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FOR HEALTHY LIVING
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Social, Emotional Learning Curriculum at YMCA Camp Campbell Gard

SEL at YMCA Camp Campbell Gard

Camp Campbell Gard has had experience in developing children's social and emotional skills for over 90 years. We have updated our Outdoor Education Curriculum to ensure that Social Emotional Learning is at the forefront of what students will learn during their visit to camp. A trip to camp will take students out of their comfort zone and enable them to learn more about themselves, each other, and the world around them in a new and exciting way. We have a selection of classes that focus specifically on SEL. While some of our other classes may not have a specific focus on SEL, we will still be implementing SEL ideas throughout each activity. This will be facilitated by a highly trained CCG staff member and will involve input from all students, concluding with a focused SEL Wrap up. During this time, students will discuss with one another what they have learned and process any emotions they had during the activity or their time at camp. Our goal is to give students the skills to understand and manage those emotions, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

8 SEL Skills and Competencies

- Self-Awareness
 - The ability to become aware of your own thoughts and emotions and how they impact your behavior; this also includes an awareness of one's strengths, challenges and sense of self.
- Self-Management
 - The competency details with teaching children how to regulate their thoughts and emotions in different situations so that they can choose the most beneficial responses and behavior from moment to moment; this includes impulse control, goal setting and motivation, as well as coping with stress.
- Social Awareness
 - Social awareness is the ability to cultivate empathy and compassion through perspective taking. Children learn how to show respect for others and appreciate diversity.

- Relationship Skills
 - This competency requires building strong communication, listening, conflict resolution, and collaboration skills. These skills help children grow and maintain healthy relationships with peers, family members, and members of their community.
- Responsible Decision-Making
 - This is the ability to recognize the consequences of different choices and behaviors and make decisions that will have beneficial outcomes for oneself and others.
- Goal-Directed Behavior
 - This is a student's initiation of, and persistence in, completing tasks of varying difficulty
- Personal Responsibility
 - This is a student's tendency to be careful and reliable in her/his actions and in contributing to group efforts.
- Optimistic Thinking
 - This is a child's attitude of confidence, hopefulness, and positive thinking regarding themselves and their life situations in the past, present, and future.

Introduction to SEL at CCG

This will be done during every student's first lesson or activity at CCG. This introduction is intended to get every student comfortable in their new environment that they are in, while enabling them to gain an understanding of the social, emotional impacts of their visit. During a student's orientation, CCG staff members will give a brief explanation of SEL and how it will be implemented at camp. This will help students understand the concepts of how they will learn at camp and understand expectations.

- 1) Explain some of the emotions you felt before you came to camp? (When you heard you were coming to camp? A week ago? On the way here)
- 2) What are you looking forward to during your visit?
- 3) Do you have any concerns/worries?
- 4) Everything you do here will have a focus on social, emotional learning. Who can tell me something that you know about SEL?
- 5) What new things can you learn about yourself and other people?

SEL Wrap UP at CCG

This will be done at the end of every student's last class or activity at CCG. This wrap up will incorporate every aspect of their time at camp and not just the specific lesson they have completed.

- 1) What was the best thing about your visit?
- 2) Was there anything that didn't like about your visit, if so what was it and what could you/we have done differently?
- 3) What did you learn about yourself?
- 4) Did you learn anything new about other people?
- 5) How do you feel about leaving camp?
- 6) How can you apply what you learned at camp to the classroom at school, at home and in your community?

This introductory conversation and wrap up at the end will have a focus on SEL during student's time at camp as a whole, including lessons, meal times, free times, and cabin time. The conversation can be fluid and students can talk about the relationships created with other students, teachers, CCG staff members, or themselves. These conversations will be facilitated by CCG staff members who will have been trained on how to guide conversations.

CCG Outdoor Education Cook Out

- What is it?
 - This is your chance to enjoy the classic camp experience. Students and teachers will be joined by a CCG staff member who will assist you throughout the evening. Students will learn how to make a fire which they will then use to cook their food which could include hot dogs or walking tacos and s'mores! Once everyone has eaten, a staff member will lead you on activities including a night hike around camp. This activity will enable students to explore nature in a completely different light (or lack thereof) while learning all about their senses through hands-on activities and environments.
 - This evening will be a great time for students and teachers to learn more about themselves and each other. Sitting round a campfire, smelling the fire, listening to the fire burning and the surrounding nature will create emotions, feelings and memories students will take away forever. This evening could be a start in opening up student's emotions, feelings and senses that had previously not been discovered. Being in this relaxed outdoor environment can enable people to open up and become more comfortable, making for meaningful, intellectual, and emotional conversations. A CCG staff member will facilitate these conversations and guide the conversation in certain ways to ensure all students are involved in all discussions.

- Facilitator Questions

1. Have you ever done anything like this before?
2. How do you feel about cooking over a fire and eating outside?
3. What does this make you think about how you normally eat and how people had to eat during different time periods in history?
4. How will we be able to make sure we are successful in this?
5. Have you surprised yourself in any way during this process?
6. Have you learnt something new about someone or spoke to people you wouldn't normally during this time?
7. We will be going to do activities in the dark, how do you feel about that?
8. What is a good/bad memory you will take away from this experience?
9. What are you looking forward to for the rest of your time at camp?
10. What has this taught you?

SEL Classes

- Alpha Beta

- Students will learn about celebrating, accepting, and acknowledging differences in people, groups, and cultures. During this activity, students will be split in to two groups, one group becoming alphas and one group becoming betas. Each 'culture' is very different from the other. After learning their own culture, students will have the opportunity to step in to the other cultures. As the cultures are so different and students would not understand all the aspects of the culture, students will learn to ask questions and do all they can to understand the differences and gain an understanding of differences in cultures and how that makes people feel.

- Reading the Woods

- Students will work closely in small groups and explore CCG independently. Students will be given a map and instructions to guide them on their way. As students travel around camp, they will be answering questions about themselves, each other and their surroundings.

- City Planning

- Students play town members and take part in a zoning and planning meeting to discuss development within their community and the side effects of their decisions. Enabling students to portray these town members gives them a greater understanding of how a community works, the different people that make up a community, and how everyone's actions and thoughts can have significant consequences. Students will learn how to debate with one another while gaining a clear understanding of different needs for a variety of different people.

- Unstructured Play
 - This gives students the opportunity to build their own adventure at camp. Students will have a facilitator who will help the students create and invent their own games that they can play. This will give students the opportunity to play together using their natural surroundings and what they can create together. Students will not use typical playground equipment so the focus will be on playing together, using their imagination, and social skills.

All of our team building activities have a huge emphasis on social and emotional learning. These activities involve students working together as a group to enhance their communicative skills. Students will work together and learn how to communicate effectively, listen to one another, and work collaboratively in an environment that is outside their comfort zone. All of these classes will have a highly trained CCG staff member facilitating all decisions, enabling students to think for themselves, and asking thoughtful questions. Team building activities can help students come out of their *shell* and take on new roles within a group. A student who may be quiet in the classroom can be seen to take on a leadership role within a group when they come to camp or a student who is extremely talkative in a school setting may step back and become someone who listens intently to other ideas within the group. Taking students out of their natural environment can have a transformative effect and allow students to learn more about themselves and other people.

- The Beast
 - This activity gives students a clear understanding of effective communication. Each student takes on a different role within the group which will help people gain an understanding of social differences and challenges which can impact communication. Think the telephone game multiplied by 100! The task is to create a structure, however only a certain amount of students can see the initial build of the structure. Other students take on different roles as the message gets passed through each student on how to build and complete the structure. This task enforces the understanding of how difficult it is to communicate to someone who doesn't have the same understanding as you of certain things and how important it is to communicate effectively.
- Total Team
 - This is an activity where students will work together to complete a series of tasks and overcome challenges. These tasks include building a structure that will ensure an egg doesn't break when hitting the ground and making a tower of spaghetti, straws, and marshmallows.
- Coop/Group Initiatives
 - Students will be challenged to work effectively as a group and understand themes of teamwork. Students will work together as a team to complete a series of different challenges that all involve different ways of thinking. Each task will challenge students in different ways and lead to students finding ways to adapt and think differently independently and as a group.

- Amazing Race
 - This a dynamic team building experience where students work together to complete challenges all over camp. In different groups, students will compete against other groups and the clock. Skills involved could include anything from map reading, archery, fire building, and translating sign language. Amazing Race gives students the chance to take the lead in a group, work together to form a cohesive, communicative plan and listen effectively to have the best chance of success.

- Shipwrecked
 - Students test their teamwork and survival skills in a shipwrecked scenario. Students are taken to a secret camp location to become fully immersed in this exciting experience. A survival situation is not part of everyday life but with critical thinking and ingenuity, our survival skills blossom even in the most impossible situations. Shipwrecked will set forward many challenges for the group to overcome. They will choose to do multiple challenges such as fire building, shelter building, hunting for food, finding edible plants, purifying water, signaling for help as well as experiencing any emergency situations that arise.

Amazing Race and Shipwrecked are the perfect last day of camp activity. The morning of a group's last visit can be spent doing one of these activities which would last all morning. Each of these activities is done best when 2.5/3 hours can be dedicated to it and students can immerse themselves in an experience and create unforgettable memories. Shipwrecked and Amazing Race have a focus on working together as a team to achieve successful results within the activity which will hopefully reinforce everything students have learned throughout their visit to CCG.