



CAMP FIRE ADVENTURE

Adventure awaits! Over the next few weeks, your Camp Fire Kid will be embarking on a journey of discovery as their Camp Fire group works their way through the Adventure curriculum. This curriculum features a variety of activities – from creative arts to physical games – to engage both brains and bodies. Through hands-on experiential learning, the Adventure curriculum builds upon interests, curiosity, culture, diversity and the lives of each young person.

Adventure is organized into the five Camp Fire Trails:

- ✨ Trail to Knowing Me
- ✨ Trail to Family and Community
- ✨ Trail to Creativity
- ✨ Trail to the Environment
- ✨ Trail to the Future

Each trail has a series of activities for the group to choose from, allowing them to decide what path they take. The goal of Starflight is for youth to have a voice in their program as they learn about their communities, their peers, and themselves.

Each trail has a mixture of games, art, discussions and service-learning projects to help youth build relationships, tap into their passions and potential and give service – so they can thrive and contribute to their group and their communities.



LET THE *adventure* BEGIN!



TRAIL TO KNOWING ME

Your Camp Fire Kid just completed the Trail to Knowing Me. This trail is designed to help youth learn about relationship and communication skills to develop their self-knowledge. Camp Fire knows that part of growing up is about making sense of yourself and your place in the world –and that's not always easy! These activities are meant to be a fun and engaging way to start the journey of self-discovery.

Here's a little more information on what the group accomplished!

PROJECT: MY GROUP AND I



Activity #1: Discovering Sparks

- ✨ The group played several games to discover and discuss personal interests and passions, also known as Sparks.

Activity #2: Spark to Spark Champions

- ✨ The group highlighted the role models in their life who support their interests and passions, also known as Spark Champions.

Activity #3: Time Capsule

- ✨ The group reflected on where they are now and set goals for where they want to be in the future. They decided what goes into their time capsule and made a plan to keep it safe until the year is over.

Continue the adventure!

Take a look at the Record Book and talk to your Camp Fire Kid about what their Spark is and how you can better support their interests and passions. There are many ways you can be a Spark Champion to them, and it all starts with listening. Continue the spark conversation by sharing your spark with them (if you don't know what your spark is, ask your Camp Fire Kid to help you figure it out!).

- ✨ Plan a family activity around their Spark (visit a museum, go to a game, watch a documentary).

- ✨ Create a family time capsule.



TRAIL TO KNOWING ME

Your Camp Fire Kid just completed the Trail to Knowing Me. This trail is designed to help youth learn about relationship and communication skills to develop their self-knowledge. Camp Fire knows that part of growing up is about making sense of yourself and your place in the world –and that's not always easy! These activities are meant to be a fun and engaging way to start the journey of self-discovery.

Here's a little more information on what the group accomplished!

PROJECT: COMMUNICATION STATION



Activity #1: Happy Talk

- ✨ The group practiced positive communication, or Happy Talk, by discussing how body language and tone of voice play into communication.

Activity #2: Mimes

- ✨ The group played a variety of miming games to practice using non-verbal communication.

Activity #3: Communication Challenge

- ✨ The group played a game where they must direct their blindfolded partners across a “minefield” by practicing effective communication.

Continue the adventure!

Take a look at the Record Book and talk to your Camp Fire Kid about what they learned about communication and how they did in the communication challenge. This would also be a great opportunity to talk about what they think about how the family communicates with one another. Young people pick up on more than adults think they do. And after completing these activities, your Camp Fire Kid may have better language to express their thoughts on your communication style. Be sure to listen to their thoughts and ideas on how to improve in the future.

- ✨ Put their communication skills to the test with a game of Pictionary.

- ✨ Watch videos of professional mimes and try it for yourself.

- ✨ Go see a play, where actors are trained in the art of communication and expression.



TRAIL TO KNOWING ME

Your Camp Fire Kid just completed the Trail to Knowing Me. This trail is designed to help youth learn about relationship and communication skills to develop their self-knowledge. Camp Fire knows that part of growing up is about making sense of yourself and your place in the world –and that's not always easy! These activities are meant to be a fun and engaging way to start the journey of self-discovery.

Here's a little more information on what the group accomplished!

PROJECT: GETTING TO KNOW ME



Activity #1: Who Am I?

- ✨ The group began the self-reflection process by playing a game where they answered questions in a fun and engaging way.

Activity #2: Real Feel Wheel

- ✨ The group discussed the myriad of emotions they feel and worked on a craft to identify the feeling as well as how to cope.

Activity #3: Identity Selfie

- ✨ The group discussed what identity means and came up with a list of their identities. Using this list, youth created a unique self-portrait using a variety of art materials.

Continue the adventure!

Take a look at the Record Book and talk to your Camp Fire Kid about the self-portrait they made. Ask specific and open-ended questions about their art piece, like “what does this part represent?” or “why did you choose to do it like that?” Through art, we’re able to express things about ourselves that we don’t always have the words for. You can use the identity selfie as a way to learn more about your Camp Fire Kid.

- ✨ Visit an art museum (either in person or digitally) to see self-portraits by famous artists.

- ✨ Create a family self portrait! Work with your Camp Fire Kid to come up with a work of art that captures your family's identity.



TRAIL TO KNOWING ME

Your Camp Fire Kid just completed the Trail to Knowing Me. This trail is designed to help youth learn about relationship and communication skills to develop their self-knowledge. Camp Fire knows that part of growing up is about making sense of yourself and your place in the world –and that's not always easy! These activities are meant to be a fun and engaging way to start the journey of self-discovery.

Here's a little more information on what the group accomplished!

PROJECT: SELF CARE



Activity #1: What's on your plate?

- ✨ The group drew what's "on their plate" at the moment and discussed their stressors and triggers.

Activity #2: Emotions All Over

- ✨ The group talked about where they feel emotions throughout their bodies.

Activity #3: Coping With It

- ✨ The group learned various coping skills for times of distress and created a toolbox with their favorite techniques.

Continue the adventure!

Self care isn't just about bubble baths and spa treatments – the focus is to learn how to take care of your emotional needs when life gets tough. Self care is a skill that you can work on, and what better time to start than when you're young. Take a look at the Record Book and talk with your Camp Fire Kid about what helps them calm down when their emotions get too big.

Other ways to continue down the Trail to Knowing Me:

- ✨ Plan a self care day for the family.
- ✨ Expand on the coping toolkit by including relaxing toys, coloring books, and other things that your Camp Fire Kid can go to when they feel stressed.



TRAIL TO KNOWING ME

Your Camp Fire Kid just completed the Trail to Knowing Me. This trail is designed to help youth learn about relationship and communication skills to develop their self-knowledge. Camp Fire knows that part of growing up is about making sense of yourself and your place in the world –and that's not always easy! These activities are meant to be a fun and engaging way to start the journey of self-discovery.

Here's a little more information on what the group accomplished!

PROJECT: WHAT I NEED



Activity #1: Affirmation Paper Beads

- ✨ The group learns about the positive impact of using personal affirmations. Youth create beaded jewelry to carry their affirmations with them!

Activity #2: Conversation Cubes

- ✨ The group will develop their emotional intelligence by asking and answering questions about their emotional experience.

Activity #3: Self-Care Kit

- ✨ The group will learn about self-care and identify ways that they can take care of themselves. Youth will create a self-care kit that they can keep at program or bring home.

Continue the adventure!

One of the best ways that Camp Fire kids can learn ways to manage their needs, continue positive self-talk, and continue to voice their emotions and experiences is by seeing a role model do it! Use the conversation cubes with your family to encourage positive conversations about your emotions and experiences.

Other ways to continue down the Trail to Knowing Me:

- ✨ Take a look at what your Camp Fire kid has in their self-care kit, and work together to create one with each member of your family. It's helpful to see what others would put in their kit and to see you using it.

- ✨ Work with your Camp Fire kid and your family to create a list of affirmations your family can do together each day.



TRAIL TO FAMILY AND COMMUNITY

Your Camp Fire Kid just completed the Trail to Family and Community! This trail is all about helping the group think about their purpose in the world around them by focusing on leadership, teamwork, and service-learning. Young people want to make a difference. These activities are designed to show them that they are capable of positively impacting their homes and their communities.

Here's a little more information on what the group accomplished:

PROJECT: BELONGING



Activity #1: Defining Family

- ★ Participants define what family means to them and create artwork that represents what their family means to them.

Activity #2: Camp Fire Community

- ★ The group played a game to learn more about each other and make connections with others in their Camp Fire community.

Activity #3: Our Global Community

- ★ The group talked about what it means to be global citizens and created their own planet with their own set of rules.

Continue the adventure!

This trail focused on feeling more connected to the Camp Fire group and the communities in which they belong. Take a look at the Record Book and talk with your Camp Fire Kid about your town or city. If you're not familiar with your community yourself, this would be a great opportunity to learn about it together. Visit your local library or other community center to learn more.

Other ways to continue down the Trail to Family and Community:

- ★ Find an event happening in your community. Towns, cities, and neighborhoods often have fun events on the weekends for the family to enjoy.

- ★ Community service is a great way to feel like you can make a positive difference in the place you live. Find a local cleanup or volunteer at a local nonprofit.

- ★ Plan a day with your Camp Fire Kid where you support a local business.



TRAIL TO FAMILY AND COMMUNITY

Your Camp Fire Kid just completed the Trail to Family and Community! This trail is all about helping the group think about their purpose in the world around them by focusing on leadership, teamwork, and service-learning. Young people want to make a difference. These activities are designed to show them that they are capable of positively impacting their homes and their communities.

Here's a little more information on what the group accomplished:

PROJECT: WORKING AS A TEAM



Activity #1: Group Games Guidelines

- ✿✿ The group played a game without any rules or goals. They then created group game guidelines for activities moving forward.

Activity #2: Games Galore

- ✿✿ The group spent the day playing a variety of games, including a cup stack challenge, human knot, and others.

Activity #3: Group Challenge

- ✿✿ The group played a game that required teamwork to be successful.

Continue the adventure!

This trail focused on the importance of teamwork in accomplishing a task. We know that not everyone feels comfortable or confident working in a team; even adults can struggle when their success is dependent on others. Take a look at the Record Book and talk with your Camp Fire Kid about their experience working as a team during these activities. Teamwork is a skill that can be practiced and improved just like any other skill.

Other ways to continue down the Trail to Family and Community:

- ✿✿ Create a family team name.
- ✿✿ Sign your Camp Fire Kid up for a sport or a club.
- ✿✿ Play team building games as a family!



TRAIL TO FAMILY AND COMMUNITY

Your Camp Fire Kid just completed the Trail to Family and Community! This trail is all about helping the group think about their purpose in the world around them by focusing on leadership, teamwork, and service-learning. Young people want to make a difference. These activities are designed to show them that they are capable of positively impacting their homes and their communities.

Here's a little more information on what the group accomplished:

PROJECT: LEARNING TO LEAD



Activity #1: Voice and Choice

- ✨ The group practiced expressing their opinions and came up with a set of guidelines the group will follow when participating in discussions.

Activity #2: Lead with Style

- ✨ The group talked about what it means to be a leader and worked together to plan the next session.

Activity #3: Our Meeting

- ✨ This activity was completely youth-led – the group had full reign over the meeting!

Continue the adventure!

This trail centered around leadership as the group planned and led a meeting all on their own. For some kids, leading comes naturally and they feel comfortable and confident taking charge. For others, it may not be so easy. Take a look at the Record Book and talk with your Camp Fire Kid about their experience leading with their group.

Other ways to continue down the Trail to Family and Community:

- ✨ Encourage your Camp Fire Kid to plan an event for the family.
- ✨ Watch a movie or read a book about a great leader. Famous leaders can be anyone from Martin Luther King Jr. to Malala. Many animated kids movies feature leaders as well – be sure to talk about what makes them a good leader after watching or reading.



TRAIL TO FAMILY AND COMMUNITY

Your Camp Fire Kid just completed the Trail to Family and Community! This trail is all about helping the group think about their purpose in the world around them by focusing on leadership, teamwork, and service-learning. Young people want to make a difference. These activities are designed to show them that they are capable of positively impacting their homes and their communities.

Here's a little more information on what the group accomplished:

PROJECT: CARING FOR OTHERS



Activity #1: Planning

✨ Youth engaged in the first part of a service-learning project: planning. They discussed local issues and community needs before deciding on a volunteer project.

✨ Activity #2: Do, Celebrate, Reflect

Continue the adventure!

Take a look at the Record Book and talk to your Camp Fire Kid about their service-learning project and what they accomplished. Reflect with them on the successes of the project and any challenges the group faced. Their project may have gone perfectly or the group may not have accomplished what they set out to do. That's ok! Talk with them about what it was like to create a plan and what emotions they felt throughout the process.

Other ways to continue down the Trail to Family and Community:

✨ Watch a documentary or read a book about the service-learning project topic they chose.

✨ Find additional volunteer opportunities in your community.

✨ Encourage your Camp Fire Kid to plan and lead an event for your family. This can be anything from a day out to a family meal.



TRAIL TO FAMILY AND COMMUNITY

Your Camp Fire Kid just completed the Trail to Family and Community! This trail is all about helping the group think about their purpose in the world around them by focusing on leadership, teamwork, and service-learning. Young people want to make a difference. These activities are designed to show them that they are capable of positively impacting their homes and their communities.

Here's a little more information on what the group accomplished:

PROJECT: HOW WE RISE



Activity #1: Friendship Weave

✨ The group builds relationships while collaborating to create a woven paper tapestry.

Activity #2: Share Our Stories

✨ The group creates presentations about their home cultures and shares with the group, in order to create an inclusive environment that celebrates diversity.

Activity #3: Leadership Expedition

✨ The group goes on an expedition where they learn how to effectively communicate with others and be a member of a team.

Activity #4: Community Explorers

✨ The group will work together to create a new tool that would benefit society.

Continue the adventure!

This trail focused on the importance of elevating and appreciating other cultures as well as how we can work together to support and benefit the general society. Look into your family history! Create a family tree, learn some family recipes, or visit an older generation in your family so your Camp Fire kid can learn more about their culture. Try to incorporate some of the things you learn into your daily life!

Other ways to continue down the Trail to Family and Community:

✨ Volunteer with your Camp Fire kid at a local community service. This practice requires teamwork and helps connect you to your community, as well as to a larger service to society.



TRAIL TO CREATIVITY

Your Camp Fire Kid just completed the Trail to Creativity! This unit is designed to help youth stimulate creativity and imagination through activities that involve visual arts, performing arts, creative writing and more. These activities are all about skill building and self expression. Not everyone considers themselves to be “artistic,” but all young people can benefit from finding a creative outlet for their thoughts and feelings.

Here's a little more information on what the group accomplished:

PROJECT: MY CREATIVE SELF

Activity #1: Creative Compliments

- ✿ Participants taped a blank piece of paper to their back and wrote “creative compliments” on others’ papers.

Activity #2: “I Am” Collage

- ✿ The group listed positive attributes about themselves and created a collage to reflect the things that make them important.

Activity #3: You-Portraits

- ✿ Participants used the posters from the previous activities to create a portrait of their partners.

Continue the adventure!

Take a look at the Record Book and talk with your Camp Fire Kid about their collages and portraits. Be sure to ask specific and open-ended questions when looking at their work, like “why did you choose that color/picture/shape?” or “what does this part mean to you?” Part of this trail includes giving and receiving compliments to group members, which can be uncomfortable for some people. Talk with them about how it felt.

Other ways to continue down the Trail to Creativity:

- ✿ Hang the compliments, collages, or portraits somewhere your Camp Fire Kid can see.
- ✿ Make a family collage with compliments each family member makes to one another.





TRAIL TO CREATIVITY

Your Camp Fire Kid just completed the Trail to Creativity! This unit is designed to help youth stimulate creativity and imagination through activities that involve visual arts, performing arts, creative writing and more. These activities are all about skill building and self expression. Not everyone considers themselves to be “artistic,” but all young people can benefit from finding a creative outlet for their thoughts and feelings.

Here's a little more information on what the group accomplished:

PROJECT: ART WITH THE MASTERS



Activity #1: Kandinsky

- ✨ The group looked at examples of Wassily Kandinsky's paintings and created their own renditions.

Activity #2: Frida Kahlo

- ✨ The group learned about Frida Kahlo's life and looked at some of her self-portraits. Then they created their own self-portraits in the style of Kahlo.

Activity #3: Michelangelo

- ✨ The group learned about Michelangelo's life and looked at pictures of the Sistine Chapel before creating their own ceiling artwork.

Continue the adventure!

Take a look at the Record Book and talk with your Camp Fire Kid about their experience pretending to be famous artists. Be sure to ask specific and open-ended questions when looking at their work, like “why did you choose that color/picture/shape?” or “what does this part mean to you?”

Other ways to continue down the Trail to Creativity:

- ✨ Visit your local art museum!
- ✨ If you don't have an art museum nearby, many famous museums – including the Louvre and the Metropolitan Museum of Art – have online tours you can look at from the comfort of your own home.
- ✨ Have a family art night where you paint, draw, sculpt, or create!



TRAIL TO CREATIVITY

Your Camp Fire Kid just completed the Trail to Creativity! This unit is designed to help youth stimulate creativity and imagination through activities that involve visual arts, performing arts, creative writing and more. These activities are all about skill building and self expression. Not everyone considers themselves to be “artistic,” but all young people can benefit from finding a creative outlet for their thoughts and feelings.

Here's a little more information on what the group accomplished:

PROJECT: CREATIVE GAMES

Activity #1: Creative Games

- ✨ The group played a game where they took their partner's scribble and turned it into a complete drawing.

Activity #2: What Are You Doing?

- ✨ The group played an improv game where they acted out silly situations and had to multitask to succeed.

Activity #3: Our Game

- ✨ The group brainstormed, created, and played their own game.

Continue the adventure!

Take a look at the Record Book and talk to your Camp Fire Kid about the games they played in the Trail to Creativity. Ask them to teach you how to play as well. The Scribble Game and What Are You Doing? are quick and easy games that the whole family can play.

Other ways to continue down the Trail to Creativity:

- ✨ Have a family game night where you play other creative party games, like charades, pictionary, and more.
- ✨ Encourage your Camp Fire Kid to continue drawing in their free time.





TRAIL TO CREATIVITY

Your Camp Fire Kid just completed the Trail to Creativity! This unit is designed to help youth stimulate creativity and imagination through activities that involve visual arts, performing arts, creative writing and more. These activities are all about skill building and self expression. Not everyone considers themselves to be “artistic,” but all young people can benefit from finding a creative outlet for their thoughts and feelings.

Here's a little more information on what the group accomplished:



PROJECT: CREATIVE SKILL BUILDING

The group got to choose three art projects to try to learn new skills. These art projects could have been anything from sewing to filmmaking to cake decorating.

Continue the adventure!

During this trail, the group got to decide what new skill they wanted to learn and helped plan their sessions. Talk to your Camp Fire Kid about what they did, how they liked it, and if it's a skill they want to keep working on in the future. Fill out their Record Books with them.

Other ways to continue down the Trail to Creativity:

- ✿ Have a family art night.
- ✿ Find an art class for your Camp Fire Kid or for the whole family.
- ✿ Visit your local art museum to see different types of art and get inspired to try a new skill!



TRAIL TO CREATIVITY

Your Camp Fire Kid just completed the Trail to Creativity! This unit is designed to help youth stimulate creativity and imagination through activities that involve visual arts, performing arts, creative writing and more. These activities are all about skill building and self expression. Not everyone considers themselves to be “artistic,” but all young people can benefit from finding a creative outlet for their thoughts and feelings.

Here's a little more information on what the group accomplished:

PROJECT: CREATIVE WORLD



Activity #1: It's Our World

The group will create their own world and develop a map of their imaginary world.

Activity #2: Creative Creatures

The group will continue to develop their imaginary world by creating creatures.

Activity #3: These Are Current Events

The group will continue to develop their imaginary world by creating a history and culture of the world.

Activity #4: My Character Creation

The group will continue to develop their imaginary world by creating a version of themselves to live in their world.

Continue the adventure!

Have your Camp Fire kid show you their created world! Some questions you can ask them about it include: what was difficult about creating this? What do they still want to add/change? Encourage them to continue the world building in their free time! They can do this by drawing more details, writing a story, or building their world in the real world!

Other ways to continue down the Trail to Creativity:

Encourage your Camp Fire kid to think about the parallels between their world and the real world. Do they

have questions about how to create something in their world (culture/history/etc)? Take them to a museum or cultural center to help them get inspiration!



TRAIL TO CREATIVITY

Your Camp Fire Kid just completed the Trail to Creativity! This unit is designed to help youth stimulate creativity and imagination through activities that involve visual arts, performing arts, creative writing and more. These activities are all about skill building and self expression. Not everyone considers themselves to be "artistic," but all young people can benefit from finding a creative outlet for their thoughts and feelings.

Here's a little more information on what the group accomplished:

PROJECT: AROUND THE GLOBE



Activity #1: Geoglyphs

- ◆ This activity is focused on unleashing youth's creativity and learning about geoglyphs around the world.
- ◆ Using sand as their medium, they will create their own mini versions of this art form.

Activity #2: Iceland Water Colors

- ◆ Youth will gain a greater understanding of Iceland and learn the science behind the Aurora Borealis.
- ◆ Youth will develop their artistic skills in watercolor painting and experiment with the effects of adding salt to paint.

Activity #3: Painting with Dots

- ◆ This hands-on activity introduces youth to the art technique of painting with dots.

Activity #4: Glyph Writing

- ◆ This activity is focused on unleashing youth's creativity and learning about one of the first forms of writing - carving into clay.

Activity #5: Marbled Paper

- ◆ Youth will learn about the art of marbled paper and create a beautiful art piece about them!

Continue the adventure!

Other ways to continue down the Trail to Creativity:

◆ Encourage your Camp Fire kid to look up local artists in their community. What art forms are local artists using?

◆ Try another art form at home. For example: cubism or sculpting



TRAIL TO THE ENVIRONMENT

Your Camp Fire Kid just completed the Trail to the Environment! The activities are designed to help youth understand and appreciate the natural world by providing activities on nature, environmental stewardship, geography, and more. After completing the Trail, young people should have developed a better awareness of the natural world and how they can care for the environment.

Spending time in nature has proven health and mental health benefits, which is one of the many reasons why Camp Fire focuses on getting young people outdoors, no matter where they may be. Nature-based learning is a powerful tool for youth development, and nature can be experienced by anyone, anywhere (even bringing a leaf, or rock, or plant inside).

Here's a little more information on what the group accomplished:

PROJECT: CONNECTING TO NATURE

Activity #1: Nature Pledge

The group went outside and observed the outdoors around them to feel more connected to nature. Then they discussed ways they can be more environmentally conscious and made a pledge to do these practices.

Activity #2: Sparks in Nature

Participants created a work of art using materials found in nature (flowers, grass, twigs, and more).

Activity #3: Give Back

The group looked back at their nature pledge and completed a project to give back to their natural community.



Continue the adventure!

Take a look at the Record Book and talk to your Camp Fire Kid about the activities they completed. You can help them reflect on their experiences by asking them questions about what they saw, felt, heard, smelled, and thought. Encourage them to spend more of their free time outside.

Other ways to continue down the Trail to the Environment:

- ◆ Go on a nature walk as a family at a local forest preserve, park, or even just around the block.
- ◆ Visit a local garden or zoo to experience different plants and animals.
- ◆ Look for volunteer opportunities in your community that help out the environment, like a trash cleanup or tree planting.



TRAIL TO THE ENVIRONMENT

Your Camp Fire Kid just completed the Trail to the Environment! The activities are designed to help youth understand and appreciate the natural world by providing activities on nature, environmental stewardship, geography, and more. After completing the Trail, young people should have developed a better awareness of the natural world and how they can care for the environment.

Spending time in nature has proven health and mental health benefits, which is one of the many reasons why Camp Fire focuses on getting young people outdoors, no matter where they may be. Nature-based learning is a powerful tool for youth development, and nature can be experienced by anyone, anywhere (even bringing a leaf, or rock, or plant inside).

Here's a little more information on what the group accomplished:

PROJECT: OUR CHANGING CLIMATE

Activity #1: Go Fish!

The group explored the idea of resource scarcity by playing a game with stickers.

Activity #2: Trial and Error

The group engaged in a discussion about pollution and tried to come up with a solution to make clean drinking water.

Activity #3: I Can Do Something!

The group read a story or watched a video about individuals who made a difference in their natural communities and made a plan to make a difference on their own.



Continue the adventure!

Other ways to continue down the Trail to the Environment:

- ◆ Look for volunteer opportunities in your community that help out the environment, like a trash cleanup or tree planting.
- ◆ Spend more time in nature as a family by going for walks or planning a picnic.
- ◆ Visit your local zoo to learn about conservation efforts.



TRAIL TO THE ENVIRONMENT

Your Camp Fire Kid just completed the Trail to the Environment! The activities are designed to help youth understand and appreciate the natural world by providing activities on nature, environmental stewardship, geography, and more. After completing the Trail, young people should have developed a better awareness of the natural world and how they can care for the environment.

Spending time in nature has proven health and mental health benefits, which is one of the many reasons why Camp Fire focuses on getting young people outdoors, no matter where they may be. Nature-based learning is a powerful tool for youth development, and nature can be experienced by anyone, anywhere (even bringing a leaf, or rock, or plant inside).

Here's a little more information on what the group accomplished:

PROJECT: AMAZING ANIMALS

Activity #1: Predator and Prey

★★ The group played a game similar to freeze tag and talked about how human action affects the natural world.

Activity #2: Me vs. Mammals

★★ The group measured how fast they can run, how far they can jump, and how long their arm span is compared to other animals.

Activity #3: My Amazing Animals

★★ Participants chose an animal to research and created a presentation about their animal.



Continue the adventure!

Other ways to continue down the Trail to the Environment:

- ◆ Visit your local zoo to experience the animals in person!
- ◆ Have a family movie night and watch a nature documentary.
- ◆ Look for volunteer opportunities in your community that benefit the environment, like a trash cleanup or tree planting.



TRAIL TO THE ENVIRONMENT

Your Camp Fire Kid just completed the Trail to the Environment! The activities are designed to help youth understand and appreciate the natural world by providing activities on nature, environmental stewardship, geography, and more. After completing the Trail, young people should have developed a better awareness of the natural world and how they can care for the environment.

Spending time in nature has proven health and mental health benefits, which is one of the many reasons why Camp Fire focuses on getting young people outdoors, no matter where they may be. Nature-based learning is a powerful tool for youth development, and nature can be experienced by anyone, anywhere (even bringing a leaf, or rock, or plant inside).



Here's a little more information on what the group accomplished:

PROJECT: EXTREME EXPERIMENTS

Activity #1: Coral Science

- ★★ The group did an experiment to make their own coral.

Activity #2: Eruptions

- ★★ The group created a volcanic eruption with household items and talked about why experiments are important so scientists can learn more about natural disasters.

Activity #3: Quicksand

- ★★ The group created quicksand out of household items and made observations about it.

Continue the adventure!

Other ways to continue down the Trail to the Environment:

- ◆ Visit your local science museum to learn more!
- ◆ Have a family movie night and watch a nature documentary.
- ◆ Look for volunteer opportunities in your community that benefit the environment, like a trash cleanup or tree planting.



TRAIL TO THE ENVIRONMENT

Your Camp Fire Kid just completed the Trail to the Environment! The activities are designed to help youth understand and appreciate the natural world by providing activities on nature, environmental stewardship, geography, and more. After completing the Trail, young people should have developed a better awareness of the natural world and how they can care for the environment.

Spending time in nature has proven health and mental health benefits, which is one of the many reasons why Camp Fire focuses on getting young people outdoors, no matter where they may be. Nature-based learning is a powerful tool for youth development, and nature can be experienced by anyone, anywhere (even bringing a leaf, or rock, or plant inside).

Here's a little more information on what the group accomplished:

PROJECT: FIRE & ICE

Activity #1: Fire Building and Hiking

- ★ The group will learn to build and extinguish a fire in an environmentally friendly way. The group will also learn to make a nutritious snack while practicing their hiking skills.

Activity #2: How Many Colors?

- ★ The group will focus on colors in nature to hone their observation skills.

Activity #3: Scavenger Hunt

- ★ The group will work together as a team to look closely at nature and discover new things.

Activity #4: Mini Shelter Building

- ★ The group will learn how to use their environment around them to create shelters.

Activity #5: Ice in Antarctica

- ★ The group will learn about a new environment and will create an insulated structure.



Continue the adventure!

Other ways to continue down the Trail to the Environment:

- ◆ Visit your local science museum to learn more about different environments.
- ◆ Head out on a hike to practice observation skills. Have your Camp Fire Kid help pack the snacks!
- ◆ Look for volunteer opportunities in your community that benefit the environment, like a trash cleanup or tree planting.



TRAIL TO THE FUTURE

Your Camp Fire Kid just completed the Trail to the Future! These activities are designed to encourage participants to learn new and unique skills, such as cooking, science experiments, STEM, and more to allow young people to build confidence and discover new interests.

During this trail, kids get to use both their brains and their bodies, focusing on what we call the “whole child.” Camp Fire knows that when we address the whole child, young people are able to build up the essential skills and mindsets they can use to thrive now and in the future.



Here's a little more information on what the group accomplished:

PROJECT: GETTIN' GRITTY

Activity #1: Famous Failures

- ✨ The group learns about grit and discusses the importance of failure as they make messy drawings while blindfolded.

Activity #2: Extreme Inventions

- ✨ The group brainstormed issues they'd like to solve and came up with an invention that would better their community.

Activity #3: Celebrate, Share, Grow

- ✨ Participants reflected on their time together as a group and created a work of art to commemorate their experience.

Continue the adventure!

The Trail to the Future is the final unit in Adventure! Talk with your Camp Fire Kid about their experience with these activities. Can they remember what they did for each trail? The 5 Camp Fire Trails are: Trail to Knowing Me, Trail to Family and Community, Trail to Creativity, Trail to the Environment, and Trail to the Future. Encourage them to revisit each trail in their Record Books and reflect on their experiences.

Other ways to continue down the Trail to the Future:

- ◆ Talk with them about other skills they'd like to learn. See if there are classes or clubs where they can continue to learn new things.
- ◆ Encourage them to reduce screen time and use both their brains and bodies more regularly.



TRAIL TO THE FUTURE

Your Camp Fire Kid just completed the Trail to the Future! These activities are designed to encourage participants to learn new and unique skills, such as cooking, science experiments, STEM, and more to allow young people to build confidence and discover new interests.

During this trail, kids get to use both their brains and their bodies, focusing on what we call the “whole child.” Camp Fire knows that when we address the whole child, young people are able to build up the essential skills and mindsets they can use to thrive now and in the future.



Here's a little more information on what the group accomplished:

PROJECT: ENGINEERING MARVELS

Activity #1: Paper Plane Cargo Challenge

✨ The group designed paper airplanes and competed to see who could travel the farthest.

Activity #2: Float Your Boat

✨ Participants created boats out of aluminum foil and competed to see who could hold the most pennies.

Activity #3: Let's Build

✨ Participants created a plan and built something out of common household materials.

Continue the adventure!

The Trail to the Future is the final unit in Adventure! Talk with your Camp Fire Kid about their experience with these activities. Can they remember what they did for each trail? The 5 Camp Fire Trails are: Trail to Knowing Me, Trail to Family and Community, Trail to Creativity, Trail to the Environment, and Trail to the Future. Encourage them to revisit each trail in their Record Books and reflect on their experiences.

Other ways to continue down the Trail to the Future:

- ◆ Talk with them about other skills they'd like to learn. See if there are classes or clubs where they can continue to learn new things.
- ◆ Encourage them to reduce screen time and use both their brains and bodies more regularly.



TRAIL TO THE FUTURE

Your Camp Fire Kid just completed the Trail to the Future! These activities are designed to encourage participants to learn new and unique skills, such as cooking, science experiments, STEM, and more to allow young people to build confidence and discover new interests.

During this trail, kids get to use both their brains and their bodies, focusing on what we call the “whole child.” Camp Fire knows that when we address the whole child, young people are able to build up the essential skills and mindsets they can use to thrive now and in the future.



Here's a little more information on what the group accomplished:

PROJECT: LEARNING SOMETHING NEW

The group decided on the new skill they wanted to learn, made a plan, and tried it out!

Continue the adventure!

The Trail to the Future is the final unit in Adventure! Talk with your Camp Fire Kid about their experience with these activities. Can they remember what they did for each trail? The 5 Camp Fire Trails are: Trail to Knowing Me, Trail to Family and Community, Trail to Creativity, Trail to the Environment, and Trail to the Future. Encourage them to revisit each trail in their Record Books and reflect on their experiences.

Other ways to continue down the Trail to the Future:

- ◆ Ask your Camp Fire Kid to teach you the skill they learned.
- ◆ Talk with them about other skills they'd like to learn. See if there are classes or clubs where they can continue to learn new things.
- ◆ Encourage them to reduce screen time and use both their brains and bodies more regularly.



TRAIL TO THE FUTURE

Your Camp Fire Kid just completed the Trail to the Future! These activities are designed to encourage participants to learn new and unique skills, such as cooking, science experiments, STEM, and more to allow young people to build confidence and discover new interests.

During this trail, kids get to use both their brains and their bodies, focusing on what we call the "whole child." Camp Fire knows that when we address the whole child, young people are able to build up the essential skills and mindsets they can use to thrive now and in the future.



Here's a little more information on what the group accomplished:

PROJECT: ENERGY

Activity #1: Solar Power

The group will create their own solar ovens after learning about solar energy.

Activity #2: Wind Power

The group will create their own wind turbines after learning about wind power.

Activity #3: Water Power

The group will create their own water wheel after learning about hydro power.

Continue the adventure!

The Trail to the Future is the final unit in Adventure! Talk with your Camp Fire Kid about their experience with these activities. Can they remember what they did for each trail? The 5 Camp Fire Trails are: Trail to Knowing Me, Trail to Family and Community, Trail to Creativity, Trail to the Environment, and Trail to the Future. Encourage them to revisit each trail in their Record Books and reflect on their experiences.

Other ways to continue down the Trail to the Future:

Talk with them about other skills they'd like to learn.

See if there are classes or clubs where they can continue to learn new things.

Encourage them to reduce screen time and use both their brains and bodies more regularly.