



Pre-Camp Guide for Week in the Forest

Welcome to **Week in the Forest**! This guide will help campers and caregivers prepare for a fun, safe, and meaningful experience at camp. Each of our **Golden Rules** is designed to create a supportive and welcoming environment. Below, we explain each rule with examples and conversation starters to help campers understand what to expect.

1. WE ARE FOCUSED ON THE LOVE OF JESUS

What This Means: Our camp is a place to learn about and celebrate Jesus' love. We show kindness, patience, and respect to ourselves and others.

Examples:

- We say kind words and encourage each other.
- If someone is feeling sad, we offer comfort and support.
- We take time to reflect during prayer or devotion time.

Conversation Starter:

- How can we show the love of Jesus through our actions at camp?

2. WE LISTEN AND FOLLOW DIRECTIONS

What This Means: Camp is full of exciting activities! To keep everyone safe and make sure things run smoothly, we need to listen carefully to our counselors and follow instructions.

Examples:

- When a counselor says it's time to gather for an activity, we stop what we're doing and join the group.
- If we're told to stay on the trail during a hike, we do so to avoid getting lost.
- If someone is giving directions on how to do a craft or game, we pay attention so we can participate fully.

Conversation Starter:

- Can you think of a time when listening carefully helped you learn something new or stay safe?

3. WE KEEP OUR HANDS AND FEET TO OURSELVES

What This Means: Everyone at camp should feel comfortable and safe. Being mindful of personal space helps everyone enjoy camp without worries.

Examples:

- Instead of grabbing someone's arm to get their attention, we say their name.
- If we're excited or upset, we use our words instead of pushing or pulling.
- During games, we play fairly and respect each other's space.
- To greet others, we use fist bumps, high fives and elbow bumps.

Conversation Starter:

- How can we show excitement or frustration in a way that respects others' space?

4. WE ARE PRESENT AND ENGAGED

What This Means: Camp is a time to enjoy the outdoors, make new friends, and try new things! Being present means paying attention to what's happening around us and participating in activities.

Examples:

- When we're at a meal, we focus on talking with friends instead of playing with objects.
- During a group activity, we cheer each other on and take turns.
- We enjoy nature instead of focusing on electronics or distractions.

Conversation Starter:

- What camp activity are you most excited about? How can you stay engaged during that activity?

5. WE ARE SAFE

What This Means: Safety is a top priority at camp! This means taking care of ourselves, following rules, and looking out for others.

Examples:

- We wear closed-toed shoes to protect our feet.
- We use sunscreen and drink water to stay healthy.
- If we see something unsafe, we tell a counselor right away.
- Sleeping.
- No over-eating.
- Showering.

Conversation Starter:

- What are some ways we can help keep ourselves and others safe at camp?

6. WE ARE HERE TO FORM LIFELONG FRIENDSHIPS

What This Means: Camp is a great place to meet new friends and create wonderful memories. We show friendship by being kind, inclusive, and supportive.

Examples:

- We invite someone sitting alone to join our group.
- We listen to others' stories and share our own.
- We respect differences and learn from each other.

Conversation Starter:

- What are some ways we can make new friends and help others feel included at camp?
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Final Thoughts

We are so excited for you to join **Week in the Forest!** By following these Golden Rules, we can all have an amazing time together. Caregivers, we encourage you to discuss these rules with campers and use the conversation starters to help them feel confident and prepared for camp!

See you soon for an unforgettable week in the forest!

