



# WELCOME TO CAMP BOGGY CREEK: BEYOND THE GATES

## Family Retreat Weekend

Thank you for joining us for our Beyond The Gates Summer Family Retreat Weekend! We are so excited to continue our virtual program this summer. As our campers and families always say, "Camp isn't just a place; it's a feeling that extends well beyond our front gates and exists within anyone who has ever been a part of our Camp community."

These virtual retreats will include both live, online sessions and offline activities. They are for the whole family to participate!

Included in this packet there is a schedule of the weekend, information about our virtual sessions, camp song lyrics and also offline free choice activities that can be done without a computer. The free choice activities are available to do whenever you get some free time this weekend or in the future. There are also some small puzzles and games to add even more fun. This packet is your guide to one incredible weekend!

The theme for the weekend is Aloha. In Hawaii, the word "aloha" has many meanings: love, compassion, and peace. Aloha also represents living in harmony with those around you with kindness and a feeling of grace. Greeting others with "aloha" goes beyond hello or goodbye; it extends with sincerity from the heart. This weekend at Camp Boggy Creek, we will be embracing aloha and expressing our love and kindness to each other.



As our founder Paul Newman once said, "You can leave Camp, but Camp never really leaves you." Thank you for continuing on this new exciting adventure with us this summer.





# HOW IT WORKS

We are excited to have virtual Family Retreat Weekends, bringing the fun and magic of camp right to your home! The weekend will take place Friday evening-Sunday morning. There will be both online and offline activities. As always with our family retreats, these Beyond the Gates: Family Retreat Weekends are for your entire family to participate together – parents/guardians and kids. Families will need internet access to participate in these virtual family retreat weekends.

There will be some parts of the weekend that are **online, live interaction** sessions using Zoom meetings. We will sing and cheer together, laugh together, and participate in some of our Family Weekend favorite activities. These sessions will include other retreat families, Camp Boggy Creek Program Team members, and weekend volunteers. Links to the Zoom meetings can be found in the body of the email that was sent to you.

These Zoom links are confidential and just for your immediate family attending the virtual retreat with you. Please do not share the links with anyone else. Other people will not be let in to the Zoom sessions.

There will also be optional activities that are **offline, Free Choice** suggestions, as well as additional ways to bring the Boggy Creek spirit to wherever you are. These games and fun can be completed at any time throughout the weekend when there is not a live session scheduled.





# ZOOM TIPS

Do you have questions about how Zoom works? We are here to help! On Friday evening at the Opening Campfire, there will be a brief "technology tips" segment to share information and practice the features we will use throughout the weekend. If you have additional questions, please reach out at any time.

Here are a few things to keep in mind during the family retreat Zoom sessions (we will be going over how to do each of these):



- Change your Zoom account name to your family's name.
- If you need a break: instead of leaving the meeting, mute your microphone and stop your video until you are ready to re-join the group. When you return, remember to start your video again so people can see you.
- Please arrive in waiting room 5-10 minutes prior to the start of the session.
- When you arrive in the waiting room, we will let you into the session right away (starting 10 minutes prior) and have activities until the session officially begins.
- If during the session you get kicked off or somehow lose connection, simply re-click the same link to get back into the session.
- Ensure that your device is plugged in or fully charged.
- You will be automatically muted when you arrive in the session. You will be unmuted with permission from the host. There also will be times the host will ask you to unmute yourself.
- Please keep in mind your background scenery. Keep in mind this is family camp atmosphere.
- Please make sure your lighting is bright so we will be able to see your family well.
- If you have questions during the call, put them in the chat and a staff member will answer; it's a public chat. To get to the chat box, click the chat icon at the bottom of your screen.

# SCHEDULE

Tentative schedule. It may change slightly, and if it does, we'll email you the week of the retreat.

## Thursday

6:00-8:00pm:  
Volunteer  
Orientation



## Friday

7:00-8:30pm  
Family Welcome  
and  
Opening Campfire



## Saturday

7:00-8:45am  
Breakfast



9:00-10:00am  
Saturday Morning Fun!



10:00am-12:00pm  
Free Choice Fun



11:00am-12:00pm  
(Optional)  
Parent/Guardian Chat



12:00-2:00pm  
Lunch Break



2:00-3:15pm  
Sing-Along  
and  
Family Game Time



3:30-4:15pm  
Oldest Camper Time



3:30-5:00PM  
Free Choice Fun



5:00-7:00pm  
Dinner Break



7:00-7:45pm  
Dance Party!



8:00pm  
Offline Parent Relaxation  
Ideas



## Sunday

7:00-8:45am  
Breakfast and  
Free Choice Fun



9:00-11:00am  
Morning at the Creek  
and  
Weekend Closing

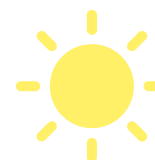


## Key



Online, Live  
Zoom  
meeting\*

\* Find the link to the Zoom meetings in the body of the e-mail this acceptance packet was attached to.



Offline,  
optional  
activity  
choices





# EXPANDED SCHEDULE

Tentative schedule. It may change slightly, and if it does, we'll email you the week of the retreat.

## Thursday

6:00-8:00pm: Volunteer Orientation

## Friday

7:00-8:15pm Family Welcome and Opening Campfire

It's time to get the retreat officially started! Join us for introductions, icebreaker games, songs, skits, and more!

## Saturday

7:00-8:45am Breakfast (offline)

Start the day with breakfast with your family as the retreat day begins.

9:00-10:00am Saturday Morning Fun

It's time for some Morning Aerobics, cheers, announcements, and an arts and crafts activity.

Arts and crafts links to help with the craft options we will share:

\*Origami Puppets & Flowers: <https://www.youtube.com/watch?v=rfkFoevKfF8&t=31s>

\*Decorating Candles: [https://www.youtube.com/watch?v=KajK\\_lscMV8](https://www.youtube.com/watch?v=KajK_lscMV8)

\*Create Your Own Campfire Craft: <https://www.youtube.com/watch?v=3oDf7aYIF2w>

Camp will also give you some more ideas and links of art and crafts you can make with only paper and something to draw with!

10:00am-12:00pm Free Choice Fun (offline)

Take a break from the computer by participating in a Boggy-inspired offline activity. Options are listed on pages 7-9, or create your own! Have fun!

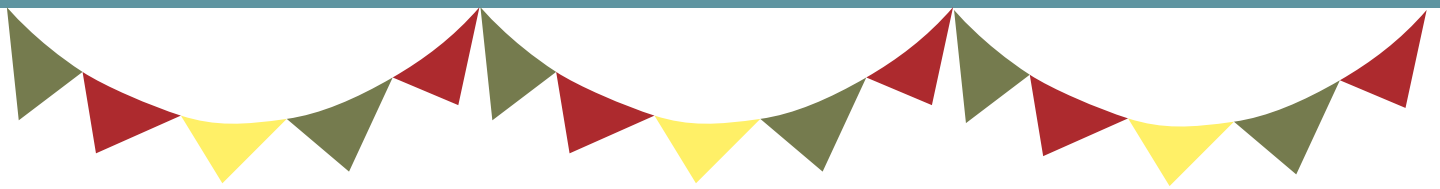
11:00am-12:00pm (Optional) Parent/Guardian Chat

Meet with other parents/guardians, some of Camp Boggy Creek's Medical and Programs team to connect and share with others.

Adults only at this session.

12:00-2:00pm Lunch Break (offline)

Enjoy a meal and some down time.



## EXPANDED SCHEDULE

\* Find the link to the Zoom meetings in the body of the e-mail this acceptance packet was attached to.

### Saturday, continued

#### 2:00-3:15pm Sing-Along & Family Game Time

Join us as we sing some Camp favorite songs together. Then choose from several fun, virtual group games to play with other retreat families.

#### 3:30-4:15pm Oldest Camper Time

Campers ages 14-18 years old are invited to get to know other oldest campers and choose how they spend this time together with game and conversation options.

#### 3:30-5:00pm Free Choice Fun (offline)

Take a break from the computer by participating in a Boggy-inspired offline activity. Options are listed on pages 7-9, or create your own! Have fun!

#### 5:00-7:00pm Dinner Break (offline)

Enjoy your dinner! At Boggy Creek, utensils are optional at dinner!

#### 7:00-7:45pm Dance Party!

Get ready for an awesome music and dance party! Costumes are encouraged!

#### 8:00pm (Optional) Parents' Offline Relaxation Ideas

At the end of the dance, we will provide links to relaxation videos for you to enjoy some quiet time. This retreat is for everyone, and we hope you take time to relax and care for yourselves.

### Sunday

#### 7:00-8:45am Breakfast and Free Choice Fun (offline)

Enjoy breakfast and participating in a Boggy-inspired offline activity.

#### 9:00-11:00am Morning at the Creek and Weekend Closing

It's time for Morning Aerobics and cheers. Then it's our Morning at the Creek performances and cheering on our friends. We will close out the weekend with gratitude and celebration!



# FREE CHOICE IDEAS

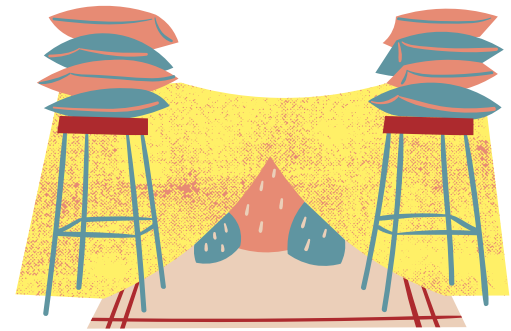
## Build A Fort/Cabin:

The art of building a fort is fairly easy and super fun. Create your "cabin" for the weekend using materials found throughout your house. Use your imagination! Can you build the highest Fort or Cabin? What is the most creative idea you came up with?

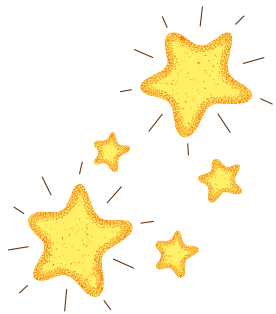
Here is a short supplies list you might use:

Blankets, spare sheets, beach towels, table cloths, sofa cushions, laundry clips, clothespins, binder clips, or chip clips, string, wire, yarn, dictionaries, or other heavy (non-breakable) items.

Clothespins are perfect for hanging linens and attaching sheets together. Use books to secure fabric on tables, bookshelves, and other raised surfaces. Secure the ends of your fabric under furniture legs to make your fort bigger! Be safe and ask an adult for help.



## Star Gazing:



For this activity there are several different ways to stargaze into our night sky. The first is simply just getting together a nice blanket to lay on and stare up at the night sky to see if you can see different patterns in the sky. Another way is to get creative and perhaps create a telescope or if you have your own telescope break it out. This will help you get the best look from the best angles. Now go out and see that magical twinkle across our galaxy!

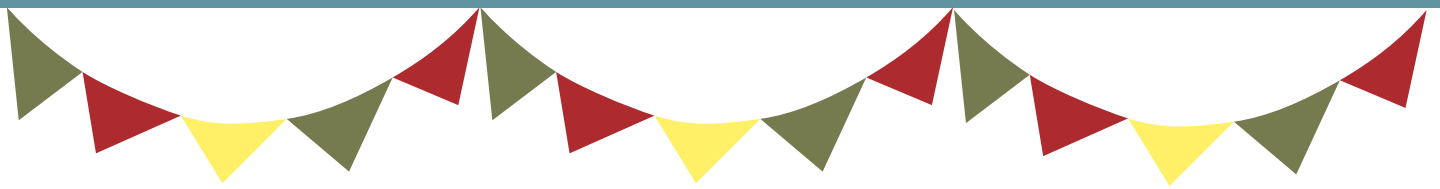
If you are excited to make your own, here is a link to a build your own telescope:

<https://kids.nationalgeographic.com/explore/nature/make-a-telescope/>

## Prepare an act for Morning at the Creek!

Get ready for the Sunday morning performance. Show off a talent, skill, or fun activity- anything goes! Singing, dancing, jokes, instruments, a silly skit (please ensure all music and content is camp appropriate). Now is a great time to practice!



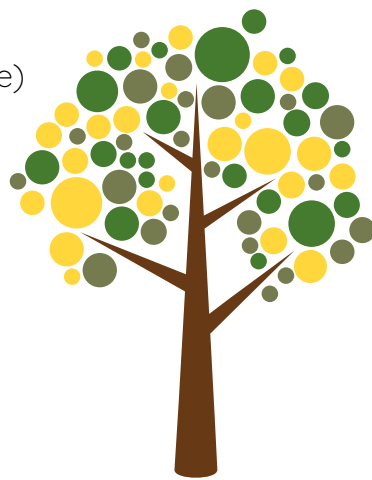


# FREE CHOICE IDEAS

## Indoor Search Quest:

For this activity you have 30 seconds to find each item on this list. Then share a story of each item with your other family members. How many items can you find?

- Sunscreen
- TTC (Total Toe Coverage)
- Spaghetti Sauce
- A Water Bottle
- A Nametag
- Dish Soap
- A Plate
- T-Shirt
- Pencil
- Paperclip
- Cup
- Towel
- Spoon



## Nature Walk:

Take some time to go outdoors and explore nature far and wide. What is your favorite thing about the great outdoors? The animals? The sights? The smells? There is something out there for everyone. Here is a short list of what you could be looking for:

- Animal tracks
- Berries, fruit, or nuts from trees
- Fallen leaves-- can you identify the tree they came from?
- Moss
- Rocks
- Clouds
- Birds
- Wildflowers
- Insects
- Animals
- 3 things that are green
- 3 things that are blue

## Have a Cabin Chat

Cabin chats are a way to share our experiences and build a sense of connection with others. We encourage you to talk about your responses with someone you are living with, or call a friend to discuss.

Here are four things to remember for cabin chats:

1. Some people might not want their answers shared with other people outside the cabin chat. Be mindful of what you're sharing.
2. Please give appropriate responses to what others are sharing. Only laugh if something is intended to be funny. We want to respect our Cabin Chat buddies.
3. Challenge by Choice -- Participants can answer as many or as few of the questions as they would like.
4. One person speaks at a time. A "talking item" such as a stuffed animal, Boggy Bear, or something else can be used to indicate that only the person holding the item is talking, and then pass it on!

Possible Cabin Chat questions:

- What was a high point and low point of the day?
- What are three things that you are grateful for?
- What is your favorite part about camp?
- Who is someone that inspires you?
- If you could have any animal as a pet, which would you choose and why?
- If you could have any superpower, which would you choose and why?
- What is the most beautiful thing you have ever seen?
- What place, city, or country do you most want to visit and why?







# FREE CHOICE IDEAS

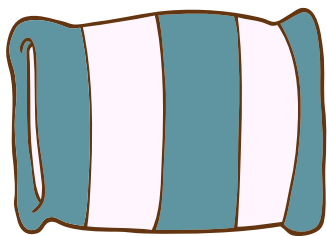
## Arts and Crafts

Continue working on arts and crafts from Saturday morning, either by finishing your project or starting a new one.

Check out the video links on Page 5 for quick tutorials, and then do the craft on your own.

Or create your own craft using any art material that you have. Can you create something that reminds you of camp? Can you make a craft related to the weekend theme: Aloha?

We are excited to see your creations at Morning at the Creek!



## Rest Hour!

Take some relaxation time to rejuvenate for the rest of the retreat. Take a nap, read a book, color, or do another quiet activity. What is your favorite form of self-care?

## Backpocket Games

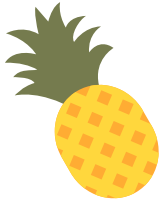
These are simple games that are fun to play! The Backpocket Games Packet you received via email (with this Acceptance Packet) has 11 games your family can play that don't need any supplies. Check out some word games, number games, action games, and brainteaser games.

You can also complete the puzzles, coloring pages, and more on Pages 14-18 of this packet.





# BOGGY-FY YOUR WEEKEND



Are you excited to bring even more of the Boggy Creek spirit to your home this weekend? Here is a list of optional ways to participate in the Family Retreat, as ways to "Boggy-fy" your experience even more!

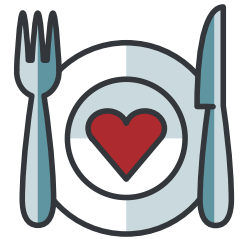
- **Spread Kindness**

- Do you have tumbleweeds from a previous retreat or care package? Have you made your own tumbleweed out of yarn? What else can you find in your home to share as a way to express gratitude? We use tumbleweeds at camp as a way to say "thank you" to someone for showing kindness.
- Safe hugs and high fives to your family are another great option!
- Write a note of kindness or gratitude to someone in your house. You can hand it to them directly, or read it out loud to them during a meal.

- **Meal time ideas**

The dining hall at camp is full of traditions that you can participate in right at your home.

- When the food is ready, someone can ask "Who's hungry?! The word is...HOPPERS" and play a fun song while everyone gets their plates ready.
- And who helps clean up? "Everybody!" That's right, family clean-up time, just as we do at camp.
- As for the meal, spaghetti is a favorite for Saturday dinner at retreat weekends. Or with any dinner meal you choose to eat, utensils are optional!



- **Ask each other, "Hey Boggy Creek, how do you feel?!"**

Anyone can call this out at anytime, and encourage the whole family to participate in cheering back the response. Need a refresher? We will teach the cheer at our Friday night campfire.

- **Show your Boggy Creek or theme gear**

Do you have a Camp Boggy Creek shirt or bandanna? Do you have an "Aloha" costume? Wear them! Show your spirit!

Please visit our online Camp Store!

<https://camp-boggy-creek.myshopify.com/collections/all>

Camp Boggy Creek's online Camp Store features shirts, hats, mugs, bags, and other assorted Camp merchandise.



# SING-ALONG

## This Joy

This joy that I have,  
The world didn't give it to me.

This joy that I have,  
The world didn't give it to me.

This joy that I have,  
The world didn't give it to me.

The world didn't give it,  
The world can't take it away.

(Repeat the full song, replacing  
the word "joy" with any  
of these options, or more!)

Hope  
Kindness  
Friends  
Laughter  
Camp  
Family  
\*just hum

## Tom the Toad

Chorus:  
Oh, Tom the toad,  
oh, Tom the toad  
Why did you hop out in the road?

Oh, Tom the toad,  
oh, Tom the toad  
Why did you hop out in the road?

Verse 1:  
You once were green and very fat  
But now you're red and rather flat

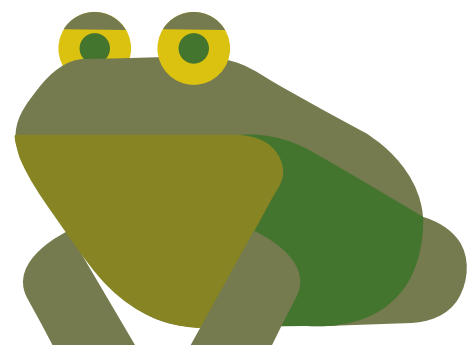
Chorus

Verse 2:  
You didn't see the coming car  
And now you are part of the tar

Chorus

Verse 3:  
You once were live but now you're dead  
Your face resembles tire tread

Chorus





# SING-ALONG

## Sixties Party

A repeat-after-me song:

It's a sixties party from a sixties movie (2x)  
See the surfers  
On their boards  
Da na na na na na na na  
Da na na na na na na na

It's a sixties party from a sixties movie (2x)  
See the swimmers  
In the water  
Swimmie swimmie swimmie swimmie  
Da na na na na na na na  
Da na na na na na na na

It's a sixties party from a sixties movie (2x)  
See the lifeguards  
On their towers  
Flexie flexie flexie flexie  
Swimmie swimmie swimmie swimmie  
Da na na na na na na na  
Da na na na na na na na

It's a sixties party from a sixties movie (2x)  
See the sun bathers  
On their towels  
ouchie ouchie ouchie ouchie  
Flexie flexie flexie flexie  
Swimmie swimmie swimmie swimmie  
Da na na na na na na na  
Da na na na na na na na

It's a sixties party from a sixties movie (2x)  
See the Jellyfish  
In the sand  
squishy squishy squishy squishy  
ouchie ouchie ouchie ouchie  
Flexie flexie flexie flexie  
Swimmie swimmie swimmie swimmie  
Da na na na na na na na  
Da na na na na na na na

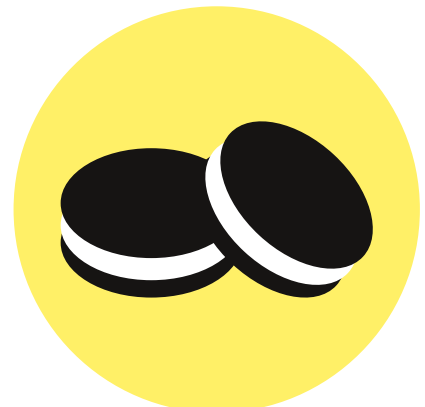
## Oreo Cookie

A repeat-after-me song:

Oreo oreo oreo cookie,  
I ain't got no oreo cookie.  
Yummy yummy yummy yummy,  
OOOH, I want some in my tummy!  
Twist off the top and  
Lick the middle.

(Louder)  
Oreo oreo oreo cookie,  
I ain't got no oreo cookie.  
Yummy yummy yummy yummy,  
OOOH, I want some in my tummy!  
Twist off the top and  
LLiiicckk the middle.

(Even Louder)  
Oreo oreo oreo cookie,  
I ain't got no oreo cookie.  
Yummy yummy yummy yummy,  
OOOH, I want some in my tummy!  
Twist off the top and  
LLLLLLLiiiiiiicccccckkkkkk the middle!





# SING-ALONG

## The Cat Came Back

### 1st verse:

Old Mr. Johnson had troubles of his own  
He had a yellow cat, who wouldn't leave his home  
He tried and he tried to give the cat away  
He gave it to a man going far, far away

### Chorus:

But!  
The cat came back the very next day  
The cat came back, they thought he was a goner  
But the cat came back  
He just wouldn't stay away, away, away, away  
Ooh, ooh, ooh, ooh Ooh, ooh, ooh, ooh

### 2nd verse:

So he gave it to a woman going up in a balloon  
And he told her for to take it to the man up in the moon;  
The balloon came down about ninety miles away,  
and where the woman is now, well, I cannot say

### Chorus

### 3rd verse:

They took him down to Cape Canaveral  
and they put him in a place  
And they shot him in a rocket ship way into space  
They thought that the cat was beyond human reach  
Then they got a phone call from Miami Beach,  
sayin'

Hit the road, cat, and don't you come back  
No more, no more, no more, no more  
Hit the road, cat, and don't you come back no more

### 4th Verse:

When Old Mr. Johnson saw him come around the bend  
He said "Hey kitty-kitty you're coming home again"  
The reason that the cat just couldn't stay away:  
There were 7 little kittens sleeping in the hay

### Chorus

## Lean On Me



### Verse 1

Sometimes in our lives  
we all have pain, we all have sorrow  
But, if we are wise  
we know that there's always tomorrow.

### Chorus:

Lean on me  
when you're not strong  
And I'll be your friend  
I'll help you carry on  
For it won't be long  
'til I'm gonna need  
Somebody to lean on.

### Verse 2

Please, swallow your pride  
if I have things you need to borrow  
For no one can fill  
those of your needs that you won't let show.

### Chorus

### Bridge

You just call on me, brother,  
when you need a hand.  
We all need somebody to lean on.  
I just might have a problem  
that you'll understand.  
We all need somebody to lean on.

### Verse 3

If there is a load  
you have to bear that you can't carry,  
I'm right up the road,  
I'll share your load, if you just call me

### Call on me

when you're not strong  
And I'll be your friend  
I'll help you carry on  
For it won't be long  
'til I'm gonna need, somebody to lean on.

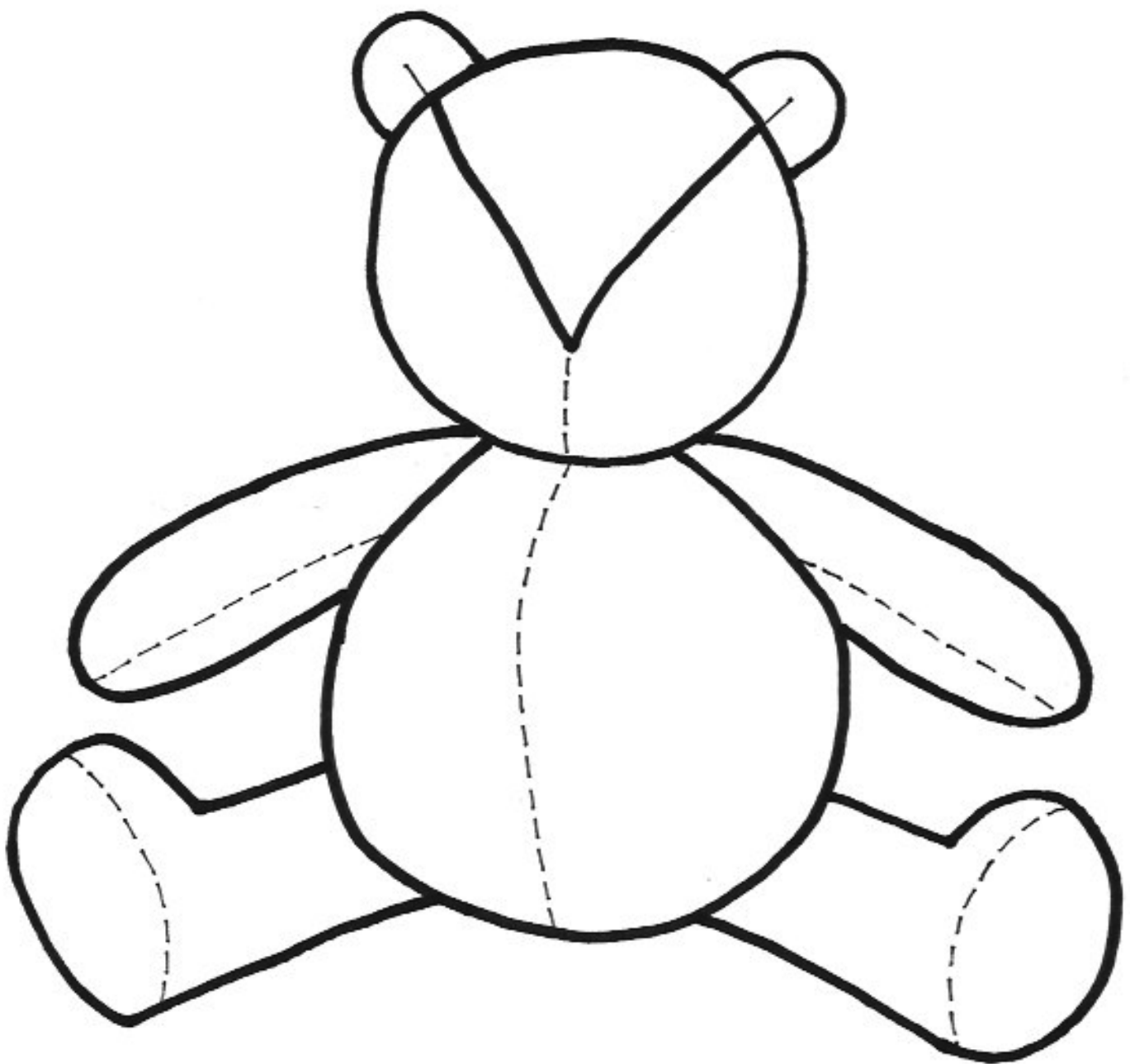
### Chorus





# COLORING PAGE

Decorate your Boggy Bear!



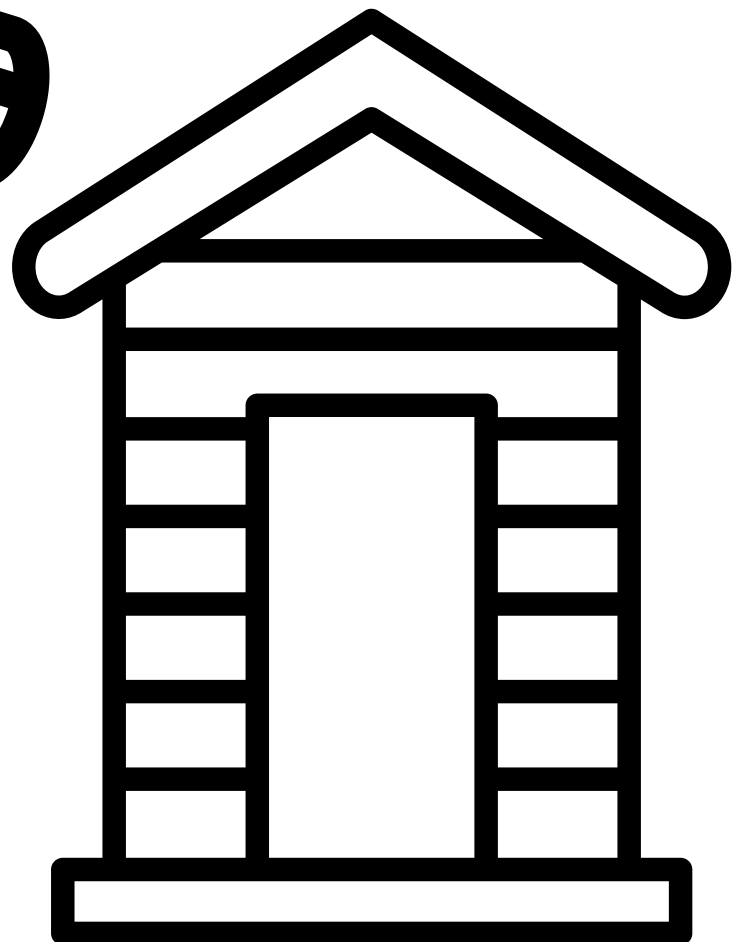


# COLORING PAGE



Color in your own campfire!

Decorate a camp cabin





# WORD SEARCH

Can you find and circle all of the Aloha and island critters and items hidden in the word search? Words can be vertical, horizontal, or diagonal.

D G P P V A R I Z Y J H B K M  
O C R A B F L H K F T A U R N  
J E L L Y F I S H F C R B A E  
R I J U Y K S Y C A E I B H S  
S D C S X E T Z E T L T L S N  
H T K L A E P V A E Z C E T O  
S P A W K J E W S T G X S X J  
E B E R T F R D I A M R E M R  
N E O E F E V K H I U N J Y L  
D J K G D I N I K Z L N X U P  
N N L N I N S I B Z Q L H P G  
E S U I I G H H T S S Q E F M  
V S X U Y S Q R Y G N E W H F  
D D O S I H D M N L E F A E S  
D K S F F U L X C A D S J I Y

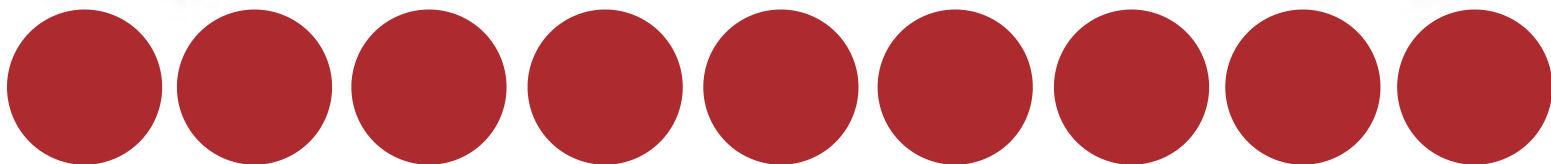
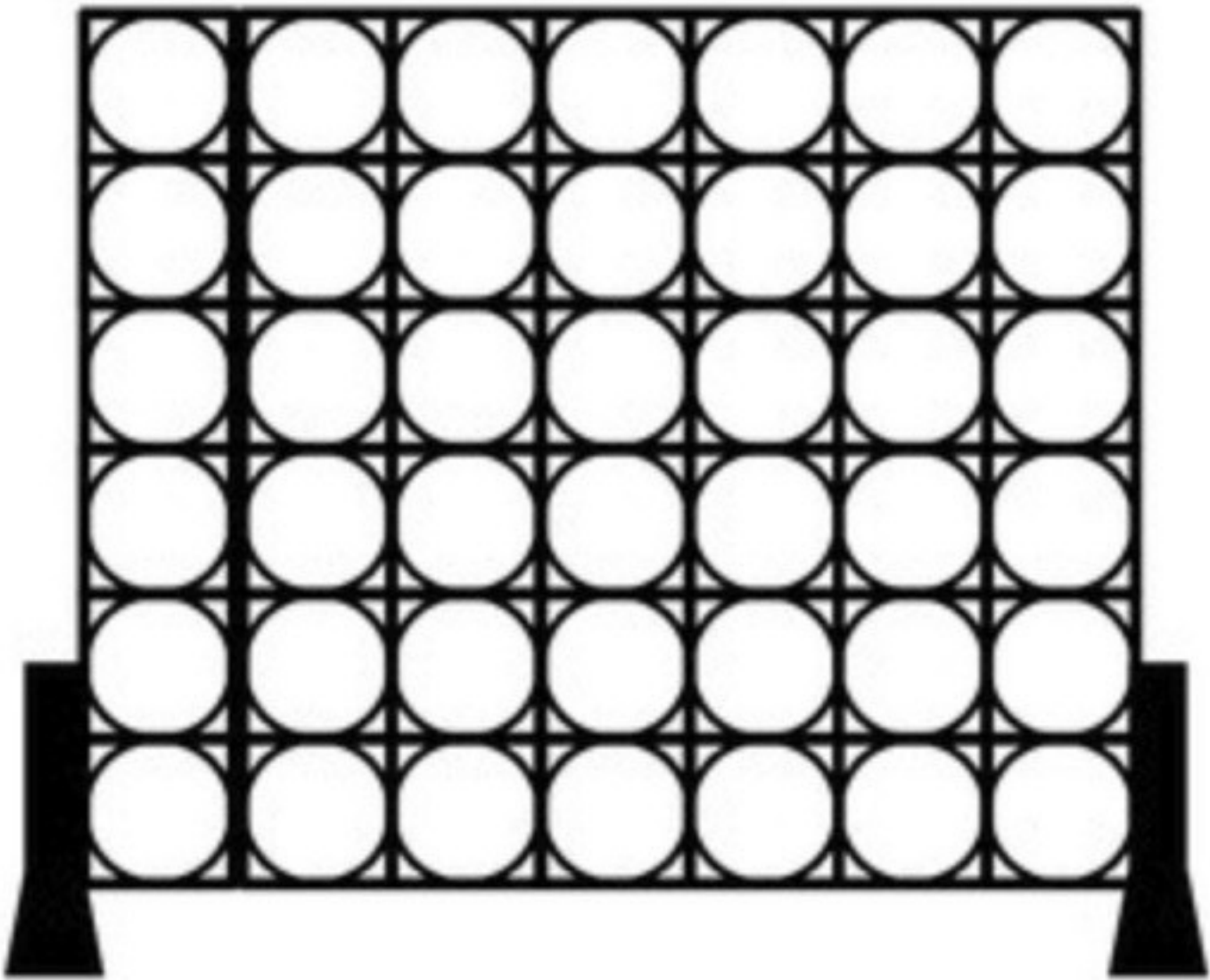
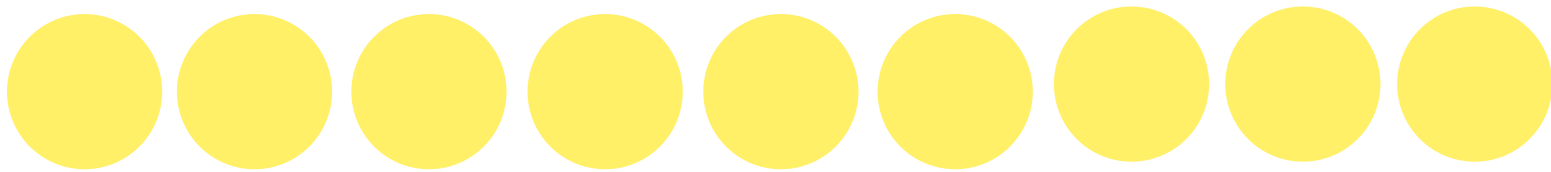
BUBBLES  
CRAB  
FISH  
JELLYFISH  
MERMAID  
SEA

SEAWEED  
SHARK  
SHELL  
STARFISH  
UNDERWATER



# CAMP CONNECT FOUR

There are two ways to play this classic activity. You can either cut out these pieces or color them in. The goal of this game is simple: get four in a row!





# MAGIC MOMENTS

Thank you for joining Camp Boggy Creek: Beyond the Gates Family Retreat Weekend. We love to celebrate Magic Moments at camp, and invite you to use this journal page to write or draw memories from the weekend, things you did for the very first time, or notes of gratitude. Thank you for being a part of a fun, silly, and creative weekend!

We never say goodbye. We always say, "See you later!"

