




CAMP FOR ALL<sup>®</sup>

# ACTIVITY GUIDEBOOK

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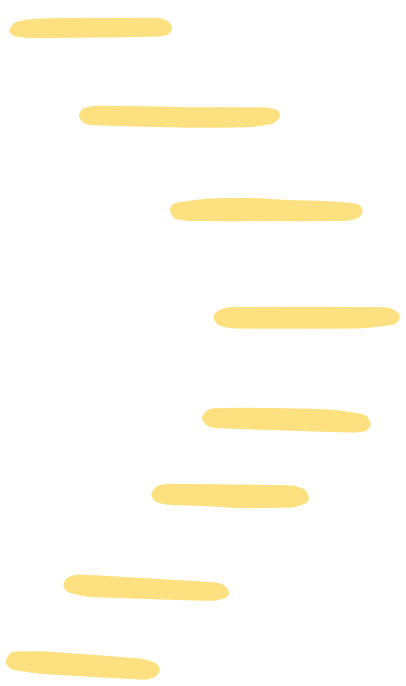
A comprehensive guide to activities offered at  
Camp For All and their targeted outcomes



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WELCOME TO

# CAMP FOR ALL

Hello!

We are excited to work with you and create an incredible experience for you and the community that you serve! You will plan and develop your Camp experience in partnership with your Camp For All Lead. This Activity Guidebook will help you make programming decisions and select the best activities for your Camp. If you have any questions about the listed activities, please contact your Lead.

–Camp For All Program Team



## Our Mission

Camp For All transforms the world for children and adults with challenging illnesses or special needs.

How we accomplish the mission is intentionally delivering unique, truly barrier-free experiences throughout the year, Camp For All collaborates with multiple nonprofit organizations to enable thousands of campers and their families to discover life.



# CHOOSING YOUR

# ACTIVITY LENGTH

The length of your activity periods are the building blocks of your schedule. There are several reasons why you may choose shorter or longer activity periods. Consider factors such as group sizes, ages, and adaptive needs when selecting the length of your activities. In general, shorter activity periods allow your campers to receive an introductory lesson on the selected activity. Longer activity periods often allow campers to practice skills and expand their knowledge.

## Activity Period Outlines

Short Activity Periods (1 Hour)	Long Activity Periods (1.5-2 Hours)
Learn Activity Traditions (10 min.)	Learn Activity Traditions (10 min.)
Introductory Lesson (20 min.)	Goal Setting (5 min.)
Practice Skills (20-25 min.)	Introductory Lesson (20-30 min.)
Transition Time (5 min.)	Practice Skills (20-30 min.)
	Secondary Lesson (20-30 min.)
	Group Processing/Reflection (10 min.)
	Transition Time (5 min.)

For activities where adaptive equipment is needed (such as horseback riding, swimming, and Ropes course elements), you will need to schedule long activity periods to allow all campers to participate fully.



# ACTIVITY LENGTH

## EXAMPLES AT ARCHERY

### Short Activity Period

#### Learn Activity Traditions (10 min.)

- Instructor welcomes the group and goes over safety procedures for the archery range
- Campers learn archery commands
- Instructor answers questions before moving on

#### Introductory Lesson (20 min.)

- Instructor demonstrates and explains each step of firing an arrow with traditional and adaptive equipment/techniques
- Instructor walks through each step with the campers to ensure safety

#### Practice Skills (20-25 min.)

- Campers practice firing the arrows at the target
- Instructor gives tips and feedback to help campers improve their archery technique
- Depending on group size, campers may shoot for 1-2 rounds

#### Transition Time (5 min.)



### Long Activity Period

#### Learn Activity Traditions (10 min.)

- Instructor welcomes the group and goes over safety procedures for the archery range
- Campers learn archery commands
- Instructor answers questions before moving on

#### Goal Setting (5 min.)

- Campers select the goal(s) to accomplish at archery
- Instructor uses their goals to assist campers in reaching their goals

#### Introductory Lesson (20 min.)

- Instructor demonstrates and explains each step of firing an arrow with traditional and adaptive equipment/techniques
- Instructor walks through each step with the campers to ensure safety

#### Practice Skills (20-25 min.)

- Campers practice firing the arrows at the target
- Instructor gives tips and feedback to help campers improve their archery technique
- Depending on group size, campers may shoot for 1-2 rounds

#### Secondary Lesson/Extended Practice (20-30 min.)

- Instructor introduces an archery game to reinforce and build archery skills
- Campers participate in the game and further expand on their archery skills

#### Group Processing/Reflection (10 min.)

- Instructor facilitates a guided discussion on the skills strengthened during the archery session, lessons learned, and connect lessons to other life situations

#### Transition Time (5 min.)



# DAILY ACTIVITIES

- Adaptive Sports
- Advanced Archery
- Archery
- Arts & Crafts
- Barnyard
- Barnyard Games
- Canoe Fishing\*
- Canoeing\*
- Cast Fishing\*
- Cooking
- Custom Party
- Dance
- Drop Fishing\*
- Escape Room
- Field Sports
- Fort Building
- Giant Swing
- Gold Panning
- High Ropes (Summer Only)
- Horseback Riding
- Inner Tube Water Polo\*
- Kayak Fishing\*
- Kayaking\*
- Low Ropes/Teambuilding
- Mad Science
- Miles of Smiles
- Minute To Win It
- Music & Instruments
- Nature Mindfulness
- Nature Stroll
- Nerf Games
- Outdoor Cooking
- Paintball
- PE Games
- Photo Scavenger Hunt
- Photo Voice
- Photography
- Power Pole (Staff Permitting)
- Recording Studio
- Reptile Meet & Greet
- Self-Care Spa
- Sports Tournament
- Star Place Ropes
- Story Arts
- Swimming\*
- Tower\*
- Videography
- Water Aerobics\*
- Water Day\*
- Yoga & Meditation

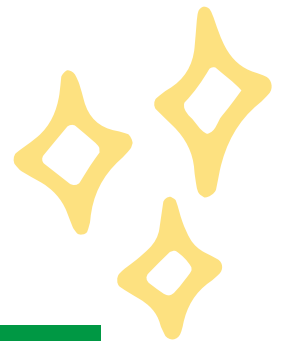
\*Weather Dependent



# NIGHT ACTIVITIES

Night Activities are large group activities where your campers can meet and spend time with campers outside of their cabin groups.

- Amazing Race
- Campfire
- Carnival
- Casino/Game Night
- Dance Party
- Family Feud
- Mission Rescue
- Movie Night
- Night Climb/Zip
- Pool Party (Weather Dependent)
- Rodeo (Summer Only)
- Talent Show
- Trivia
- Wish Float
- Wookie Hunt



# NIGHT SNACKS

Select the perfect treat to pair with your night activity.

- Freshly Baked Cookies (allergen-friendly cookies available)
- Snow Cones (sugar-free option available)
- Freshly Popped Popcorn (contains coconut oil, other options available)
- S'mores (gluten-free, dairy-free, and vegan options available)
- Ice Pops
- Ice Cream & Toppings Bar (dairy-free and vegan options available)

# ACTIVITY TRACKS

Camp For All offers activity tracks with your organization's goals in mind. Although all of the activities that Camp For All offers will meet the needs of your organization, we have selected these specific activities that most exemplify these goals.

## Teambuilding

- Canoeing
- Escape Room
- Field Sports
- Fort Building
- Giant Swing
- Inner Tube Water Polo
- Low Ropes & Teambuilding
- Minute To Win It
- Nerf Games
- Recording Studio



## Nature Education

- Barnyard
- Canoeing
- Drop Fishing
- Gold Panning
- Nature Mindfulness
- Nature Stroll
- Reptile Meet & Greet

## STEM/STEAM

- Archery
- Arts & Crafts
- Canoeing
- Fort Building
- Giant Swing
- Kayaking
- Mad Science
- Photography
- Recording Studio
- Videography





# ACTIVITY TRACKS



## Creativity

- Arts & Crafts
- Custom Party
- Cooking
- Dance
- Escape Room
- Mad Science
- Photography
- Recording Studio
- Self-Care Spa
- Videography



## Independence

- Archery
- Arts & Crafts
- Cast Fishing
- Cooking
- Horseback Riding
- Paintball
- Photography
- Self-Care Spa
- Tower

## New & Improved

- Adaptive Sports
- Barnyard Games
- Canoe Fishing
- Music & Instruments
- Outdoor Cooking
- Reptile Meet & Greet
- Story Arts
- Water Aerobics
- Yoga & Meditation

# ACTIVITY TRACKS



## Fan Favorites

- Archery
- Arts & Crafts
- Canoeing
- Drop Fishing
- Horseback Riding
- Giant Swing
- Reptile Meet & Greet
- Swimming
- Tower

## Skills Building Year 1

- Adaptive Sports- Wheelchair Sports
- Cooking- Indoor
- Tower
- Giant Swing
- Drop Fishing
- Canoeing
- Archery- Traditional
- Field Sports

## Skills Building Year 2

- Adaptive Sports- Blind Sports
- Outdoor Cooking
- Star Place Ropes
- Power Pole
- Cast Fishing
- Kayaking
- Advanced Archery
- Sports Tournament



# SAMPLE

# SCHEDULE

8:00 AM-8:45 AM

BREAKFAST

8:45 AM-9:00 AM

ENERGIZERS

9:00 AM-10:15 AM

ACTIVITY 1

10:15 AM-10:30 AM

TRANSITION TIME

10:30 AM-11:45 AM

ACTIVITY 2

11:45 AM-12:00 PM

TRANSITION TIME

12:00 PM-1:00 PM

LUNCH

1:00 PM-2:30 PM

CABIN TIME

2:30 PM-3:30 PM

ACTIVITY 3

3:30 PM-3:45 PM

TRANSITION TIME

3:45 PM-4:45 PM

ACTIVITY 4

4:45 PM-5:00 PM

TRANSITION TIME

5:00 PM-6:00 PM

ACTIVITY 5

6:00 PM-7:00 PM

DINNER

7:00 PM-7:30 PM

TRANSITION TIME

7:30 PM-9:30 PM

NIGHT ACTIVITY



# OUTDOOR

# ACTIVITIES



## > HORSEBACK RIDING

With our horseback riding program, campers are led on horse rides with varying levels of support and adaptations. Campers are led through the riding arena and/or riding trails based on the campers' interests and skills, as well as the time allotted for the activity. Activity groups that will need Adaptive Horseback Riding must select a long activity session (1.5-2 hours) to allow time for lifts, transfers, adaptive equipment, extra support, and extra supervision.

### Goals:

- Animal education/encounter
- Choice and self-advocacy
- Increase independence



Minimum age	Ranch Discretion
Minimum time needed	1 hour
Minimum time needed with Raise Assist	1.5 hours
Maximum number of campers	15
Maximum number of campers with Raise assist	10
Maximum weight limit	275 lbs

## > BARNYARD

Campers experience a "petting zoo" style activity where they have the opportunity to engage with a wide variety of barnyard animals. Some of the animals include miniature horses, goats, pigs, llamas, alpacas, donkeys, sheep, and chickens. Campers will learn facts about barnyard animals and have opportunities to care for them. This activity is located at the Ranch and is typically paired with Horseback Riding.

### Goals:

- Animal encounter/experience
- Experiential learning
- Nature education

Minimum age	N/A
Minimum time needed	30 minutes
Maximum number of campers	30



## > BARNYARD GAMES

Barnyard Games are teambuilding-style games played with select barnyard animals. Campers will work together to solve puzzles or connect with each other in a more meaningful way, while guiding their barnyard friends along. This activity is a good option for older campers who have had plenty of traditional barnyard experiences. It can be paired with Horseback Riding or Gold Panning, or can be scheduled as a standalone activity. Minimum time required is 30 minutes, but can be scheduled as a single activity for up to 90 minutes.

### Goals:

- Animal encounter/experience
- Experiential learning
- Collaboration/Communication
- Problem Solving/Teambuilding

Minimum age	13+
Minimum time needed	30 minutes
Maximum number of campers	15



## > GOLD PANNING

Gold panning offers campers the opportunity to learn techniques needed to search for treasure. Campers use a sifting pan and a water channel to discover semiprecious gems and stones. Campers will receive a bag so they can collect and take home the treasure that they find!

### Goals:

- Focus/attention
- Nature education
- Patience
- Attention to detail
- Sensory engagement

Minimum age	N/A
Minimum time needed	30 minutes
Maximum number of campers	20

## > OUTDOOR COOKING

There is nothing quite like learning to cook over an open flame. Campers will try their hand at roasting, toasting, and grilling at one of the campfire pits. Campers can expect to have a tasty treat and learn proper food preparation skills at this activity! Ask your lead about the seasonal recipes.

### Goals:

- Creativity
- Independence
- Self-advocacy
- Teamwork

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	15

## > REPTILE MEET & GREET

Campers will take a stroll on the wild side as they meet and care for the awesome nature animals at the Camp For All Nature Pavilion. They will learn about reptiles from different habitats. Campers can expect to feed, pet, and engage with our unique reptiles.

### Goals:

- Experiential education
- Exploration/discovery
- Nature awareness and noticing
- Nature/outdoor education
- Stewardship

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	24

## > NATURE MINDFULNESS

Connect with nature in an intentional way by engaging your senses in the outdoors. Some nature mindfulness sessions may include nature journaling, mindful sensory engagement, and nature interpretation.

### Goals:

- Exploration/discovery
- Nature awareness and noticing
- Decrease anxiety
- Stewardship

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	12



## > NATURE STOLL

Go on a roaming tour through accessible trails and learn about the natural world around you. Campers will also enjoy fun nature-based games throughout their expedition.

### Goals:

- Animal encounter/experience
- Nature awareness and noticing
- Nature/outdoor education
- Physical movement
- Stewardship

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	12



# AQUATICS

# ACTIVITIES



All aquatics activities are dependent on weather conditions. Your Lead will determine if weather conditions are safe for each activity and announce cancellations via radio if weather conditions become unsafe.

## > DROP FISHING

At drop fishing, campers drop their fishing line off of the dock and have opportunities to catch and learn about a variety of fish, including perch, crappie, bass, and catfish. With our catch and release program campers may catch as many fish as they want and then release them back into the lake.

Goals:

- Animal encounter/experience
- Increase confidence
- Independence
- Nature education
- Patience

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	15

## > CAST FISHING

At our cast fishing dock campers will learn the basics of how to cast a line and the techniques used to catch fish. Our catch and release program gives campers the chance to catch multiple fish, pose for pictures, and release them back to their home. Campers may also learn about the species of fish and turtles in the lake.

Goals:

- Animal encounter/experience
- Increased confidence
- Independence
- Nature education
- Patience

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	20



## > CANOE/KAYAK FISHING

Take your fishing and boating skills to the next level! Hop in a canoe or kayak and hit the water. Enjoy the scenery as you paddle around the lake while you fish. Campers must be able to fish independently.

Goals:

- Animal encounter/experience
- Communication
- Independence
- Nature education
- Patience
- Physical movement

Minimum age	13+
Minimum time needed	1 hour
Maximum number of campers	25
Maximum weight limit	275 lbs



## > SWIMMING

Our pool is a great way for campers to cool down during a hot Texas day. With our beachfront entry, spa pool, and splash pad, campers have free choice to participate at their comfort level. Upon request, lawn games can be added to this activity for campers who choose not to swim.

Goals:

- Choice/autonomy
- Independence
- Physical activity/movement
- Socialization

**Please note that the pool is only open from April through September. The pool may also be closed due to unsafe weather conditions or water temperatures below 70 degrees Fahrenheit.**

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	150

## > CANOEING

At canoeing, campers can paddle around our lake in a canoe with one to two other people. They can enjoy the beautiful scenery, play interactive games, or compete in boat races. All sessions have a lifeguard on duty and adaptive devices are available.

Goals:

- Communication
- Nature education
- STEM/STEAM (boat mechanics)
- Teamwork/collaboration

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	22
Maximum weight limit	275 lbs

## > KAYAKING

With a session of kayaking, campers are able to paddle and navigate around our lake independently while playing games or simply enjoying the scenery. All sessions have a lifeguard on duty and adaptive devices are available.

Goals:

- Communication
- Independence
- Nature education
- STEM/STEAM (boat mechanics)

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	22
Maximum weight limit	275 lbs



## > WATER AEROBICS

During this guided water aerobics class at the pool, campers will dance, exercise, and splash to fun music. This high energy activity is a great way to start your day. A lifeguard is on duty for the duration of this activity.

### Goals:

- Goal Setting
- Mood booster
- Physical Movement

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	25

## > INNER TUBE WATER POLO

Inner Tube Water Polo is a great way for campers to cool down while also having some fun in the sun. Campers will be split into two teams, competing to make the most shots into their scoring net, all while using an inner tube to move around the pool. Each Inner Tube Water Polo session has a lifeguard on duty.

### Goals:

- Physical movement
- Strategy/planning
- Teamwork/collaboration

Minimum age	10+
Minimum time needed	1 hour
Maximum number of campers	25

Minimum age	N/A
Minimum time needed	3 hours
Maximum number of campers	N/A

### Game options:

- Musical Tubes
- Splodgeball
- Water Wars
- Slip N Slide
- Duck, Duck, Splash
- Dunk Tank
- Water Baseball
- Tic, Tac, Splash
- Hot Potato
- Water Frisbee
- Battleship
- Water Balloons
- Water Blasters
- Vendors

## > WATER DAY

This is typically a half day activity that consists of numerous water-based games that all campers can enjoy. This activity is one that will make your trip to Camp For All absolutely unforgettable. Ask your Lead about Water Day Inflatable Vendor options.

### Goals:

- Mood elevator
- Physical movement
- Sportsmanship
- Teamwork/collaboration



# TARGET SPORTS

# ACTIVITIES



## > ARCHERY

At our traditional archery range, campers use a recurve bow to shoot arrows at targets and learn the basics of archery. A session may involve interactive games, as well as, organized target practice.

### Goals:

- Focus/attention
- Independence
- Listening/following instructions

Minimum age	6+
Minimum time needed	1 hour
Maximum number of campers	12



## > ADVANCED ARCHERY

At our advanced archery range, campers use a compound bow to shoot at the targets. A session of advanced archery may include target practice or interactive games. Campers will be guided to help enhance their shooting technique.

### Goals:

- Focus/attention
- Independence
- Listening/following instructions
- Receiving feedback

Minimum age	13+
Minimum time needed	1 hour
Maximum number of campers	12



## > PAINTBALL

During a paintball session campers are able to put their target skills to the test. Campers may shoot at an assortment of targets and objects located throughout the range. This is a target shooting activity. We do not aim at other people.



### Goals:

- Focus/attention
- Independence
- Listening/following instructions

Minimum age	13+
Minimum time needed	1 hour
Maximum number of campers	12



## > NERF GAMES

Campers will compete alongside or against their cabin in the ultimate shootout. Campers will use Nerf blasters and Nerf darts to tag their opponents, while simultaneously dodging their opponent's darts. This activity can run as a free for all competition or as an organized game.

### Goals:

- Focus/attention
- Listening/following instructions
- Strategy/planning
- Teamwork/collaboration

Minimum age	6+
Minimum time needed	1 hour
Maximum number of campers	20



# SPORTS

# ACTIVITIES



## > PHYSICAL EDUCATION GAMES

Physical education games can be played at either Star Place or the Pavilion. Groups have the opportunity to choose from the variety of games to meet campers' interests. This is a great way to let campers get their energy out during the day!

### Goals:

- Leisure education
- Motor skills development
- Physical movement
- Sportsmanship
- Strategy/planning
- Teamwork

### Game options:

- Blindfold Dodgeball
- Dodgeball
- Nitro Ball
- Parachute Games
- Relay Races
- Obstacle Courses
- Basketball
- Volleyball
- Knockout

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	24



## > FIELD SPORTS

Field sports are held at one of the outdoor fields or courses around Camp For All. Groups have the choice to participate in one or two of the games that we offer.

### Goals:

- Physical movement
- Sportsmanship
- Strategy/planning
- Teamwork

### Game options:

- Baseball
- Softball
- Disc Golf
- Flag Football
- Gaga Ball
- Kickball
- Soccer
- Ultimate Frisbee
- Capture the Flag

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	24



**Goals:**

- Leisure education
- Physical movement
- Sportsmanship
- Strategy/planning
- Teamwork

## > ADAPTIVE SPORTS

Adaptive sports can be played at either the indoor gym at Star Place or the outdoor pavilion. Campers may use manual sports wheelchairs and have the choice to select a sport to participate in with their teams. This can also be led as an ability awareness education session.

**Game options:**

- Sit volleyball
- Wheelchair basketball
- Wheelchair races
- Wheelchair soccer
- Seated Yoga
- Goalball
- Beep Baseball

Minimum age	6+
Minimum time needed	1 hour
Maximum number of campers	12



## > MILES OF SMILES

Run, walk, or roll through this timed 1-mile, 5K, or 10K race around Camp For All. Follow the marked paths and cross the finish line. Race against your friends or aim for a personal best!

**Goals:**

- Increase self-esteem
- Perseverance
- Physical movement
- Sportsmanship

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	50

## > SPORTS TOURNAMENT

Compete in a bracket-style competition in your favorite sport. Choose from the sports we offer to compete in or create your own tournament!

**Game options:**

- Kickball
- Basketball
- Dodgeball
- Blindfold Dodgeball

**Goals:**

- Physical movement
- Sportsmanship
- Teamwork

Minimum age	N/A
Minimum time needed	3 hours
Minimum number of campers	24
Maximum number of campers	150



# CHALLENGE COURSE



# ACTIVITIES

## > TOWER

Campers can set their own goals and challenge themselves to engage in the slant wall, vertical wall, and/or two-line bridge. Campers can also travel down the zip line for an additional thrill. Adaptive elements include the raise assist to access the top of the tower and zip line.

### Goals:

- Courage/empowerment
- Goal setting
- Independence
- Positive risk taking
- Self-advocacy
- Sense of achievement

Minimum age	6+
Minimum time needed	1 hour
Minimum time needed with Raise Assist (1 cabin)	1.5 hours
Maximum number of campers	15
Maximum weight limit	275 lbs



Minimum age	6+
Minimum time needed	1 hour
Minimum time needed with Raise Assist (1 cabin)	1.5 hours
Maximum number of campers	15
Maximum weight limit	275 lbs

## > STAR PLACE ROPES

### Texas Children's Hospital Challenge Course

With this indoor challenge course, campers will be able to experience the thrill of indoor obstacles followed by a ride on a zip line that ends near our cast fishing lake. Along with our suspended course, campers may also climb to new heights on the indoor climbing wall with our TruBlue auto-belay system.

### Goals:

- Courage/empowerment
- Goal setting
- Independence
- Positive risk taking
- Self-advocacy
- Sense of achievement

## > GIANT SWING

Campers will work as a cabin to pull participants up on the pendulum, granting each participant the chance to swing through the air. Campers will select the height they wish to swing from, up to 30 feet high.



### Goals:

- Courage/empowerment
- Goal Setting
- Teamwork
- Peer support
- Positive risk taking
- Self-advocacy
- Sense of achievement

Minimum age	6+
Minimum time needed	1 hour
Minimum time needed with Raise Assist (1 cabin)	1.5 hours
Maximum number of campers	15
Maximum weight limit	275 lbs

## > HIGH ROPES

At our high ropes course, campers are able to travel through up to 12 obstacles suspended up to 40 feet in the air before taking the zipline down to the ground. Campers have the opportunity to challenge themselves and support their peers throughout the course. This activity is dependent on trained staff's availability. Participants must be able to climb a ladder without assistance. Advanced notice is needed to schedule this activity.

### Goals:

- Courage/empowerment
- Goal setting
- Independence
- Peer support
- Positive risk taking
- Self-advocacy
- Sense of achievement

Minimum age	13+
Minimum time needed	1.5 hours
Maximum number of campers	15
Maximum weight limit	275 lbs

Minimum age	6+
Minimum time needed	1 hour
Maximum number of campers	24

### Game options:

- Marble Falls
- Helium Stick
- Help Maze
- T.P. Shuffle
- The Grid
- Taxi Driver
- Key pads
- Name Games
- Squared Away
- Group Jump rope
- Raccoon Circles
- Stepping Stones

## > LOW ROPES & TEAMBUILDING

Campers will engage in an array of teambuilding activities and various low ropes initiatives. Teambuilding activities can take place anywhere around Camp. Low ropes activities are held at the low ropes course. This activity is great for new groups and groups that have worked together for years.

### Goals:

- Build community
- Collaboration
- Communication
- Problem solving
- Teambuilding



## > POWER POLE

Campers will climb the power pole and take a leap. This high challenge, high thrill activity is sure to leave you with a rush of adrenaline! This activity is dependent on trained staff's availability. Participants must be able to climb a ladder and stand without assistance. Advanced notice is needed to schedule this activity.

### Goals:

- Courage/empowerment
- Goal setting
- Independence
- Positive risk taking
- Sense of achievement

Minimum age	13+
Minimum time needed	1 hour
Maximum number of campers	15
Maximum weight limit	275 lbs

# CREATIVE

# ACTIVITIES



## > ARTS & CRAFTS

A session of arts and crafts at Camp For All has endless crafting possibilities. This can be led by Camp For All Staff or partner staff. Campers can expect to take home their creations.

Goals:

- Creativity
- Independence
- Self-expression
- STEM/STEAM

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	25



## > CUSTOM PARTY

Anything goes with these unique parties! Your group's party can be held at Star Place or in an outdoor location and is customized to your group's interests. Campers can expect to play games and engage their imaginations.

Goals:

- Build community
- Creativity
- Imagination
- Self-expression

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	25



## > STORY ARTS

Let your creative side shine and your voice be heard as you make and share stories with your cabin. Campers may theatrically act out classic stories and fairytales, play story writing games with their group, or have a show and tell.

Goals:

- Communication
- Creativity
- Increase confidence
- Independence
- Self-expression
- Teamwork

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	12



## > MUSIC & INSTRUMENTS

At music and instruments, campers will learn about a variety of percussion and rhythm instruments. This activity may include drumming, body percussion, music games, or jam sessions. We've got the beat!

Goals:

- Creativity
- Listening
- Sensory engagement
- Mood elevator

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	15



## > SELF-CARE SPA

The self-care spa at Camp For All is an activity for campers to feel empowered and beautiful while learning some self-care techniques. Here you can express yourself freely and leave feeling refreshed and renewed.

Spa options:

- Temporary hair color
- Temporary tattoos
- Nail art
- Face paint
- Face masks
- DIY bath fizzy
- Sugar hand scrubs
- Lotions
- Hair tinsel
- Costume closet

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	25

Goals:

- Mood elevator
- Physical movement
- Sportsmanship
- Teamwork/collaboration



## > DANCE

Campers will learn some of the famous Camp For All energizer dances or even make up their own choreography. During a session of dance, campers are taught the step-by-step choreography of some of their favorite line dances or energizers. Other options include freeform expressive movement and performing choreography at mealtimes or campfires.

Goals:

- Memory
- Mood elevator
- Physical movement
- Self-expression
- Teamwork

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	25

## > MINUTE TO WIN IT

Minute to Win It is a thrilling activity for all ages. Campers will compete against their peers, or themselves to beat the clock in a wide range of mini games. Games range from cup stacking to ninja throwing cards into a watermelon. This activity is a guaranteed hit!

Goals:

- Creativity
- Strategy
- Teamwork

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	15

## > YOGA & MEDITATION

Find a moment for balance and relaxation during your visit at Camp For All. Sessions of yoga and meditation can be held in a studio at Star Place or in an outdoor space. Campers may engage in introductory yoga skills, seated yoga flows, or guided meditation sessions.

Goals:

- Physical movement
- Decrease anxiety
- Emotional regulation

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	25

## > PAPARAZZI

Dress up in your best costume or formal wear in our costume closet! Campers will walk the red carpet or runway while adoring fans take your photo. Strike a pose! Campers have the option to print 2 photos of themselves.

Goals:

- Creativity
- Strategy
- Teamwork

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	15



Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	12

## > COOKING

Camp For All has an accessible Teaching Kitchen where campers can learn how to follow recipes and create snacks and treats. Whether your group decided to try their hand in baking or cooking up healthy dishes, this activity is guaranteed to be delicious! Ask your lead for the seasonal recipe options.

Goals:

- Creativity
- Independence
- Self-advocacy
- Teamwork

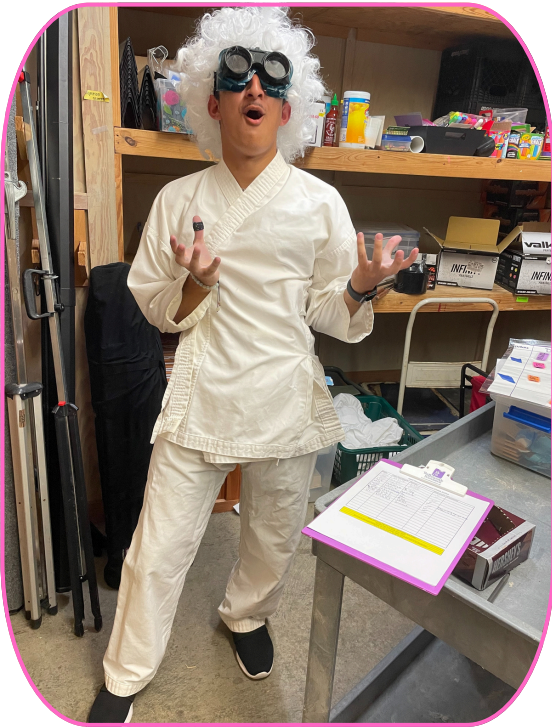
## > ESCAPE ROOM

During this activity, campers enter our puzzle room and must work together to find clues, solve riddles, and complete challenges. The escape room is geared toward the age range and skill levels of the group. The theme and puzzles change annually to keep this activity fresh for returning campers.

Goals:

- Creativity
- Problem-solving
- Teamwork

Minimum age	10+
Minimum time needed	1 hour
Maximum number of campers	15



## > FORT BUILDING

At fort building, campers are given the tools and freedom to engineer and build a cardboard structure. Some sessions include interactive games with the campers' creations, creative challenges, or teambuilding challenges.

Goals:

- Construction/engineering
- Creativity
- STEM/STEAM
- Teamwork/collaboration

Minimum age	8+
Minimum time needed	1 hour
Maximum number of campers	24

## > MAD SCIENCE

Mad Science is an activity created with your campers' imagination in mind. Campers will conduct a series of fizzing and messy science experiments. This tactile and sensory engaging activity is both fun and educational. Experiments range from making various slime recipes to egg drop challenges to soda volcanos!

Goals:

- Creativity
- Engaging your senses
- STEM/STEAM

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	12



Minimum age	N/A
Minimum time needed	30 minutes
Maximum number of campers	N/A

## > KARAOKE

During Karaoke, campers choose from our approved song list to perform as a solo, duet, or group! They will take the stage and showcase their musical talents. This activity can also be facilitated for large groups as a night activity.

Goals:

- Creative expression
- Courage/empowerment
- Independence
- Self-advocacy
- Teamwork

# TECHNOLOGY-BASED

# ACTIVITIES



## > PHOTOGRAPHY

During a photography session, campers are taught the basics of photography and are able to take their own amazing pictures. Campers have the chance to edit and print up to 2 photos in our photography lab.



### Goals:

- Creativity
- Independence
- Self-expression
- STEM/STEAM

Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	12

## > PHOTO SCAVENGER HUNT

Campers take their photography skills on the road. Campers will work with their team to capture pictures to fulfill the scavenger hunt prompts. The first team to finish is crowned the champion.

### Goals:

- Creativity
- Self-expression
- STEM/STEAM
- Teamwork



Minimum age	N/A
Minimum time needed	1 hour
Maximum number of campers	12

## > PHOTO VOICE

At a photo voice session, campers will be given an abstract prompt that they will photograph. Campers will then return to the group, select their most meaningful photos, and reflect on the prompt with their cabin. Campers have the chance to edit and print up to 2 photos in our photography lab.

### Goals:

- Communication
- Creativity
- Independence
- Self-expression
- Self-reflection

Minimum age	10+
Minimum time needed	1 hour
Maximum number of campers	12



## > RECORDING STUDIO

Our recording studio gives campers the opportunity to record vocals over a preexisting track or record a podcast episode. Campers are able to take their finished songs home on a USB drive to show their friends and family. For a 1 hour session, 5-6 songs can be recorded. If each camper would like to sing their own song, the time will need to increase accordingly.

Goals:

- Creativity
- Self-expression
- Teamwork/collaboration

Minimum age	6+
Minimum time needed	1 hour
Maximum number of campers	12



## > VIDEOGRAPHY

Campers will work together to create their own video at this activity. Some options include making a music video or newscast. Take a trip to the costume closet, plan your video, and record! Campers will have some time to edit their video and take a copy home on a USB drive.

Goals:

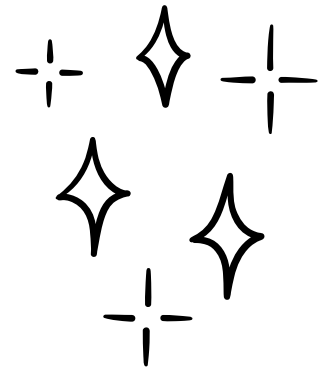
- Communication
- Creativity
- Teamwork/collaboration
- Planning
- STEM/STEAM

Minimum age	13+
Minimum time needed	3 hours
Maximum number of campers	12



# NIGHT

# ACTIVITIES



## > CAMPFIRE

Campfires are a great way to start your Camp For All experience. Our campfires are sure to keep every camper entertained and excited about Camp. Talk with your lead about customizing programming to fit your traditions and keep campers engaged. Some options may include Energizers, skits, campfire songs, line dances, and s'mores.

### Goals:

- Build community
- Get acquainted
- Physical movement

Minimum age	N/A
Minimum time needed	1.5 hours



## > TALENT SHOW

At a talent show, campers can show off their amazing talents. Whether they sing a song, do a dance, or tell some jokes, the night is sure to be fun. Don't forget to dive into the costume closet to find the perfect outfit.

### Goals:

- Independence
- Courage/empowerment
- Positive risk taking
- Build community

Minimum age	N/A
Minimum time needed	2 hours

## > CARNIVAL

Camp For All carnivals are extraordinary. Each carnival is full of fun games and customizable to your Camp needs. Some options include face painting, tabletop carnival games, yard games, and more!

### Goals:

- Independence
- Choice/autonomy
- Sense of accomplishment

Minimum age	N/A
Minimum time needed	1.5 hours

## > DANCE PARTY

At a Camp For All dance party you can expect a lot of dancing and snacks. Bring your own DJ or let us play songs from our music library. Your night is guaranteed to end with a smile.

### Goals:

- Build community
- Choice/autonomy
- Independence
- Socialization

Minimum age	N/A
Minimum time needed	1.5 hours



## > POOL PARTY

A nighttime pool party is a great way for campers to unwind after a fun-filled day of activities. Make a pool party even better with poolside snacks or a movie!

### Goals:

- Build community
- Choice/autonomy
- Independence
- Socialization

Minimum age	N/A
Minimum time needed	1.5 hours
Maximum number of campers	150



## > AMAZING RACE

Put your team to the ultimate test by completing teambuilding challenges against other teams. Race around Camp and be the first team to complete them all!

### Goals:

- Build community
- Teamwork
- Communication
- Sportsmanship
- Strategy/planning

Minimum age	10+
Minimum time needed	1.5 hours

## > MOVIE NIGHT

Bring your own DVD or select a movie from our collection. After a long day of fun activities, kick back and settle in for a cozy movie night with a delicious snack.

### Goals:

- Build community
- Mood elevator
- Restoration/relaxation

Minimum age	N/A
Minimum time needed	2 hours

## > NIGHT CLIMB/ZIP

During a Night Climb, campers complete the Star Place Challenge Course or climb the Star Place Vertical Wall. During a Night Zip, campers can zipline from the Star Place Challenge Course in the dark. We recommend this activity for only the two oldest cabins.

Goals:

- Choice/autonomy
- Empowerment
- Goals setting
- Independence
- Positive risk taking
- Sense of accomplishment

Minimum age	13+
Minimum time needed	1.5 hours
Maximum number of campers	24
Maximum weight limit	275 lbs

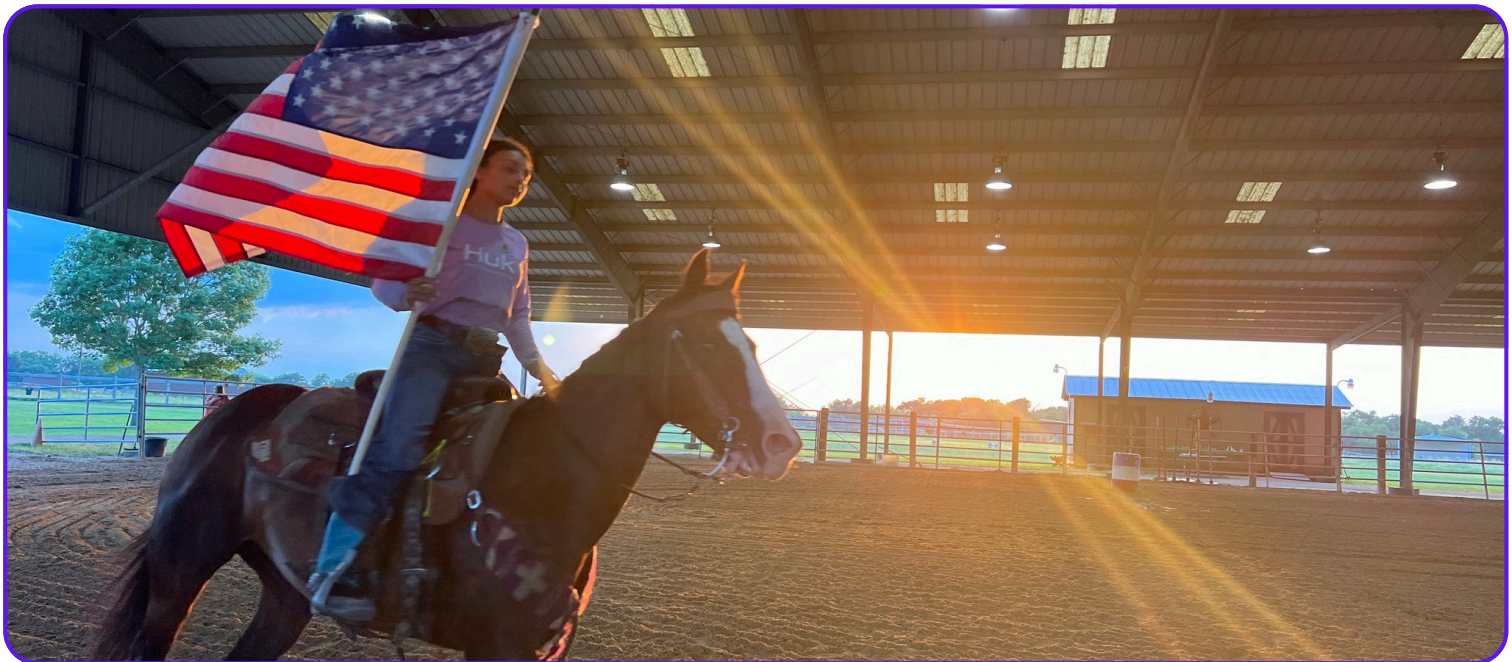
Goals:

- Build community
- Planning/strategy
- Sportsmanship
- Teamwork

Minimum age	N/A
Minimum time needed	1.5 hours

## > CASINO/GAME NIGHT

During a casino night, campers are encouraged to learn and try new games in a family-friendly environment. Some options include board games, card games, Texas hold 'em, blackjack, roulette, human slot machine. Ask your lead about possible vendors to host Casino Night.



## > RODEO- SUMMER ONLY

During a Camp For All rodeo, campers can watch some of the finest roping, riding, and comedy. Campers may also engage in some traditional rodeo activities such as carnival games, petting-zoo, and face painting. Talk with your lead about camper participation in the rodeo (at Ranch Team's discretion). Advanced notice is needed to schedule this activity.

Goals:

- Build community
- Education
- Mood elevator

Minimum age	N/A
Minimum time needed	1.5 hours



## > FAMILY FEUD

During this gameshow style activity, campers are split into teams to guess the top answers to various questions. The team with the most points is named that champion! This is a great option for family camps. It can also be hosted with different cabins competing against each other.

Goals:

- Build community
- Decision making
- Sportsmanship
- Teamwork

Minimum age	N/A
Minimum time needed	1.5 hours

## > TRIVIA

Put your brainpower to the test! At a Trivia Night, campers can be broken into teams or compete individually. You can choose from our various trivia categories that are geared towards different age groups or have custom categories. Ask your lead about incorporating themes or specific knowledge into this activity.

Goals:

- Build community
- Education
- Sportsmanship
- Teamwork

Minimum age	N/A
Minimum time needed	1 hours

## > MISSION RESCUE

During this activity, campers must defeat a despicable villain and stop their minions from taking over Camp! Groups will sneak past minions and get their glow stick into their bucket on the other side of Camp.

Goals:

- Build community
- Education
- Mood elevator

Minimum age	N/A
Minimum time needed	1.5 hours



## > WISH FLOAT

Wish Float is a reflective activity. Campers will make a wish, light a tealight candle, and place their light into a candle holder. The handle holder is then towed behind a canoe and sent across the lake. Campers can choose to share their wish with the group or keep it to themselves.

Goals:

- Build community
- Choice/autonomy
- Empowerment
- Reflection

Minimum age	N/A
Minimum time needed	1.5 hours

## > WOOKIE HUNT

On a Wookiee hunt, campers will be led on a ride around Camp to search for legendary and illusive "Wookies". Listen carefully for the Wookiee call! You may see the Wookies doing silly jobs around Camp. For groups larger than 25 people, this activity will need to be paired with another night activity due to capacity of the wagon.

Goals:

- Build community
- Imagination
- Mood elevator
- Observation skills

Minimum age	N/A
Minimum time needed	45 minutes



**We look forward to  
working together!**

