
Adaptable 5-Day Secular Camp Curriculum: Kindness Cosmic Explorers 🚀

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Note for Camp/Workshop Directors: Book & Supply Logistics

This single download includes a **Comprehensive Camp/Workshop Launch Pack** containing:

1. **Director's Launch Checklist:** A ready-to-use checklist to help you organize logistics, supplies, and leader assignments for a seamless week of content.
2. **The 5-Day Curriculum Chart:** The full week-long lesson structure linking every chapter of **AJ and the Constellation of Kindness** to **core Social-Emotional Learning competencies**.
3. **10 Unique Worksheets:** A complete set of **unique, age-adapted worksheets** (K-2 and 3-5) for every day, linking the book's SEL tools to every day growth

The curriculum is adaptable for any budget. **Mission Kit supplies are suggestions** (e.g., small stress balls, bubble wands) and there is no requirement to purchase any particular supplies in order to complete the curriculum. The **K-5 Age-Adapted Curriculum Workbook** contains specific worksheets and activities tailored for each day's lesson.

Camp Motto: "Take Care of You. Spark Kindness Too!"

Camp Director's Launch Checklist: Kindness Cosmic Explorers

Phase	Task
I. Planning & Procurement	
Order the Storybook and K-5 Curriculum Workbooks (allow 2-3 weeks).	☐
Review the Launch Pack 5-day structure.	☐
II. Leadership & Preparation	
Assign Lead Teachers/Counselors and Helpers for the 5 days.	☐
III. Daily Execution	
Conduct morning mindfulness centered on the day's SEL Focus.	☐
Teach the Core SEL Lesson using the Core Character Trait and Chapter.	☐
Complete the hands-on Activity/Adaptation (using purchased workbook or craft).	☐



Kindness Cosmic Explorers: Secular Program Explainer Chart

This chart maps the 5-day program's focus to core **Social-Emotional Learning (SEL)** competencies, demonstrating the program's educational value.

Program Day	Book Chapter Focus	Core SEL Competency (The Skill)	Key Character Trait Developed
Day 1	Chapter 1	Self-Awareness	Self-Worth & Confidence
Day 2	Chapter 2	Social Awareness	Empathy & Perspective-Taking
Day 3	Chapter 3	Self-Management	Emotional Regulation & Calm
Day 4	Chapter 4	Relationship Skills	Community Action & Service
Day 5	Chapter 5	Responsible Decision-Making	Resilience & Optimism

Unique Community Value: This program is an incredible opportunity to build and grow a sense of community. Because this is a **K-5 curriculum** that can be easily led by high school-aged adolescents or other capable community members, it enhances wellness skills for all ages. Even teaching the lessons serves as a powerful reminder of how to use these skills ourselves!

Day 1: The Call to Explore – Recognizing Our Unique Star Power (Chapter 1)

SEL Focus	Core Character Trait	Key Lesson Concept	Optional Kit Supply Suggestion
Self-Awareness	Self-Worth & Confidence	You are one of a kind! Every person possesses unique strengths and talents. Our "Inner Compass" helps us identify our core values and guides us toward actions that align with our authentic self.	Wristband or Bookmark with an inspiring message (e.g., "You Are Amazing!")
Activity/Adaptation	Option A (Workbook): Complete a Self-Worth worksheet from the companion workbook. Option B (Adaptation): Create a "Core Strengths Shield" craft, listing three unique talents or qualities they admire about themselves.		
SEL Focus	Core Character Trait	Key Lesson Concept	Optional Kit Supply Suggestion

Day 1: The Call to Explore – Recognizing Our Star Power (Chapter 1 Printable Worksheets)

Core SEL Competency: Self-Awareness / Self-Worth

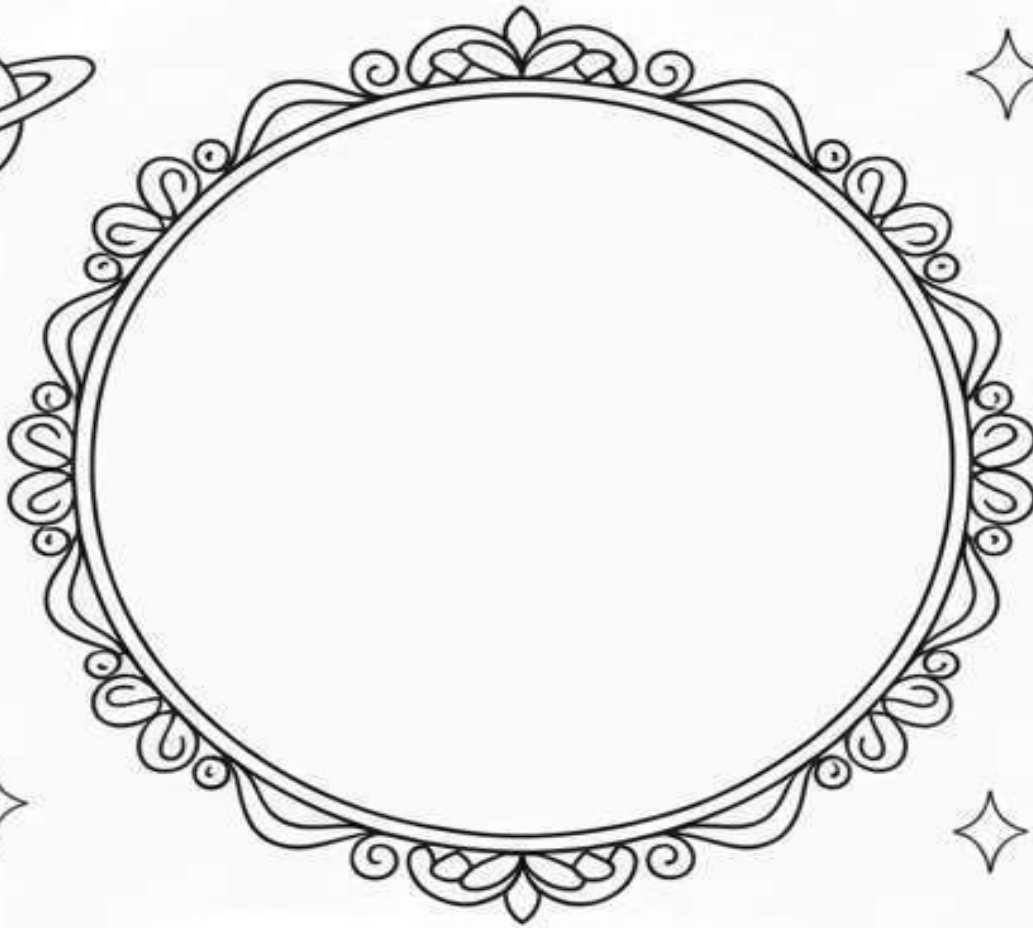
K-2 Adaptation: My Inner Compass

- Draw a picture of yourself in the middle of the circle.
- I feel amazing when I am...
- Draw one thing you are great at!

3-5 Adaptation: Finding My Core Values

- 1. List 3 words that describe your unique strengths. (e.g., honest, patient, creative)
- 2. Describe a time you successfully used one of these strengths to handle a problem.
- 3. What is one personal value (honesty, kindness, fairness) that guides your actions?

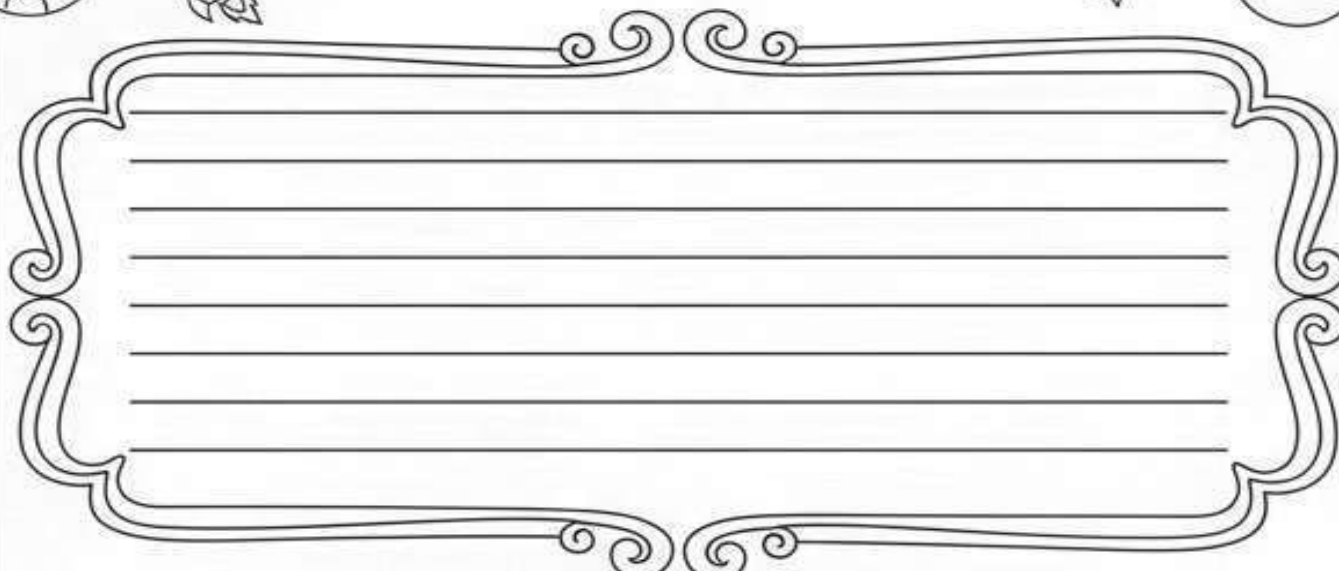
My Inner Compass

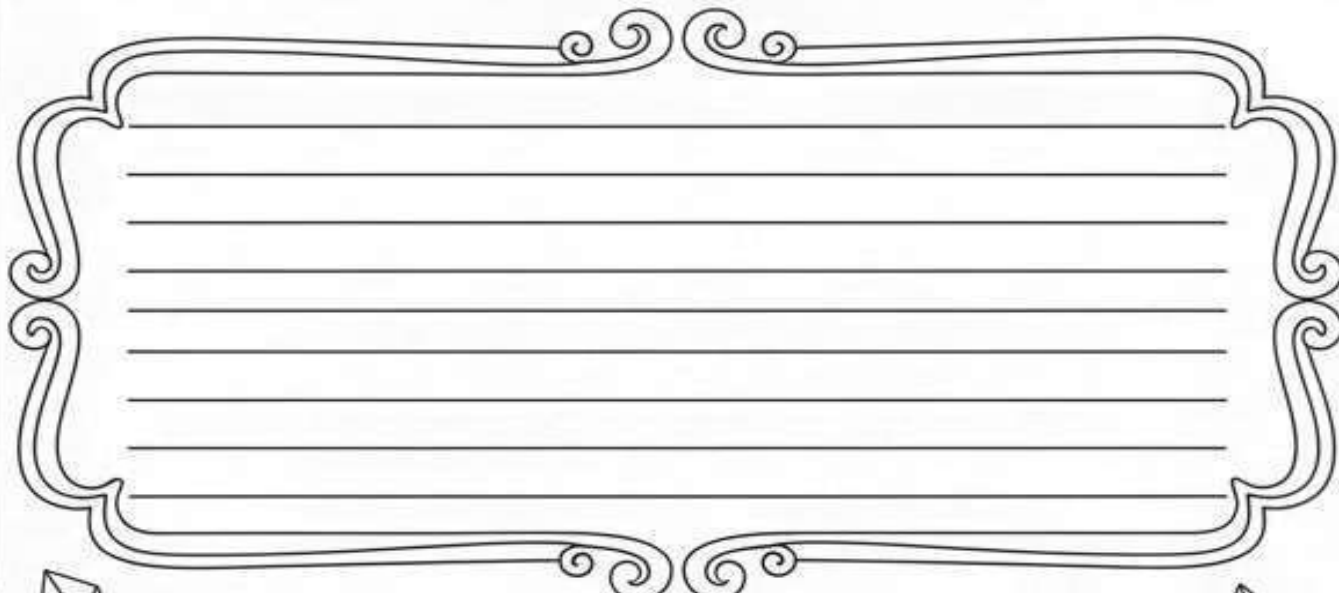


I feel amazing when I am...



FINDING MY CORE VALUES







Day 2: Navigating the Feelings Nebula (Chapter 2)

SEL Focus	Core Character Trait	Key Lesson Concept	Optional Kit Supply Suggestion
Social Awareness	Empathy & Perspective-Taking	Feelings are information. We identify and name our emotions (like the creatures Worriorons and Pluvia) to manage them. Empathy is the ability to recognize and share the feelings of others.	Colored Pencils/Crayons or other coloring medium
Activity/Adaptation	Option A (Workbook): Complete a Feelings Identification worksheet from the companion workbook, using colors to express emotion. Option B (Adaptation): Play Perspective-Taking Charades (acting out emotions/scenarios) and discuss respectful ways to respond to someone else's big feelings.		

Day 2: Navigating the Feelings Nebula (Chapter 2 Printable Worksheets)

Core SEL Competency: Social Awareness / Empathy

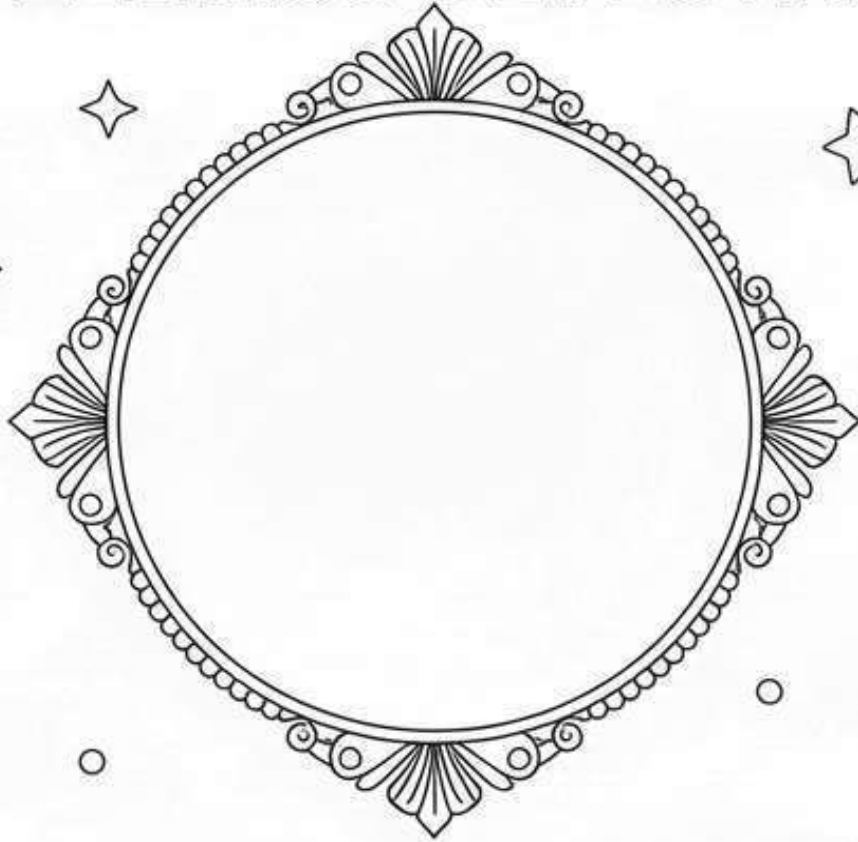
K-2 Adaptation: Feelings Detective

- Draw a face showing a worried or frustrated emotion.
- Write about the feeling you drew: (Happy / Sad / Mad / Worried...).
- What is one kind thing you could do to help that friend?

3-5 Adaptation: Perspective Power

- 1. Describe a time you saw a friend or classmate having a "big feeling" (like anger or extreme sadness).
- 2. What do you think they needed most at that moment?
- 3. Explain the difference between Sympathy and Empathy.

FEELINGS DETECTIVE



A large rectangular frame with a decorative border, containing horizontal lines for writing. The border is ornate, with a central pointed top and bottom. The interior of the frame is filled with ten horizontal lines, providing space for a written response.



Day 3: Grounding on Galaxy Planet (Chapter 3)

SEL Focus	Core Character Trait	Key Lesson Concept	Optional Kit Supply Suggestion
Self-Management	Emotional Regulation & Calm	Finding your control center. When stress or worry hits, we use mindfulness and sensory tools to calm the nervous system. Techniques like deep breathing and grounding help return our bodies and minds to a state of peace.	Sensory Item (e.g., small stress ball) and Bubble Wands
Activity/Adaptation	Option A (Workbook): Use the companion workbook's Grounding Exercise template. Option B (Adaptation): Practice the 5-4-3-2-1 Sensory Grounding Technique using the stress ball. Use Calming Breath Work with the bubble wands or focused, slow breaths.		

Day 3: Grounding on Galaxy Planet (Chapter 3 Printable Worksheets)

Core SEL Competency: Self-Management / Emotional Regulation

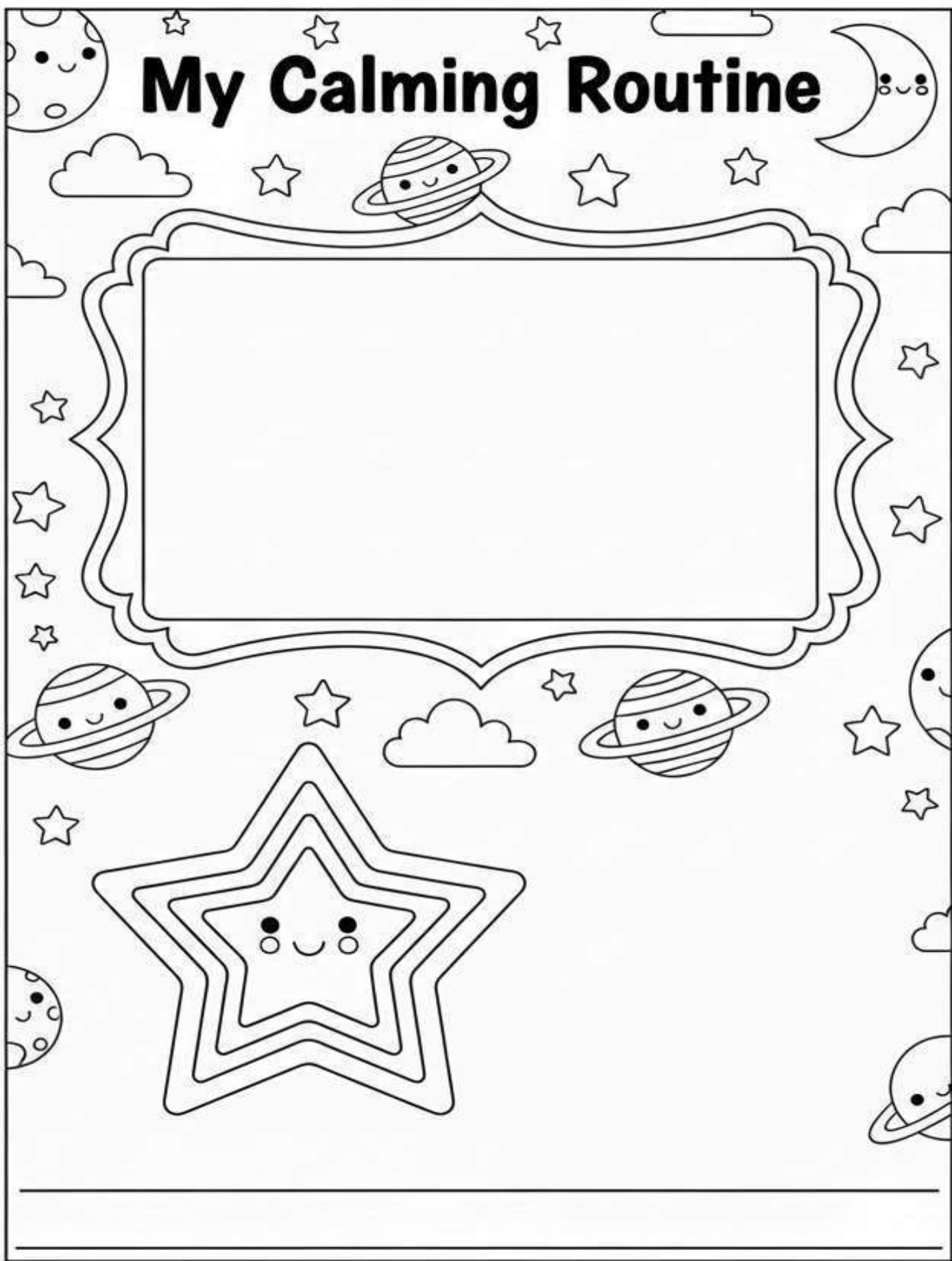
K-2 Adaptation: My Calming Routine

- Draw your favorite place to go when you need to be calm.
- Trace the shape below while taking a deep breath.
- I feel calm when I...

3-5 Adaptation: 5-4-3-2-1 Reset

- **Fill out the steps below when you need to reset your emotions:**
 - 5: List five things you can see right now.
 - 4: List four sounds you hear and notice where they come from.
 - 3: List three objects you can touch (and notice how they feel).
 - 2: List two things you can smell or taste.
 - 1: State one positive affirmation about yourself (e.g., "I am safe," "I can do this").

My Calming Routine



5-4-3-2-1 Reset

5.

4.

3.

2.

1.

Day 4: Creating the Kindness Ripple (Chapter 4)

SEL Focus	Core Character Trait	Key Lesson Concept	Optional Kit Supply Suggestion
Relationship Skills	Community Action & Service	Kindness is an action. Even small, simple acts create a "Kindness Ripple Effect" that spreads positivity through a group or community. True kindness is given without expectation of reward.	Simple Craft Supplies for a service project
Activity/Adaptation	Option A (Workbook): Use the Kindness Mission tracking sheet in the companion workbook. Option B (Adaptation): Dedicate time to a simple Camp Service Project (e.g., cleaning up the camp area, making thank-you cards for staff, or creating posters promoting respect).		

Day 4: Creating the Kindness Ripple (Chapter 4 Printable Worksheets)

Core SEL Competency: Relationship Skills / Community Action

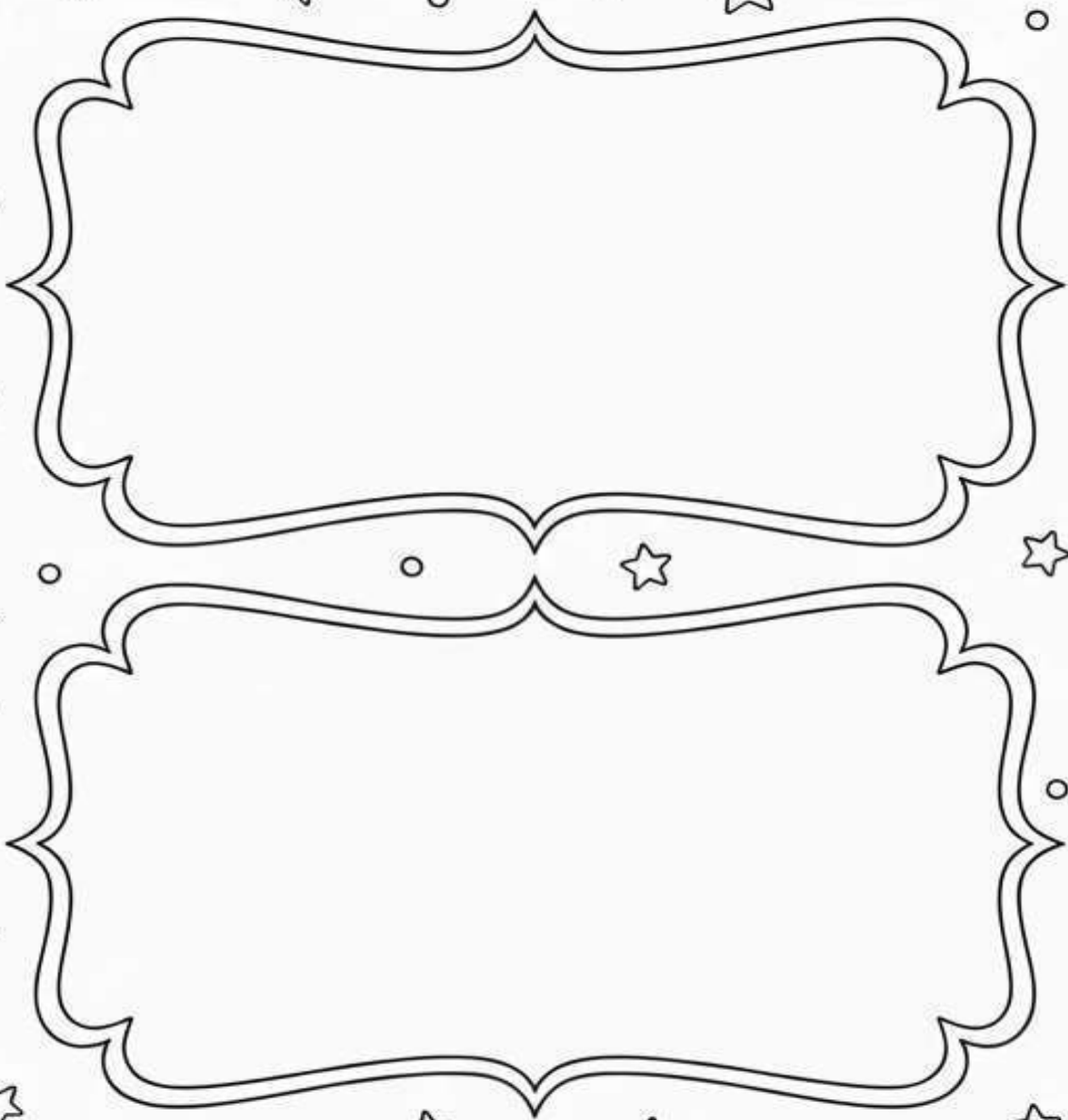
K-2 Adaptation: Kindness Action Planner

- Draw someone in our camp/class you will help today.
- Draw the small act of kindness you will do.
- Did I expect anything back? (Yes / No)

3-5 Adaptation: The Unconditional Kindness Planner

- 1. Name one person outside your usual friend group you will help this week.
- 2. What small, tangible act of kindness will you commit to?
- 3. Write a short explanation of how one small act can create a "ripple effect" in the community.

KINDNESS ACTION PLANNER



THE UNCONDITIONAL KINDNESS PLANNER

The image shows three blank, lined pages for a kindness planner. The pages are arranged vertically and are framed by a decorative border. The border features a variety of celestial and fantastical elements, including stars, planets, moons, and crystals. The pages are lined with horizontal lines, and the entire design is presented in a black and white, line-art style.

Day 5: The Constellation of Resilience and Gratitude (Chapter 5)

SEL Focus	Core Character Trait	Key Lesson Concept	Optional Kit Supply Suggestion
Responsible Decision-Making	Resilience & Gratitude	Finding your light. We learn to persevere through challenges by drawing on our inner resources (like the joy of song). Resilience is the ability to bounce back, and Gratitude is the ability to find joy in ways that help us find optimism through challenges.	Craft Supplies (Paper, markers, stickers) and Music
Activity/Adaptation	Option A (Music Focus): Play upbeat, age-appropriate music and discuss how music and song can lift spirits and change moods. Option B (Craft Focus): Have students create a "Resilience Star" craft, drawing symbols or writing ideas that help them bounce back from a tough day.		
Grand Finale	Celebration: Final reading of the book and commissioning the students to be permanent Kindness Cosmic Explorers who continue the "chapter of kindness and hope" in their daily lives.		

Day 5: The Constellation of Resilience and Gratitude (Chapter 5 Printable Worksheets)

Core SEL Competency: Responsible Decision-Making / Resilience

K-2 Adaptation: My Hope Starship

- Draw a picture of a time you bounced back from a bad day.
- I am resilient because I...

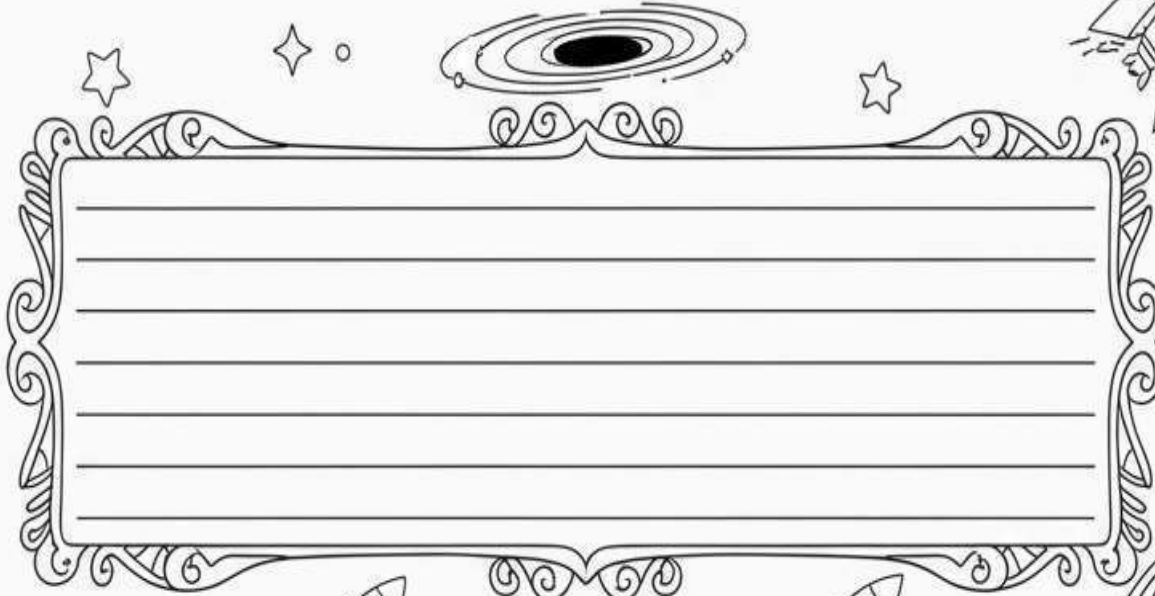
3-5 Adaptation: Bouncing Back with Hope and Joy

- Describe a challenge or failure you had this year (a test, a game, a mistake).
- List 3 things you were grateful for following that experience.
- Write one hope and joy filled statement you will say to yourself next time you face a challenge.

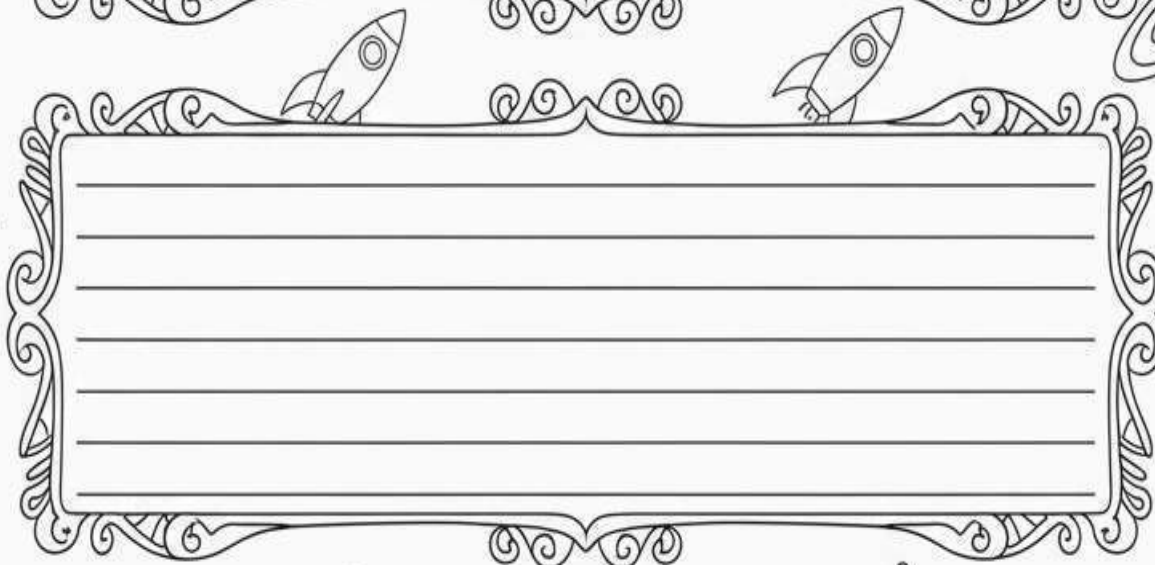
MY HOPE STARSHIP

I am resilient because I...

Bouncing Back with Hope and Joy



A large rectangular box with a decorative, ornate border. Inside the box are ten horizontal lines for writing. The box is surrounded by various space-themed illustrations including stars, a galaxy, a rocket, and a planet with a ring.



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