

MN Conference UCC Youth Camp

“Resilience”

Daily Schedule:

9:00 – 10:00 am Opening, Music & Games
 10:15 – 11:30 am Small Group Activities, Music & Prayer
 3:30 – 5:00 pm Virtual Campfire/Open Spaces

Curriculum Overview

| Monday | | |
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| Theme: Authentic Spaces | | |
| Goals: Connect + Establish trust + Reflect on authenticity and where find it | | |
| Time/Who | Activity | Teaching Points/Questions |
| 9:00 / Kevin, Sheri | Introduction & Overview | |
| 9:15 / T2P2, Leaders | Individual Introductions in small groups (breakout rooms) | |
| 9:30 / Claire | Music (large group) | |
| 9:40 / T2P2 | Game/Activity (large group - breakout rooms) | <i>authenticity</i> |
| 10:00-10:15 | Break | |
| 10:15 / T2P2 | Game/Activity (large group - breakout rooms) | <i>authenticity</i> |
| 10:30-11:00 / T2P2, Leaders | Group Project (breakout rooms) | Group Project: <i>Develop a creative community project. Some ideas: create an inspirational video; playlists to send to friends and family;</i> |
| 11:00 / Claire, Kevin, Sheri | Music & Prayer (large group) | |
| 11:15 / Kevin, Sheri, T2P2 | Wrap Up (large group) | |
| 11:30 | Leaders & Educators Wrap-Up meeting and check ins | |
| 3:30-5 pm Clair, Sheri, Kevin | Virtual Campfire Songs, playful questions, casual conversations | |

Tuesday

Theme: Resilience

Goals: Connect + Reflect on resilience + Work on Group Project

| Time | Activity | Teaching Points/Questions |
|------------------------------------|--|---------------------------|
| 9:00 / Kevin, Sheri, T2P2 | Greeting & Icebreaker | <i>resilience</i> |
| 9:10 / T2P2, Leaders | Group Project (breakout rooms) | |
| 9:45 / Claire | Music | |
| 10:00-10:15 | Break | |
| 10:15-10:30 / T2P2 | Game (large group + breakout rooms) | |
| 10:30-11 / T2P2, Leaders | Group Project (breakout rooms) | |
| 11:00 / Claire, Sheri, Kevin | Music & Prayer (large group) | |
| 11:15 / Sheri, Kevin, T2P2 | Wrap Up (large group) | |
| 11:30 | Leaders & Educators Wrap-Up meeting and check ins | |
| 3:30-5 pm | Virtual Campfire | |

| Wednesday | | |
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| Theme: Sharing the Burden | | |
| Goals: Connect + Share Group Project | | |
| Time | Activity | Teaching Points/Questions |
| 9:00 / <i>Kevin, Sheri, T2P2</i> | Greeting & Icebreaker | |
| 9:10 / <i>T2P2, Leaders</i> | Finalize Group Projects (breakout rooms) | |
| 9:40 / Claire | Music | |
| 10:00-10:15 | Break | |
| 10:15-10:30 / <i>T2P2</i> | Game (large group - breakout rooms) | |
| 10:30-11 / <i>T2P2, Leaders</i> | Share Group Projects (large group) | |
| 11:00 / <i>Claire, Sheri, Kevin</i> | Music & Prayer (large group) | |
| 11:15 / <i>Sheri, Kevin, T2P2</i> | Wrap Up & Award Ceremony (large group) | |
| 11:30 | Leaders & Educators Wrap-Up meeting and check ins | |
| 3:30-5 pm | Virtual Campfire | |

- **Realm:** Start and end with opening and closing rituals. Rituals provide a grounded and predictable form for connection, much like a nightly campfire or song at camp. "Repeated over time, rituals invoke meaning and create a space for campers to enter each day," says Toben.
- **Energize:** Pausing to be "off-task" for a few minutes through stretching, dancing, or another physical exercise can encourage more on-task behavior, not less, during an online activity/lesson.
- **Appreciation and gratitude:** "Gratitude and practices of appreciation have been shown to physiologically increase our sense of well-being. Being grateful can become a contagious mindset and will help connect your [campers] to each other," Toben says.
- **Lighten:** She also suggests that offering playful interactions in the face of the seriousness of the COVID-19 pandemic can increase motivation and help your group bond together.
- **Mindfulness:** Practicing mindfulness – being present in the moment and aware of one's emotions, sensations, and insights – "can help people feel more at peace, become less stressed, and shift perspective," Toben says.

[https://www.instituteforsel.net/posts/real](https://www.instituteforsel.net/posts/realm)