



WELCOME!

In response to feedback we've received, the Brook Park Council, is putting together an online "Summer Camp" to help keep your kids busy (and learning...shhh!) over the summer. On our website (www.brookparkcouncil.org), you will find a variety of Summer Camp units suited for kids from kindergarten to fifth grade.

These theme-based sets of activities are meant to be flexible, easy to access, and fun to fit in your life as you like. They are low to no tech and free or low-cost if you choose.

*Consider letting your child take the lead. Parents remember: **If a kid can do it, let them do it themselves. Stay out of their way, let them struggle, and it's ok for them to be bored.** You are helping them build independence, self-confidence, and creativity.*

You or your child can guide themselves through the entire camp, work together with siblings, or can pick and choose activities to fill an hour with parents & kids. There are some units that lend themselves to family fun and other ones specifically designed for that. Units following the same format with a variety of activities. The only requirement is to have fun!

Check back at the BPC website or the main BPC Facebook page regularly as more units will be posted throughout June and July.

<https://brookparkcouncil.org/>

<https://www.facebook.com/groups/750521414998282/> or <https://bit.ly/2XNqg5W>

Having fun and want to share? Post on the main BPC website or email askthebpc@gmail.com.

Do you have an awesome idea for a Summer Camp unit or activity? Email us at askthebpc@gmail.com to see how you can share your idea with the Brook Park community.

READ

Read each unit to see if it interests you. There are often great book selections to accompany each unit, but you may know of other ones. Have your parent share your favorite books with us too!

WRITE

Write down a few goals for what you want to do this summer.

Consider writing your own camp unit and emailing to the BPC at askthebpc@gmail.com. We just might feature YOUR unit!

ART/CREATE

What do you want to name your camp? Think about it, jot down ideas, talk with others, or otherwise come up with a name for your camp. Download and print or grab a piece of paper and design a sign for your camp.

GET OUTSIDE & RECORD

There are lots of things you can do inside, but always try to consider if you can do things outside. Get your vitamin-D from the sunshine, but be mindful if you need sunscreen too.

MAKE (COOK, EXPERIMENT, BUILD, ETC.)

Some of these activities are easy to do on your own. Others not as much. Make sure to talk to your parents and adults in your house to get permission and know the things you can and cannot do by yourself or at all. Consider what you want to ask for help doing.

WATCH

Try to limit your time on screens. There are great resources for reading or jumpstarting a project. By all means, do those as you are able. Often times, you can find interesting things related to what you are watching...but other times it's easy to get distracted. Keep focused on your camp goals and not videos and shows that are just for pleasure.

RESEARCH & DO

Figure out what you will need for camp.

Do you need a general tinker box to put tools and items like magnifying glass, pencil, drawing supplies, notebook, etc.? You can gather general supplies now and add more as camp goes on.

Is there an activity that involves borrowing, accessing, or otherwise getting a book or other supply? Talk to your parents about ideas. Remember, you can ALWAYS swap one idea for one of your own or something you already have.

GET ACTIVE

Summer allows you to spend more time running, jumping, riding your bike, or other physical activity. Do as much as you can to get your blood pumping to help your body and brain! Make sure you are getting enough water and healthy foods like good protein, fruits, vegetables, and healthy fats to fuel your body. Keep snacks and treats healthy too.

BADGES

There are no requirements to earn badges. You can just do the activities you want and skip those you don't. If you do want to challenge yourself to earn camp badges, here are a few guidelines.

- There are a variety of activities for you to read, watch, do, make, write, record, get active, etc.
- You need to complete 5 activities related to the theme. You are welcome to swap in your own ideas for activities too.
- Having fun? Please ask your parent to share your progress or alternate activity with us on FB or at askthebpc@gmail.com.
- There is no timeframe for you to fulfill a badge. You can do it all in one day, one a day for a week, once a week for 5 weeks, spread out over summer, etc. You choose!
- Record each activity in your Badge Tracker so you know what you did and what you have earned!

Looking for something else, different, or more? Ask your Camp Director (parents) or Counselor (other older youth or adults) to help you search on Pinterest (ex: bug craft, watercolor bug, bug books, etc.) Your Camp Director (i.e parent) would also be able to help you look on other resources like Teacher Pay Teacher for free or inexpensive resources or Amazon Smiles for books or materials. Reminder: the BPC earns money on all eligible purchases through Amazon Smiles.

Have ideas? Want to share? Post on the BPC Facebook page or email askthebpc@gmail.com.