

WELCOME TO

# FAMILY WEEKEND CAMP

FROM HOME!

compassion

community

creativity



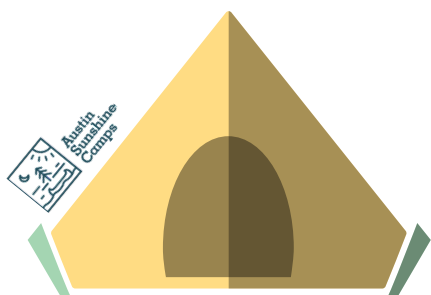
# Welcome to Family Weekend Camp from Home!

This weekend is designed to help you and your family reconnect, unwind, and have a little fun! We hope that you and your family will be able to focus on building intentional community with each other. Maybe discover a few things you didn't know about each other before! We also hope that you will grow in compassion for one another and yourselves by being able to appreciate your differences and see the world through each other's eyes, as well as learn more about your own self by looking inward. Finally, we hope this weekend gives you the opportunity to be wildly creative as a family - by trying new things, tapping into your artistic side, and solving problems creatively!

In this packet you will find a supplies list, a suggested weekend schedule, and activity outlines. Feel free to use these however works best for your family! We hope that you will give all of the activities a try at some point, whether that happens all this weekend or not!

## Supplies List

- mason jar
- pebbles
- florist foam
- branches
- colorful leaves
- twine
- graham crackers
- chocolate
- marshmallows
- journals - one per person
- pens/pencils
- markers
- tape
- 1 c salt
- 2 c flour
- acrylic paint
- paintbrushes
- aluminum foil
- sharpie



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# **FAMILY WEEKEND CAMP FROM HOME**

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# Suggested Schedule

## Saturday

9:00 - Activity 1: Reflection & Intention Setting

10:00 - Activity 2: Hike/Walk

11:00 - Break

1:00 - Activity 3: Foot Tap Game

2:00 - Activity 4: Salt Dough Family Handprint Craft

3:00 - Break

8:00 - Activity 5: Reflection & S'mores

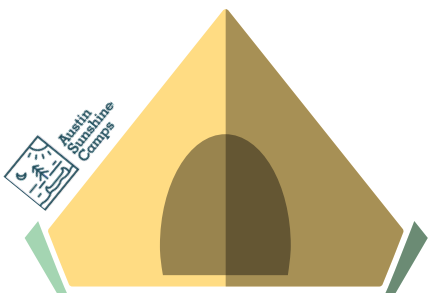
## Sunday

9:00 - Activity 6: Morning Yoga/Meditation

10:00 - Activity 7: Scavenger Hunt

11:00 - Activity 8: Gratitude Tree

12:00 - Activity 9: Reflection



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# Activity 1: Reflection & Intention Setting

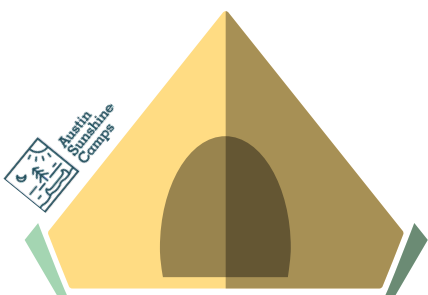
This is a time we'll use to set our intentions and goals for the weekend!

## Supplies

- journal
- pen/pencil
- paper or notecards (optional)
- marker (optional)
- tape (optional)

## Instructions

1. Grab your journal - everyone should have one!
2. Set about 5 minutes on a timer. If you can, put some calming music on in the background.
3. Have everyone think about and write down their answer to this question: What do I hope to get out of this weekend? Think of as many things as you can and write them all down! Some good examples are: spending time with my family, learning more about my family members, learning some fun new activities.
4. After everyone has finished writing down the answer to this question (we'll refer to these as our "goals"), ask if anyone would like to share. Have family members share their goals for the weekend.
5. If there are any goals that are shared that the whole family can agree on, or that you all really like, it's a great idea to write these down on a larger piece of paper and tape them up around a common area in your house, just for the weekend - so you can be reminded of them throughout the weekend!



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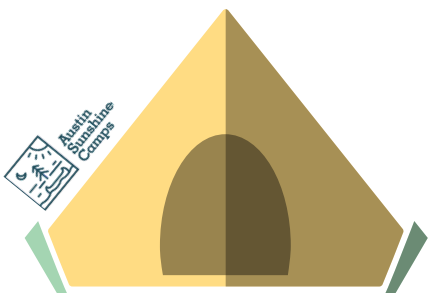
# Activity 2: Family Hike/Walk

## Supplies

- shoes & clothes you can move around in!

## Instructions

1. Find a place where you can walk around - your neighborhood, your apartment complex, a nearby park or trail... anywhere!
2. Take a hike together!
3. Pace yourselves in a way that's best for the whole family! Maybe some of you like to go super fast and get a great workout. Maybe some of you like to take a stroll and look at all the plants and animals and rocks. Find a happy medium that works for your family!
4. Try to walk for at least 30 minutes!
5. If you can, leave your phones and electronic devices at home, or just try not to have them out with you on your walk.
6. Some ideas for what to do on your walk:
  - a. Talk to each other! Take a peak at Activity 5 if you need some good conversation starters.
  - b. See how many different kinds of animals you can see!
  - c. See how many different colors of plants you can see! Red flowers? Purple berries? Blue leaves? Maybe even collect some to bring home with you!
  - d. Explore a new area. Go down a street you've never seen before. Venture into the woods if you have access to some!
  - e. Pick up trash! Do your community some good by bringing along a trash bag and picking up litter you find along the way.
  - f. Collect rocks - how many different types of rocks can you find?
  - g. Do a sensory walk! At different points in your walk (about 5 minutes at a time or so), focus on different senses:
    - i. Hearing - what sounds do you hear? Cars honking? Dogs barking? People talking? Birds singing?
    - ii. Smell - what smells do you smell? Flowers? Trash? Rain? Fresh cut grass? Someone grilling?
    - iii. Touch - what do you feel? Is it humid? Cold? Warm? How does the ground feel beneath your feet? Are there crunchy leaves below your feet?
    - iv. Sight - this might be an obvious one, but open your eyes! Try to notice something you normally wouldn't notice. Try to take in everything you can see and notice every little detail.
    - v. Heart - try not to talk or have any distractions for 5 minutes. How do you feel? What thoughts come to your head? How does your body feel? Take some deep breaths. How does it feel to move your body? How does it feel to be outside?
  - h. Once you get back home or back to your car (if you went to a park or trail), have each member of the family answer the following questions:
    - i. How did you like the hike? What was your favorite part?



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## Activity 3: Game - Foot Tap

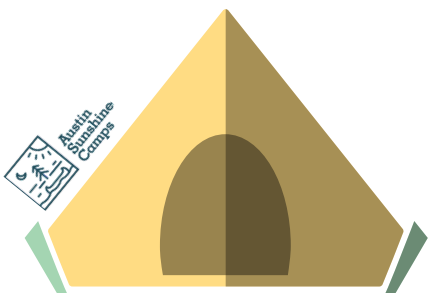
In the game of foot tap, we'll get up and moving and have a little fun! To get the most out of this game, give it your all and laugh as you and your family members get clumsy together!

### Instructions

**Suggested Players:** 2 - 5 (with only 2 people, play without the referee)

**Object:** Tap the top of your opponents' foot with the bottom of your foot to get them out. The last person standing wins!

1. Find an open space where you can move around - this could be in your house if you have a larger open space - just make sure nothing breakable or sharp is around. We suggest getting in an open space like your backyard, a nearby park, driveway, etc.
2. Begin standing in a circle at least arms' distance apart.
3. Have someone be the referee to make sure the rules are followed and tell you when you are "out"
4. Once the referee says "go," fast walk (no running!) to your opponents, and try to tap the top of their foot with the bottom of your foot. Remember to also protect the top of your feet so no one gets you out!
5. If the top of your foot gets tapped by the bottom of someone else's foot, you're out! Make sure you follow the honesty policy - if you know you're out, graciously say so. If not, the referee may have to tell you you are out.
6. Whoever is the last person standing (who never got their foot tapped), is the winner of that round!
7. Play at least 2 - 3 rounds to make sure you get the hang of the game.
8. After your first couple of rounds, add a twist to the game! Here are some ideas:
  - a. Everyone has to keep their eyes closed the whole time
  - b. You have to get both of your feet tapped before you get out
  - c. Everyone can only walk backwards
  - d. Everyone can only crawl
  - e. Change up the body part - maybe you have to touch each other's elbows, or tap the back of your knees!



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## Activity 4: Salt Dough Family Handprint Craft (page 1)

In this activity, you and your family will work together to create a keepsake that represents your family! The instructions below are just a guide, so feel free to make it your own by adding your own designs, colors, words, decorations, and more.

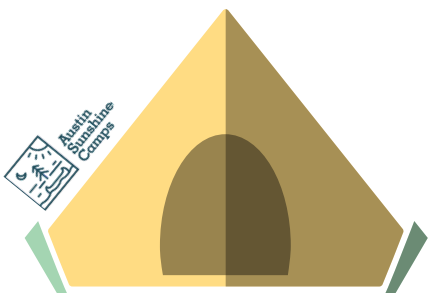
### Supplies

- 2 cups of flour
- 1 cup of salt
- 1 cup of water
- acrylic paint
- paintbrush
- markers
- mixing bowl
- mixing spoon
- baking tray
- foil

### Instructions

1. Start by making the dough. Making salt dough is easy! Simply mix 2 cups of flour and 1 cup of salt together in a bowl. Then pour in 1 cup of water, adding a little at a time and mixing as you go. Add the water slowly as you may need less water than 1 cup, you don't want your salt dough to go sticky (but if it does, just add more flour!). Once mixed together take the salt dough out of your mixing bowl and knead it.
2. Roll out the dough. You can use a rolling pin if you have one, or you can use your fingers! Roll it out until it's very thin, about 1 cm thick all around.
3. Transfer your salt dough to your baking tray. Line a baking tray with foil and transfer your rolled out salt dough onto the tray. Your rolled out salt dough is going to be quite large, it needs to be to fit the whole family's handprints on it! It is easier to move your salt dough to a baking tray now than once you have added your handprints.

----- instructions continued on next page -----



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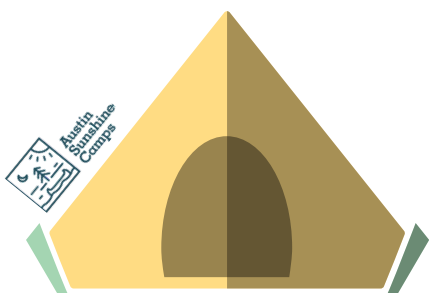
## Activity 4: Salt Dough Family Handprint Craft (page 2)

### Instructions (continued)

4. Take family handprints! This is harder than it sounds if you have several small children! Think about where on your family handprint plaque you want each handprint to go. You may not fit a full handprint from each family member, but make sure you leave room for each member of the family to at least add a partial handprint. Press each family members hand into the salt dough firmly making sure you press down each finger to make a good imprint. If you want to add any other designs (you can use cookie cutters to make an imprint, you can add rocks or shells, etc), now is the time! Make sure you leave space for any painting or drawing you want to do.
5. Bake salt dough. This family handprint plaque is large so it will take a while to dry out. The best way to dry out salt dough is to place it in the oven at a low temperature. Ovens vary, but we turned our oven to 200 degrees to avoid any burning or the salt dough puffing up. This salt dough craft took several hours to dry out. Turn the plaque over half way through if you can to help the underneath dry out faster. Your salt dough has dried out when it feels hard to the touch. If it is still soft in the center put it back into the oven for a little longer.
6. Paint & Decorate! This is where you can be a little creative. Paint all the handprints the same color, keep to a color scheme or paint the handprints in each family members favorite color, the choice is yours! You can add designs to your handprints or to the background. You can add words or other drawings as well. Time to create something that you feel represents your family!

**If you'd like to share your creation with us, please take a picture of your family with your plaque and email it to [programs@sunshinecamps.org](mailto:programs@sunshinecamps.org)!**

The original post and more pictures can be found at <https://tinyurl.com/fwcsaltdough>



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## Activity 5: Reflection & S'mores (page 1)

We're going to make s'mores together and have some fun family bonding time!

### Supplies

- graham crackers
- chocolate
- marshmallows
- journal
- pen/pencil

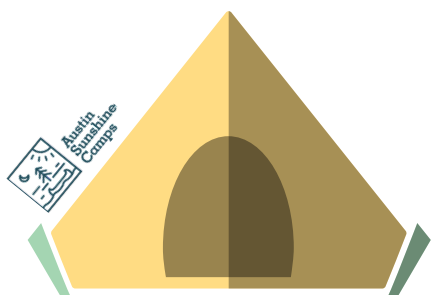
### Instructions

Get cozy! If you have a fireplace or a fire pit at your home, now's a great time to make one! If not, totally fine! Grab a blanket, sit down on your couch or whatever cozy space you have available, and settle in! Start making your s'mores and while you enjoy making them & eating them together, see the next page for some fun family discussion questions.

### S'mores

- There are a couple different ways you can make s'mores! Usually at camp, we make them over the fire!
  - If you have a fire, find a stick or an old coat hanger and roast your marshmallow over the fire! Once it's done, put the marshmallow and a square of chocolate between two graham crackers.
  - If you don't have a fire, you can make them in the microwave or the oven!
- Want to add a little flare to your s'mores? Try them with peanut butter, a candy bar instead of plain chocolate, or something else fun! What combinations can you come up with?

----- reflection questions on next page -----



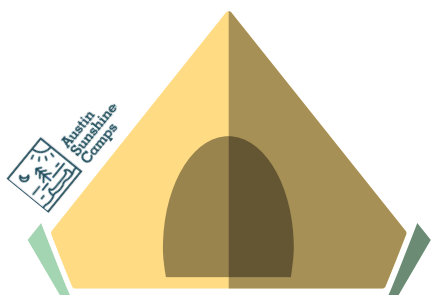
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## Reflection and Connection Questions

Feel free to go down this list and use the questions in order, or pick and choose ones that sound fun to you! Try letting each member of your family choose a question and ask the rest of the group. Or, you could try this “hot seat” style - one member of the family answers a bunch of questions in a row, and then it’s someone else’s turn!

Here’s a long list of suggested questions. See if you can come up with some of your own! You can always mix these up with some silly “would you rather” questions too! (For example, would you rather... eat a slug? Or jump in a freezing cold lake?)

- What words do you wish your friends would use to describe you?
- In what ways are you different from your parents? How are you the same?
- What are three things you have that your parents didn’t have when they were growing up?
- If you could give someone in your family a superpower, what would it be and why?
- What is the best thing about being a kid?
- If you could write a book and get famous, what kind of book would you write? What would it be about?
- If you could invent a new color, what would it look like and what would you name it?
- If you could be invisible for a week, what would you do?
- What would you do if you could travel into the past?
- If you could live forever, would you want to?
- What is your favorite food? What’s your least favorite?
- Who is your best friend?
- What do you want to be when you grow up (kids)? If you could go back and choose another career, what would it be? (adults)
- What’s your biggest fear?
- Who influences you the most?
- If you could change one thing about yourself, what would it be?
- What do you love most about our family?
- What is your favorite activity that we do as a family?
- What do you wish our family did more of?
- If you could be in any movie, what movie would you be in?
- What makes you feel loved?
- What are you most proud of?
- What’s the nicest thing anyone has ever said to you?
- If you could plan a family trip, where would we go?
- What makes you happy when you are sad?
- What are the three words that describe you the best?
- What do you think makes a family close? What could make our family closer?
- What is your favorite thing about \_\_\_\_\_ family member?
- If you could be any age right now, what age would you be?
- What’s your favorite place in the world?
- What are you looking forward to? (could be this week, this month, this year, five years... whenever!)
- What’s the nicest thing you’ve done for someone that you can remember?
- What are you thankful for?
- What is your favorite memory from this past year?
- What’s one thing you would like to learn to do?
- Describe the person that you would like to be (Kind? Hardworking? Good at a sport? Thoughtful? Successful? Make good grades? Patient? Bold? You get the picture...) How can our family help you become more like that version of yourself?



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# FAMILY WEEKEND CAMP FROM HOME

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## Activity 6: Morning Yoga/Meditation

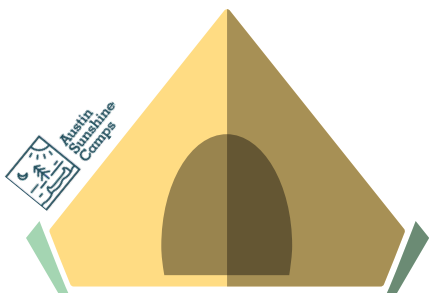
We're going to start this morning with a little yoga! Now if you hear the word "yoga" and say "that's not for me," wait a minute! Yoga just means "that which brings you to reality" - so we are going to take some time today to just focus and be present in reality this morning to set an intention of presence for the rest of our day today - so that we can be fully here with our family during the rest of our time together!

### Supplies

- yoga mat or towel - or just a bare floor!
- computer, phone, or tablet

### Instructions

1. Get in an area where your family can spread out, at least arm's length apart. If you have a towel or a yoga mat, lay those down next to each other.
2. Play this beginner morning yoga video and practice it together as a family!
  - a. <https://tinyurl.com/fwcyoga>
  - b. This was emailed to you, but if you don't have the electronic copy, just type in "Beginner Yoga Meditation Morning" on YouTube and click on the video by Yoga with Adriene titled "Morning Yoga for Beginners - Gentle Morning Yoga - Yoga with Adriene"
3. After completing the video, take as much time as you need to rest and return to your day!



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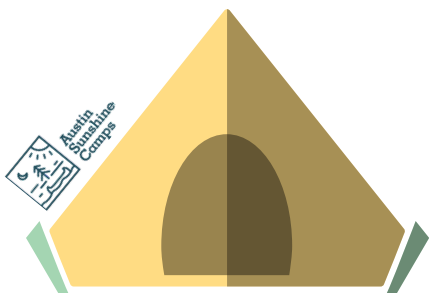
# Activity 7: Scavenger Hunt

In this activity, you'll race against your family members to find the most items on this list!

## Instructions

1. Decide if you want to give the hunt a time limit, or if you want to play until someone finds all the items!
2. Establish some boundaries - are there rooms in your house that are off limits? Do you want everyone to stay in the house or can you venture down the street? Add any other boundaries you feel are appropriate for your family.
3. Make sure everyone is familiar with the list of items before saying "go"
4. When you say "go", everyone will take off and find as many of the items on this list as possible and bring them to a central location.
5. Each item can only be used once - so if one person grabs a banana, for example, another person cannot also use that same banana. Also, each person can only use each item for one category. (For example, if I have a stuffed lion, I can only use that for "lion" or "stuffed animal" - not both)
6. Once the game is over (either your time is up or someone has found all the items), go over the list and share what you found for each item.

- something hot
- something purple
- something at least 10 years old
- 2 shoes tied together
- something sweet
- a sock with a hole in it
- post it note
- movie on DVD
- receipt
- a lion
- a flower
- a hat
- empty toilet paper roll
- hand sanitizers
- sidewalk chalk
- leftovers
- a Disney character
- something cold
- cardboard box
- something blue
- doll or action figure
- block or LEGO
- 52 cents
- a birthday gift
- something shiny
- a photo of yourself  
(hard copy, not electronic!)
- something brand new
- something homemade
- something alive
- pajamas
- a board game
- stuffed animal
- paper airplane
- something embarrassing
- something that makes you laugh



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## **FAMILY WEEKEND CAMP FROM HOME**

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## Activity 8: Gratitude Tree

The Bare Tree: Doesn't it look kind of harsh and ugly without any leaves on it? That's what a life looks like without any gratitude in it. When we don't take time to remember how all of the things we can be thankful for, we start to look like this tree. Dull and lifeless and a little sad.



The Leaves: The colorful leaves represent all the wonderful little things in our lives that we can be thankful for. Let's write down some of the things we're thankful for on these leaves and hang them on the tree. Notice how the tree looks more and more colorful and beautiful as we fill it up with the leaves? Gratitude makes our lives more beautiful and bright.

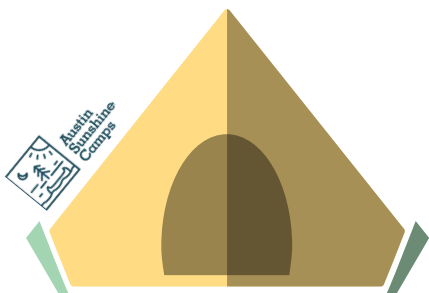
### Supplies

- florist foam
- pebbles
- branches
- cut out leaves
- twine
- pen

### Instructions

1. Cut the florist foam to fit the bottom of your jar. Place the foam snugly inside the vase and add the branches.
2. Fill in the rest of the jar with pebbles.
3. Cut 4" lengths of twine. Tie a loop through the hole in each leaf.
4. Have each family member write something they are thankful for on a leaf. You can do a few if you like.
5. Set out your gratitude tree somewhere where everyone can see it and leave the extra leaves nearby with a pen. Add leaves to your gratitude tree as you remember more and more things you are thankful for, until it is totally full!

Challenge: leave it up all year round! Add little paper circles or other shapes of your own with things you are thankful for all year!



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## Activity 9: Reflection

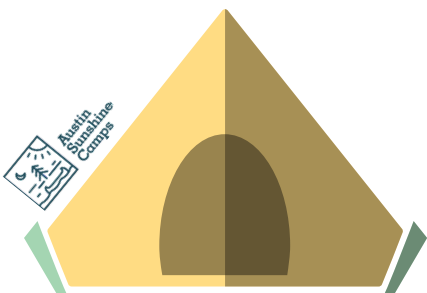
We hope you all had a wonderful weekend together, tried some new things, and got to spend quality time together bonding and enjoying each other's company!

### Supplies

- journal
- pen
- paper
- tape
- markers

### Instructions

1. Grab your journal!
2. If you taped up any goals for the weekend, grab those and bring them to the table or wherever you are doing this activity.
3. Set a timer for 10 minutes, play some calming music, and have everyone journal about the following questions:
  - a. What was your favorite part about this weekend?
  - b. What was your favorite activity we did together?
  - c. What's one thing we did this weekend that you'd like to do again?
  - d. What's one thing you learned about someone else in our family this weekend?
  - e. What's one thing you learned about yourself this weekend?
  - f. Did you accomplish your goals for the weekend?
  - g. What's one thing you want to take with you this weekend? (one thing you want to change, keep doing, or remember to do after this weekend is over?)
4. When everyone is finished, share some of your answers with each other.
5. As a family, discuss the answers to the questions and how you could continue what you took from this weekend into the future with your family.
6. If there is anything you all agree on or everyone really likes, feel free to write that down on a new piece of paper and hang it up somewhere in your house where everyone can see it. This will serve as a reminder of what you all experienced this weekend and keep you focused on whatever it is you took from your time together this weekend!



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WE HOPE YOU WILL

# SHARE YOUR WEEKEND

WITH US!

email pictures to [programs@sunshinecamps.org](mailto:programs@sunshinecamps.org)

tag @austinsunshinecamps on Instagram

tag Austin Sunshine Camps on Facebook

