feeling good
- Grumpy teens.
  - Support and preparation
  - Feeling good
- Focusing on content instead of structure.
  - Planning too much.
  - Planning too little.
- Lack of balance between new and traditions.



# Emotional safety makes happy campers!



No inappropriate content

Behavior management

Cabin agreements

No religion

No forced individual attention

No embarrassing traditions

No teasing or put downs

No forced co-ed touching

A sense of belonging

# Feeling good makes happy campers!



Nature

Hydrated &  
nourished

Social groups

Enough sleep

Movement

Illness/ Injury  
prevention

# 9+ hours of sleep!



What prevents this from happening?

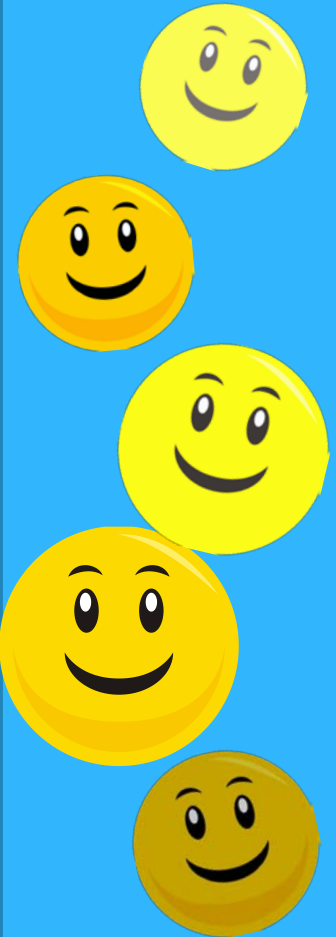
- Sleep not prioritized, this leads to:
  - Bad moods
  - Lack of recall/ memory/ learning
  - Lack of problem solving
  - Conflicts & discipline problems
  - Overeating
  - Stress
  - Poor emotion regulation = homesickness
  - Decreased immunity/ increased illnesses
  - Lack of interaction by teens



# 9+ hours of sleep!



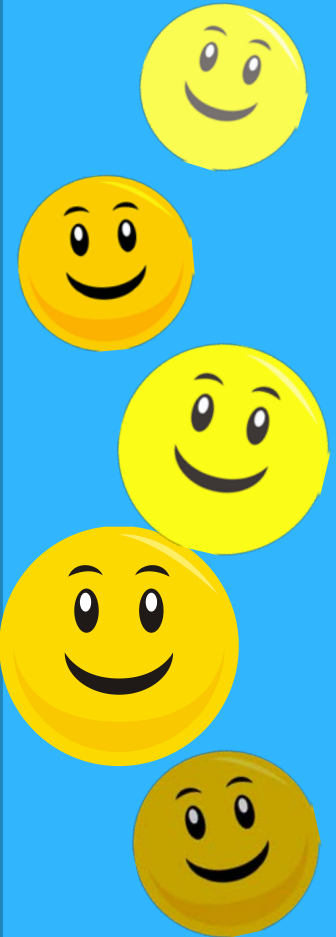
- Hyped up campers
  - No caffeine
  - Activities at the wrong times
  - Decompression /reflection time for “cabin” group
  - Decompression/ reflection time for the camper



# 9+ hours of sleep!



- Too much in the schedule
  - Forgetting nighttime & morning routines
  - Too many “must have” traditions/activities
  - Teen meetings late at night
  - Lack of follow through on curfew
  - No supervision at bedtime





# Structure and schedule

In groups of 4, write up a daily schedule that allows time for:

- morning routine
- shower time
- 3 meals, 2 snacks
- morning physical activity
- quiet rest time in the afternoon. List ideas.
- counselor meeting while campers are chaperoned and out of "cabin".
- Last activity of the night = calm. List ideas.
- bedtime routine (incl time for meds from nurse)
- Cabin decompression/ reflection time
- Individual decompression/ reflection time
- 9+ hours of sleep, with consistent bedtime



# Supported teens make happy campers!



Behavior  
management  
training

Realistic  
expectations

Back-up  
plans

Daily debriefs

Accurate and  
supportive  
feedback

Enough sleep