



Dear Runoia Families,

January 2022

As we excitedly anticipate camp and summer camp round three of Covid, we are aware of the mental health and wellness of our campers. For many campers, this is the first excursion away from home in a long time.

In addition to the extensive health plans and protocols for navigating Covid at camp, we recognize most campers will need help to develop coping skills while at camp.

To best support your daughters, we would like all campers to create **a list** of coping skills with easy access to make her feel good and also to provide clear ways counselors and staff can support her.

A few guidelines about the list:

- Self-made List: Feel free to help your daughter AND have her involved. Her thoughts and creations will actually help her when she is at camp revisiting her list. (see the last bullet)
- Length: The list can be as long as she wants, but ideally a minimum of 5 choices.
- The coping skills/activities should be things that are easily accessible and do not require many materials or assembly.
- Variety: Include options of all kinds, such as some for when they can't sleep at night, some they can do alone, and some they can do with others. Please also think of some options that require materials (coloring book and pencils) and others that don't (taking a walk).
- Format: It would be best if she brought a hard copy of the list with her to camp. In terms of style, anything goes! Have fun with this! Type it in a fun font that you like, write it in a way that makes you happy, add stickers, add glitter, organize it. The ways to personalize your list are endless!
- Affirmations: affirmations can help your child navigate situations that are known to cause her stress or work through bad thoughts. Help your daughter identify thoughts that come up about camp and affirmations that can combat those thoughts - "I'm proud of myself for trying something new", "I can do difficult things", etc.

We hope that you and your daughters can take some time to think about and practice things that help them to feel safe, calm, and comforted. We have included a couple resources to help with this task and of course are here to answer any questions you or your daughter may have.

CAMP RUNOIA



COPING SKILLS FOR CAMPERS

DURING A QUIET TIME...

- **Write** - poetry, stories, letters, journal
- **Read** a good book
- **Meditate**
- **Breathe** - try box breathing - in for 4, hold for 4, out for 4, hold for 4
- **Get artsy** - knit, draw, make bracelets
- **Hug** a pillow or stuffed animal
- **Rip** a sheet of paper into pieces
- **Make a list** of what you're grateful for today and excited about tomorrow
- **Stretch**
- **Write yourself** a letter

WHEN YOU NEED A FRIEND...

- **Go for a walk** with a trusted friend
- **Talk** to a trusted counselor or adult
- **Write a letter** to your cabin mate, and ask them to write back
- **Share** your peach and pit with someone else
- **Dance** it out with your cabin-mates
- **Do something kind** for someone else
- **Make up a story** with your cabin-mates
- **Talk to someone new**
- **Do an activity with a friend** - make bracelets or play cards

DURING A BUSY TIME...

- **Drink water** - step away and take a few sips to yourself
- **Exercise** - play a game of gaga, tetherball, or stretch it out
- **Take pictures**
- **Ask for a break**
- **Breathe** deeply through it - in your nose, out your mouth
- **Positive self-talk** through it
- **Repeat an affirmation**
- **Play or make up a game**

WHEN YOU NEED SOME GROUNDING...

- **Name things with your senses** - what you can see, hear, smell, touch, taste
- **Name things** alphabetically
- **Give yourself a hug**
- **Play with a fidget toy**
- **Practice gratitude** - write down 3 things you are grateful for
- **Stretch** and breathe deeply
- **Look at pictures** you've taken at camp
- **Say something kind** to yourself
- **Identify** a positive thought

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AFFIRMATIONS FOR TOUGH DAYS

I have many talents!

I can turn a bad situation around.

I don't have to be perfect to be worthy

I am proud of myself for trying something new

I can ask for help

I'm fun to be around

I love to learn

Making mistakes helps me grow

I am a good friend

Tomorrow is a fresh start

I know that bad feelings come and go.

I am capable