

Day One: Wahubu

pronounced: 'wa- ha-boo" with the accent on the second syllable

Service Project

Today has been focused on how we are to make the love of Jesus visible through good works. Create a service project that can be completed in about two hours and is appropriate for your campers' age group. Make it fun, yet help your campers understand the importance of service. Have a special snack or fun time later to say thanks for their good work. Don't use this as a bribe to get them to work, rather as a way of recognizing and celebrating their accomplishment.

Option: Consider having a service project that would last all week. Divide evening time between the regular theme activity and the service project.

Here are some things to keep in mind:

- Extreme and/or extended heavy lifting is not appropriate for most campers and must not be considered required for participation. Heavier lifting should be done by teams of people, using their legs (not their backs), utilizing equipment when possible, and always under the direct supervision of the camp director or their designate.
- Avoid any risky situations that place campers in harm's way (climbing high on ladders or scaffolding, exposure to dangerous paints or other chemicals, getting too close to a busy highway).
- Vary activities and switch roles so they don't tire of doing the same action over and over.
- Plan for limited heat and exposure, considering alternative scheduling as necessary. provide plenty of fluids, snacks, and breaks.

Here are some potential projects:

Painting projects or landscaping projects around the campground
Letter writing, stuffing envelopes for a local. activism project
Trash pickup or a stream cleanup in the community
Visiting the elderly at a local retirement home
Car washing fundraiser for needy people (funds for a food bank or Outreach International).

Day Two: Umoja

meaning: unity, harmony

pronounced: "oo-mo-jah" with the accent on the second syllable

Game: Camper Bingo (up to 45 minutes)

Materials: Camper Bingo cards

for each player (see page 35), pens or pencils for each player.

This game helps campers learn about the diversity in the group. Give each player a bingo card and writing instrument, Campers mill about looking for people who can answer the questions *differently* from the way they would. When they find someone who would answer a question differently, they should write that person's name in the corresponding box,

The goal is to fill the whole card with people's names, No one can use the same name more than once (or twice if you have less than twenty- four people in your group). The first person to fill the card yells "camper bingo!" Give the rest of the group two minutes to finish filling their cards and then have everyone sit in a circle.

Process the game by asking campers the following questions:

- Was it easy or hard to find people who answered differently from you?
- Which box was the hardest for you to fill?
- Why do you think it was so difficult?
- What three answers were the most surprising to you and why?

If there is so much diversity in every group, why do you think there are still problems with discrimination in our society?

What ways can you think of to help stop discrimination by celebrating diversity?

Camper Bingo

Someone who is the same age as you	Someone who has a pet	Someone who has a tent
Someone who has a brother	Someone who has a sister	Someone who recycles
Someone whose favorite type of music is different from yours	Someone who has traveled outside their nation of birth	Someone who has brown eyes
Someone who likes pizza	Someone who has seen the movie <i>Titanic</i>	Someone who is wearing tennis shoes
Someone who knows how to make "gorp"	Someone who has been or is going to more than one camp this year	Someone who is a counselor or counselor-In-training at this camp
Someone who has sung at church sometime during the last four months	Someone who has read the Bible during the last week	Someone who has been to this camp before
Someone who likes to cook	Someone who has graduated from any school this year	Someone who has caught a fish this year
Someone who has eaten healthy this month	Someone who has done a service project this year	Someone who has served at their church this year
Someone who is your friend	Someone you don't know very well	Someone who wants to be a camp director

Game: Have a Seat (up to 25 minutes)

Set up a tight circle of chairs, one for each person. Choose one person to be “it.” The “it” person stands in the middle of the circle and tries to sit in the empty chair. One at a time, campers move one chair to the left to keep the empty chair moving around the circle. If the “it” person cannot get in the empty chair in a reasonable amount of time (about a minute), switch to a new person. If at any time the staff leader catches two people in the same chair, the leader may pick the person who moved too soon to be “it.”

Note: Make sure campers do not grip the edges of the seat because chairs have a tendency to scoot around and can pinch fingers. Also, pause the game if it gets too rowdy and restart after some cooling off comments.

Process the game with the following questions:

How did it feel to be “it” and be excluded from sitting down?

How did it feel to be a part of the larger group, keeping one person out?

How is this game like cliques or exclusive groups in real life?

How does it feel to be in or out of those groups?

If we are to follow Jesus’ example, how should we act toward someone who is feeling left out?

Option for Older Campers:

Additional questions: Who would share with the group about a time when you felt excluded from a group and how it affected you? When you excluded someone from your group and how it made you feel?

As the discussion begins, the leader can hold the loose end from a ball of yarn. He or she tosses it to the first person to speak; that person tosses it to the next, and so on. Debrief by explaining that the web they are creating diagrams the conversations and support offered to each person.

Day Three: Jamil

meaning: one family

pronounced: “jah-mee” with the accent on the first syllable

Leader: “Have you ever heard the saying that goes, ‘The family that plays together stays together’?”

In Section 161 of the Doctrine and Covenants we are told, “*Be a joyful people Laugh and play and sing, embodying the hope and freedom of the gospel.*” So this evening we are going to strengthen our bonds as the family of God by laughing and playing together!

The games below can be adapted for any size group. With groups of 100 or more, consider splitting into small groups that rotate through game stations or have multiple small groups playing the same game at once. Choose as many or as few of these games as you need.

Cross-Over Dodgeball

Materials: Balls—Use beach balls, pillows, soft rubber balls, foam balls or any combination. As a general rule, you will need two balls for every five players (example: twelve balls for thirty players). Mark two lines with rope, tape, clothing, cones, or whatever. The lines should be about twenty to thirty feet apart. Split the campers into two teams, and line them up facing each other behind the lines on opposing sides.

Distribute balls equally to both sides, and give a signal to start the game. Players begin throwing the balls trying to hit players on the other team while opposing players are dodging. When a player is hit, they must immediately run to the other side and continue playing, now trying to hit former teammates. This game is a continuous barrage of throwing, hitting, dodging, and switching. The goal is to get all players on one side. This may not ever happen, but they'll have a lot of fun trying.

Protect Me Dodgeball

Materials: Balls - Same assortment as previous game. You will need approximately one for every ten to twelve people.

Split into groups of about ten to twelve. Each group forms a circle, standing arms length apart. Two people go into the center of the circle. One person is “it” and players in the perimeter of the circle attempt to hit “it” with the ball. The other person in the center attempts to protect “it” from being hit by deflecting the ball away.

When “it” is tagged, the protector becomes “it” and thrower becomes the protector. If possible, continue until everyone has had a chance to fill both roles.

Cooperative Blanket Volleyball

Materials: volleyball net; beach ball, one blanket for each group of eight to ten campers

Split into two teams regardless of the number of participants. Teams lob the ball back and forth over the net using blankets, with eight to ten people around each blanket. Smaller groups can have one blanket on each side; larger groups can have two or more blankets on each side. Smaller groups might choose to play for fun just tossing the ball back and forth over the net. Larger groups can require at least two hits on one side before going over the net. When campers have had a chance to practice using the blanket(s) to move the ball around, begin scoring.

Every time the ball is moved over the net and successfully caught by the other side, the whole group gets one point. If the ball is dropped, start back at zero points. The group works together for the highest possible collective score.

Safe Circle Chase

Mark two circles about eight to ten feet in diameter using whatever you have available (hose, rope, rags, shoes, cones, etc.). The circles should be about 15-20 yards apart. Choose one player to be the initial chaser. Everyone else stands inside the first circle.

The chaser begins walking around the outside of the second circle counting out loud from one to twenty slowly. At any point during the counting (and only during the counting), people attempt to run to the inside of the second circle without getting tagged by the chaser. People in the center can collaborate to decide how to reduce their risk of getting tagged by working together; anyone remaining in the first circle when the counting is over and anyone who gets tagged by the chaser now join in as chasers. All the chasers walk around the first circle counting

together (or you can designate one chaser to do the counting), and the chase is on again. The game goes back and forth until everyone has been tagged.

Giggle Gauntlet

Split into two roughly equal lines facing each other about three feet apart. Two challengers, one from opposite ends of each line enter the gauntlet with a stoic face. The goal is to lock eyes with the challenger and then pass the challenger continuing to the end of the line without even the slightest hint of a smile.

The other members of the gauntlet must choose to either maintain a reserved support for their teammate or engage in any expression or outrageous hubbub to make the opposing team member crack. No touching is permitted.

A challenger who laughs or smiles must join the other side. A challenger who runs the giggle gauntlet without cracking can rejoin their own side. The game continues until everyone is on the same side or when everyone has had a turn.

Day Four: Uzima

meaning: health, life, wholeness

pronounced: "oc-zee-mab" with the accent on the second syllable

Group Activity: Uzima Carnival

Split the campers into four groups. Have them rotate through carnival attractions, spending about ten minutes at each station. For smaller camps, feel free to use fewer stations; for larger camps, add more game stations, (see below). Ideally, locate most of the carnival outdoors, but it may be set up indoors during bad weather. Decorate the carnival area with banners, streamers, and balloons. Play festive background music. Decorate each station with a banner (Physical *Uzima*, Emotional *Uzima*, etc.) and have the station leader wear an appropriate costume.

There are four educational stations outlined below. To fill out the camp schedule for the remainder of the evening, or to provide for time between *uzima* stations, provide other carnival games with no particular teaching component. Consider offering a carnival building elective class where campers create and build games for tonight's carnival. Here are some game ideas:

Set up a line of pails about a foot apart behind a throwing line so that they get progressively farther from the thrower. Have contestants toss ping pong balls into the pails starting from the closest, then next closest, etc. Award specific prizes for each pail made in correct order.

Egg toss

Face painting or tattoo painting

Juggling

Popcorn and peanuts "vendor"

Set up the *Uzima* stations as follows:

Physical Uzima

Materials: a good assortment of female and male fashion and bodybuilding magazines, one large balloon for each camper (12” to 14” in diameter), tape, scissors, large plastic bags to contain balloons until they are needed, dart board and darts.

The goal of this station is to help campers understand that the ideal physical image portrayed in the media is not so healthy and ideal after all.

Decorate the station with pictures from magazines of models, both face and full body. Include some bathing suit shots of both male and female bodybuilders. Blow up one balloon (until it’s tight) for each camper and tape on each a photo of one male and one female model.

The leader should invite the spectators to view the “perfect people.” As they view the photos, ask the following questions:

Do you want to look like this?

Do you feel pressure from television and magazines to look like this? What about from your friends?

Would you say you spend a little, a moderate amount, or a lot of time trying to uphold this physical image the media portrays? Before you answer, think about all the time you spend reading about fashion/beauty/body Image, shopping for Image products, and getting ready,

Do you think these people look healthy?

Leader: “The truth is that the people in these pictures devote most of their time to looking like this. Male and female models have special makeup artists and hair stylists who spend hours to make them up. They walk right from the makeup room to the camera, so they always look perfect. Most publications use computers to enhance photos so that what we see isn’t even real.”

“Often these people are not as healthy as they look, Have you ever heard it said that a camera adds ten or fifteen pounds? It’s true. Many people look heavier in photos than they are. In order for these models to look good, they have to be really thin and work out all the time. Some models hardly eat anything. So, although they look good in pictures, some are sacrificing good nutrition.

“Look at some of these bodybuilders. To get this big, many of them take steroids, which are dangerous drugs that dramatically increase muscle mass. Steroids can lead to kidney and liver problems, increased injuries, feeling of aggression/violence, and mood swings.

“So when you are watching television or looking through a magazine, don’t be fooled by the images you see, don’t get pressured into feeling bad about yourself because you don’t look this way. Be concerned with things that really matter to your physical health like good nutrition and healthy exercise. How much time do you think Jesus spent fixing his hair or worrying about his clothes?

“Let’s burst this fake image bubble and commit to not letting it take hold of us. As you burst it, commit to focusing on true physical health instead of fake physical Images.” Pin a balloon on the dart board and let a camper have up to three tries to burst it by throwing a dart. After the third try the camper can walk up to the dart board and poke the balloon with the dart. Or, if you don’t wish to use a dart board, just let campers sit on their balloons to break them,

Caution: Set up the dart board so darts are thrown away from other people. Keep everyone behind a throwing line. Also, protect surfaces around the dart board that might get hit with darts.

Emotional Uzima

Materials: An old broken television or a cardboard box painted like one, functioning television and video cassette player with a tape of commercials (see options below), a table, four different colors of finger-gelatin dessert (see directions below), four signs for finger-gelatin.

“I don’t need all your junk to be beautiful!”

“I value relationships, not stuff!”

“Things that really matter can’t be bought!”

“Camper’s choice”

The goal of this station is to help campers realize how advertising plays on their emotions and pressures them into being materialistic,

Variation: Ideally record two or three commercials targeted at teens before camp. Then watch and analyze them together. If this is not an option for you, follow directions below

Begin by asking the following question:

Who would like to describe for us a television commercial that recently made you really want the product being advertised?

As a group analyze the commercial and decide what the underlying message was. Help the campers see how the commercial was playing on emotions to make the product look more appealing. (i.e., “You will be more popular/beautiful, strong/sexy/loved/etc. if you have this product.”)

Point out how boring it would be to just advertise product features without having the emotional component.

Leader: “The danger of letting advertising play with your emotions is that we begin needing things to gratify our emotions. We want more and more because we believe the messages in commercials that we won’t be complete or beautiful or popular or happy without the newest product. Remember that the only way to be emotionally satisfied is through activities and relationships with real value, not material value. Emotional health comes from serving God, helping others, quality relationships, meaningful work, and personal accomplishment, and not from wearing the right clothes and having the best stuff.”

To solidify the lesson and help campers vent feelings they may have about it, end the activity with a gelatin throw. Set up the old broken television or cardboard television. Set up a table with four platters of finger-gelatin (made with a less watery, more rubbery consistency and cut into 2” squares). Tape one of the signs in front of each color of finger gelatin. Let campers choose a square of finger gelatin according to what they would like to say to all those advertisers. Point out that there is a camper’s choice for those who have something to say that is not covered in the other three options. They are to yell their statement at the (broken!) television and throw their finger gelatin so that it splashes on the screen.

If time remains, have campers talk about what really matters to their emotional health.

Spiritual Uzima

Materials: small table covered with an attractive cloth; candle (to set on table); small lamp (lava lamp would work well); recording of soft instrumental or natural sounds playing; portable waterfall/fountain.

Setting: This station would be most effective set up in a small dark room as far away from the Stress Management area (see below) as practical. You could decorate the outer door with a “Spiritual *Uzima*” banner and other appropriate decorations. Light the room slightly with

a small lamp and have soft music playing as campers enter: Ask them to sit quietly in a circle around the table. You may leave the music on very softly as you speak or turn it off,

Leader: (in a gentle voice) “The world we live in is full of loud voices and things move very fast. People are busy all the time. It is easy to get caught up in busyness. However, there is a part of us that needs to stop and be still sometimes, and this is our spiritual self, which is also called our soul. Our spirit needs to commune with God’s Spirit. There are many ways to enter into the presence of God. We are probably all familiar with ways such as singing, reading scripture, and praying. In the next few minutes, we are going to learn a couple of ways that you may not have heard of. These are ways to be still so that we can feel God’s presence, which we call the Holy Spirit.

“Music can be a wonderful way to help our body and mind be still so we can be with God. But the type of music is important. Loud rock music probably isn’t the best music for meditation, although there are some very good Christian hip hop songs that are good for listening and dancing. For meditation, the best music is soft and gentle. Having a focal point can also be helpful, so I’m going to light this candle and turn out the lamp. Let’s sit here silently for five minutes listening to the music and staring at the candle. Try to let all the thoughts in your mind stop so you can focus on God. Think of the flame of the candle being like the flame of the Holy Spirit in your soul. Be aware of how you feel when you do this.” (Turn music on or up slightly.)

This exercise will work better for some groups than others. If your campers are just too restless or rowdy, sing a song such as “Spirit of the Living God” instead of sitting silently, or move on to the next exercise. If your campers are into the exercise, let them sit the full five minutes. Leave the lights off and the candle burning as you transition to the next exercise, Turn the music down but not off.

“Another way to enter into the presence of God is through a spoken meditation. This can be good for those of us who have a hard time stopping all the thoughts in our head. I am going to read a meditation. The meditation is in groups of three lines. For the first two lines, please repeat the lines after me when I pause. I will say the third line alone. We will do four sets like this, I say the first and you repeat; I say the second and you repeat; I say the third alone. After we finish the spoken lines, we will sit quietly for a minute and then we’ll have a short discussion. Before we start the meditation, let’s take a few deep breaths.” (Pause briefly for the breathing and then begin,)

I listen to the sound of my flowing breath. (campers repeat)

I relax my body and mind. (campers repeat)

Be still and listen. (pause)

Here I go into my soul where my spirit dwells. (campers repeat)

I am here, and there is another. (campers repeat)

Be still and listen. (pause)

This other is good and warm. (campers repeat)

Love glowing like the candle flame. (campers repeat)

Be still and listen.

It is the Holy Spirit, my comforter, (campers repeat) come to guide me and speak to me. (campers repeat) Now, be still and listen to what your spirit needs to hear... (sit quietly for one minute)

For the discussion, you can leave the lights off and the candle burning for an interesting atmosphere or you can turn on the lamp. In the remaining time ask any or all of the following questions:

Would anyone like to share anything about what it was like for you to go through these meditations?

Which exercise did you like best?

How do you feel inside now that you have taken this time to be still and listen?

Was it hard or easy for you to sit still? relax? stop the chatter in your mind?

Stress Management

Materials: two photos of peaceful nature scenes; two scary or unsettling photos (I.e., destruction of nature, mean-looking faces, guns, etc.)

Location: set up this station as far away from Spiritual *Uzima* as practical.

Leader: “Stress is a big problem today. People everywhere seem too stressed out. We need to learn to relax and release our stress.” Ask the following questions:

How many of you get stressed out before a test?

What causes you the most stress? Why?

How do you usually deal with your stress?

After discussing these questions, explain to campers that one way to relax and release stress is to visualize a relaxing situation. What we see or imagine can have a big effect on how we feel. Have them all face you. Hold up a peaceful nature photo and have them focus on it without speaking for about thirty seconds. Then, ask the following questions:

How did staring at this photo make you feel?

Did it increase or decrease your stress level?

Now hold up one of the scary/unsettling photos and again have them stare at it for thirty seconds. Ask the same two questions as before. Repeat with the other two photos.

“We have seen how what we look at can affect our stress. We can learn to relax by imagining a peaceful place in our minds. Close your eyes and take a deep breath. Now imagine you are in a beautiful and peaceful scene and keep taking deep breaths. Do this for thirty seconds.”

Discuss the visualization exercise with these questions:

Where did you go in your mind?

How did it feel to be there?

How effective was this in helping you relax?

“When you are feeling stressed remember to try using this visualization to help yourself relax. Another way to release your stress is to just let it out. Sometimes a good, loud YELL can be a great release, Keep in mind that you might want to save this one for when you are alone, or at least warn people so they won’t think you are being harmed. We don’t want to cause other people stress as we release ours. On the count of three let’s yell as loud as we can for ten seconds. As you yell, let out any stress and negative emotions that you are holding inside. [For a humorous effect, warn the camp, ‘Attention *Uzima* Carnival, in three seconds there will be a test of the emergency stress release system—this is only a test!’] One, two, three, go!”

If there is time remaining, have campers brainstorm other healthy ways to deal with stress.

Day Five: Heri

meaning: good wishes, goodwill, blessings

pronounced: heh-ree, rolling the "C" sound, as in Spanish, with the accent on the first syllable

Activity: Festival of Good Wishes

This activity is a chance to celebrate and say goodbye. Create a festive atmosphere with decorations and snacks.

Begin the festival by bringing everyone together in a circle and having the camp director give a short talk, reflecting about camp and the blessing that each camper can be to their families, friends, churches, and neighborhoods. Have a camper say a blessing for the snacks.

Next let each of the cabin groups do the *heri* activity they have created during the week. Then have snacks. Play upbeat Christian rock music during snacks. Encourage dancing if the campers are interested.

To end the festival, sing one or more of the songs listed on page 17 and then have the camp pastor say a prayer of blessing for the campers asking God that they be blessed in order to be a blessing to others back home.

If time remains, repeat favorite games that have been played throughout the week, sing songs, and telling stories.