



CAMP FIRE STARFLIGHT

The journey 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 Starflight 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 Starflight 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 *journey* 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 BEST SELF



Activity #1: That's My Name

✦ Participants worked to make a poster that tells all about themselves! This was the first day of a four part project to create an "All About Me" poster.

Activity #2: Petals of Personality

✦ The group created a paper plate 3D flower to add to their posters to display all the things they love about themselves including their strengths and personality traits.

Activity #3: Unique Self Portraits

✦ This activity focused on a self-portrait to share more information about interests and hobbies.

Activity #4: Who's In My Nest

✦ The group completed their All About Me posters.

Continue down the Trail to Knowing Me:

✦ Talk with your Camp Fire Kid about their artwork. 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?"

✦ Art is a wonderful way for young people to communicate things about themselves that they may not be able to put into words yet. Encourage them to continue to create posters as a way to express themselves.



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PROJECT: THE WAY I FEEL

Activity #1: Emotional Balloons

✦ Participants worked on developing their emotional vocabulary in a fun and interactive game with balloons.

Activity #2: Emotional Scavenger

✦ The group worked together to brainstorm emotion words that start with the letter of the alphabet that they find.

Activity #3: Emotional Situations

✦ The group practiced identifying emotions through art.

Continue down the Trail to Knowing Me:

✦ Talk with your Camp Fire Kid about the activities and what they learned.

✦ Practice “emotional check-ins” where you and your Camp Fire Kid talk about what emotion you’re feeling in that moment.



TRAIL TO KNOWING ME

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 they did:



PROJECT: HELPFUL WORDS

Activity #1: Gratitude Boxes

- ✦ The group will practice gratitude by writing down things that bring them joy and collecting them in a box that they can return to during challenging times.

Activity #2: Kindness Paper Chains

- ✦ The group will create paper chains with ways we can share kindness with others.

Activity #3: Catch a Feeling

- ✦ The group will play a game where they identify and share their emotions.

Continue down the Trail to Family and Community:

- ✦ Talk with your Camp Fire Kid about the activities and what they learned.
- ✦ Practice "emotional check-ins" where you and your Camp Fire Kid talk about what emotion you're feeling in that moment.



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PROJECT: MY INNER CIRCLE



Activity #1: Hopes & Dreams

The group worked on sharing their thoughts and opinions in a game of catch.



Activity #2: Five Promises

The group talked about how to be a good friend to one another.



Activity #3: Give a High Five

The group played a game to give each other positive praise and compliments.

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.



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.



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PROJECT: WHERE I LIVE

Activity #1: Guardians of the Community

- ✦ The group talked about the importance of keeping their neighborhood clean and what it means to help out your community.

Activity #2: Four Square

- ✦ The group played a game to highlight the different responsibilities they have in home, at school, and out in the world.

Activity #3: Sidewalk Mural

- ✦ The group beautified the neighborhood with a sidewalk mural.

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.



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PROJECT: TAKING PART

Activity #1: The Tree of Us

- ✦ The group will make a community tree with people they love the most, their families, and the people who make up the community.

Activity #2: My Helping Invention

- ✦ The group will think creatively to solve a community problem by imagining and making their own invention.

Activity #3: Community Adventure Challenge

- ✦ The group will play a game that focuses on building relationships by engaging youth in fun challenges that encourage teamwork, community service, communication, and empathy.

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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 they did:



PROJECT: BRIGHT AND BOLD

✦✦ **Activity #1: Create our Portfolios**

The group started their art portfolio and will continue to develop it throughout the trail.

✦✦ **Activity #2: Fantastic Fireworks**

Participants added to their portfolios by creating a beautiful firework display.

✦✦ **Activity #3: Making Mosaics**

The group practiced their shapes and colors to create a mosaic in their portfolio.

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!



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PROJECT: JUST IMAGINE

- ✦✦ **Activity #1: Let’s Make Some Music**
The group made tambourines with household items.
- ✦✦ **Activity #2: Puppet Creations**
The group made their own puppets using random art supplies.
- ✦✦ **Activity #3: Storytellers**
Participants used random words to create their own unique story.

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PROJECT: LET’S IMPROVISE

✦✦ **Activity #1: Yes, Let’s!**

The group will play games that invite youth to learn about improv.

✦✦ **Activity #2: Improve Our Improv**

The group will continue to practice fun improv games that invite them to continue exploring the basics of improv, and develop confidence in being theatrical.

Activity #3: Lose Big

✦✦ The group will continue to practice fun improv games that invite them to continue exploring the basics of improv, and learn that there is no failure in improv.

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TRAIL TO 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 more information on the activities they completed:

PROJECT: LET'S EXPLORE

✦ **Activity #1: Nature Hunt**
The group went on a scavenger hunt out in nature.

✦ **Activity #2: Watch It Grow: Fingerprint Bugs Pot**
The group decorated a flower pot and talked about what a plant needs to grow.

✦ **Activity #3: Watch It Grow: Plant a Seed**
The group finished their flower pots and planted a seed.

Continue down the Trail to the Environment:

✦ Go on a walk around your neighborhood and notice the plants and critters that you share a home with. Talk with your Camp Fire Kid about it.

✦ Visit a local garden, park, or zoo to learn more about the plants and animals that reside in your community.

✦ Have a family movie night and watch a nature documentaryt night where you paint, draw, sculpt, or create!



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PROJECT: WILDERNESS

✦✦ **Activity #1: 4 Habitats**

The group played a game to learn about where different animals live.

✦✦ **Activity #2: Build Your Own Bird Feeder**

The group made bird feeders and talked about why birds are important to the neighborhood.

✦✦ **Activity #3: What's That Animal Sound?**

The group played a game to learn different animal sounds.

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PROJECT: HIDDEN WONDERS

- ✦ **Activity #1: Suncatcher**
The group will create a beautiful suncatcher using recycled materials and things we find in nature.
- ✦ **Activity #2: Wildlife Photo**
The group will use paper cameras to take pictures of things we find in nature.
- ✦ **Activity #3: Bug Archaeology**
The group will use a magnifying glass to see what activity is happening in the soil below our feet!
- ✦ **Activity #4: Nature Collage**
The group will create a visual memory of nature that can be displayed in their homes.
- ✦ **Activity #5: Senses Hike**
The group will explore nature using other senses than just their eyes.

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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: MOVING & GROOVING

✦✦✦ **Activity #1: Ball Relay**

The group played a game and talked about how to be a good teammate.

✦✦✦ **Activity #2: Jump Around!**

The group talked about the importance of exercise and played games with a jump rope.

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.



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PROJECT: WHAT HAPPENS WHEN



Activity #1: Weather Wonders: Rain in a Jar

The group used household items in a science experiment about the weather.



Activity #2: Weather Wonders: Lightning and Thunder

The group concluded the Weather Wonders by using a balloon and metal to make lightning and thunder.

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PROJECT: PREPARE TO COOK

✦ **Activity #1: Parfait Cooking**

The group will learn about the main food groups needed for a well-balanced diet while creating a tasty yogurt parfait!

✦ **Activity #2: Play Store**

The group will learn about money management and meal planning by going grocery shopping in their play marketplace.

✦ **Activity #3: Community Shopping Part 1**

The group will engage in the planning stage of their community shopping and cooking project by picking a recipe, compiling the ingredients, and creating a shopping list.

✦ **Activity #4: Community Shopping Part 2**

The group will have the opportunity to explore their community by going food shopping and making a recipe with their purchases.

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