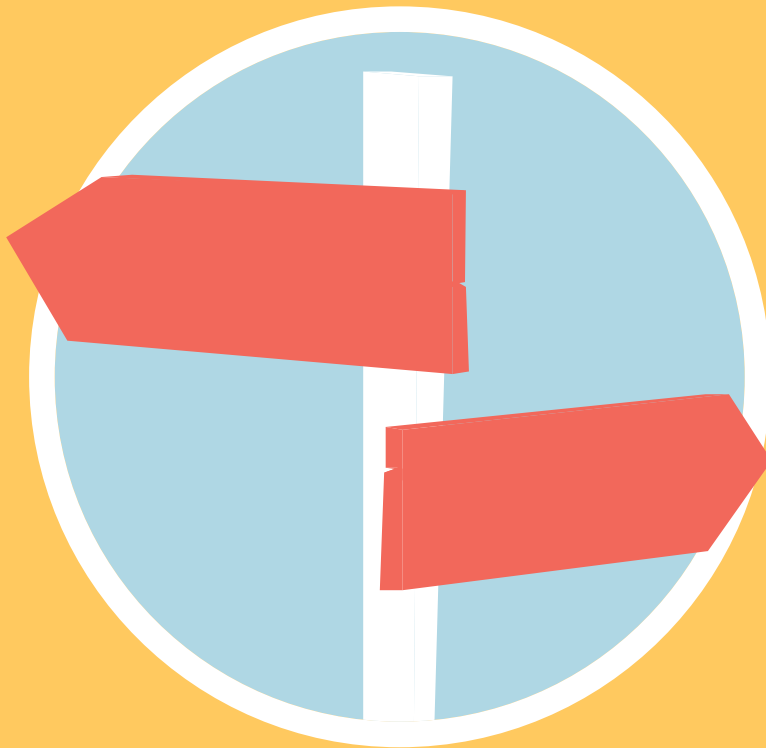




Power Up Summit



2021 Edition

Now that you've attended
the Power Up Summit, this guide
will let you:

- Rediscover all the turnkey tools available to you and your activity team this summer.
- Remember the extraordinary ideas shared during the event.
- Understand where to go to find Power Up (PU) tools.
- Share the good news about everything in store this summer with your counselors.
- Encourage your activity team to adopt Healthy Habits (HH) at camp.
- Get ready for the Healthy Habits (HH) training session for your counselors.
- Identify Power Up (PU) events: training sessions for counselors, webinars, challenges, etc.

Take action to give the campers at your camp(s) their best summer yet, with plenty of games, fun and Healthy Habits.

**Move your body, eat well
and feel good to grow up healthy.**

Keep an eye on our newsletters and Facebook page this summer for tools, tips and tricks to help with your mission.

**All Power Up tools are available
on the Power Up Portal**

Visit the Power Up Portal

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New in 2021

Healthy Eating

Cooking and gardening workshops are back this summer!

Video Section

Culinary Skills with Jean-Christophe

In these eight videos aimed at counselors, Jean-Christophe humorously shares his discoveries and tips for:

- Cutting/chopping
- Cutting an apple/strawberry/ onion/bell pepper
- Measuring
- Cracking an egg/juicing citrus
- Washing fruits and vegetables
- Mixing/whipping
- Grating/peeling
- Transferring/portioning



Store Section

Local Chefs

Turnkey cooking workshops featuring three different recipes using local ingredients. Perfect for expert and novice counselors alike: 26 pages of tips and tricks to develop a taste for cooking without parental assistance!

Four workshops for different age groups: ages 5-6, 7-8, 9-12 and 13+.

Video Section

Let's go Cooks

Ten new Power Up recipe videos for counselors to make with their campers during cooking workshops.

Store Section

Discovering Local Fruits and Vegetables

Discover 10 local fruits and vegetables through active games, challenges, tastings, fun facts and more! Each fruit and vegetable comes with a three-page thematic sheet.

- Tomato
- Cucumber
- Radish
- Apple
- Ground Cherry
- Blueberry
- Cranberry
- Asparagus
- Red Cabbage
- Strawberry

Store Section

"Let's explore food" Game

Our amazing game kit with carabiners is getting an upgrade, with eight quick and easy games about healthy eating. It's the perfect way to discover new foods through movement or by using your creativity!

- Artistic food item
- Mystery food item
- Virtual cook
- In my little basket
- Quick on your feet
- What am I?
- Food invention
- Find the connections

Note: Use our handy food cards for this game and other activities.

Store Section

What's growing?

Four activities for different age groups: ages 5-6, 7-8, 9-12 and 13+. Discover the world of sprouts, from seed to plant.

Store Section

Let's Go Leo!

A fun and dynamic activity to introduce campers ages 7-8 and 9-12 to the basics of eco-friendly nutrition.

Store Section

Gardener's toolbox

A 45-page, 10-step guide with tips for planting a beautiful camp garden to enchant campers.



Physical Activity

New activities to get moving at camp while having fun!

Store Section

FUNdamentals to get moving

A “real-life search and find” activity that lets campers explore the camp like adventurers. Counselors are given a full list of 16 motor skills to explore unconventional movements in a fun and original way!

Store Section

Free and active play

Who at camp is in the best position to create an adventure playground? We believe it’s the campers themselves! Use this activity to give them the tools they need to create their games. It includes four documents designed to help counselors, managers and parents run the activity to create the perfect adventure.

Store Section

Dance around the world

An activity to discover international folk dances with unusual rhythms and new sounds. This activity transports you to India, the Philippines and South Africa through three different dances. Campers of all ages will move their bodies in new ways.

Store Section

“Let’s get moving” Game

Our amazing game kit with carabiners has a new look, with 54 updated active games. This new kit makes it easier to find the perfect game to encourage campers to do certain specific movements. It includes:

- Ages 5-6: Nine games for large groups and five games for small groups
- Ages 7-8: 10 games for large groups and five games for small groups
- Ages 9-12: 10 games for large groups and five games for small groups
- Ages 13+: 10 games for large groups



Well-being

A healthy and happy body, group and mind is essential.

Store Section

"Let's take our time" Game

Our amazing game kit with carabiners is getting an upgrade, with a brand-new section for campers and counselors who are comfortable in their own skin! The kit features 12 breathing games and movements to build group unity, get to know one another and foster mutual support and inclusion. It's the perfect tool for gradually restoring calm, completing an activity in an enjoyable way or preparing campers for the next activity.

To help with programming

Quickly and easily find the tools you need.

Store Section

Focus on...

Power Up has created a new poster design to display in the activity team's office. Each poster includes several activities that are centred around the same theme. Each activity has a QR code, so you can download the tool directly to organize the activities!

For 2021, we have developed the following six themes:

- Focus on... cooking
- Focus on... fruits and vegetables
- Focus on... water
- Focus on... happiness and well-being
- Focus on... motor skills
- Focus on... different types of movement

Power Up Contest: join in the fun!

Every year, we organize the Power Up Contest. The aim of the contest is to recognize the most exciting discoveries made by your campers during Healthy Habits activities. There are six \$1,000 prizes to be won by your camp!

To enter the contest, simply complete the Power Up Contest form (available on the Power Up Portal) by July 28, 2021, and describe your camp's initiative and its impact on campers.



Power Up Challenges - New

Encourage campers to have fun, swap ideas and discover new things.

Every year, we offer three recurring challenges to help you reach your HH goal. This year features new challenges in addition to previous activities, which are available through the store section of the Power Up Portal.



July 5 to 9, 2021

The Tchîn-tchîn Challenge in my camp aimed at encouraging campers to get in the habit of drinking water at camp.

- We're putting you to the H2O test 2.0: 20 water-themed challenges for counselors.
- Special teen supplement: Suggestions for adapting the challenge to groups of teens, and new bonus activities!



July 12 to 16, 2021

The TOUGO Challenge for summer camps aimed at getting everyone to eat more fruits and vegetables, get 60 minutes of moderate- to high-intensity exercise, and relax each day.

- Magic tricks: Fun scientific experiments with fruits and vegetables to astonish campers!
- Pick up the pace: Does your schedule include a transitional movement of 10 minutes or more? Set out to discover your region, one step at a time.
- Re-energize: Build a giant communal battery with the campers to help recharge your group and explore some of their favorite ways to take a break, relax, and recharge.



Choose the week that best suits you.

The PAUSE Challenge raise awareness about screen time.

- Multi-age activity kit: Turnkey activities to do with campers.
- Counselor/camper challenges: New challenges for counselors and their groups, which can go beyond the camp!



Choose your HH goal

A clear and simple goal to motivate everyone at camp and take action.

Tips and Tricks

Here are some ideas to rally your team around Healthy Habits (HH):

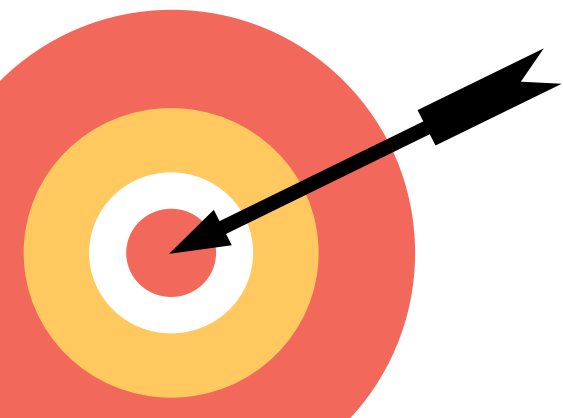
- Choose just one HH goal for the summer: your counselors will be that much more motivated!
- Include your HH project in your summer theme.

HH Profile

Have you completed your HH Profile for the summer? This profile will help you choose your goal and find relevant tools, training sessions and videos. You'll be all set to launch your summer program!

Your HH Profile can be accessed through your Power Up Portal account. Once you have completed it, you can share it with your team.

Need help completing your profile? Get your counselors involved and/or contact the Power Up team at info@trempainsante.ca.



Power Up Training

Our PU workshop is getting an update to become PU ExplorAction.

Training Section

PU ExplorAction: Original

This option is most similar to our previous PU workshop and is aimed at introducing counselors to key messages about Healthy Habits.

The workshop features a new educational approach that encourages the instructor to begin with a carefully selected game or activity. Next, the instructor leads an in-depth discussion on the experience and ties it back to Healthy Habits. Finally, the instructor can show a short video with key takeaways (on the day of the training session or as a reminder at specific moments throughout the summer).

The following eight themes are covered in this training session. You can select as many as you like. Ideally, choose ones that are related to your HH goal for the summer.

- Healthy eating: something everyone can enjoy!
- Eating balanced and varied meals.
- Lunchtime is meant to be fun!
- Physical activity in your programming!
- Physical activity starts with the basics.
- Physical activity is for everyone!
- Body diversity: beyond appearance.
- Inclusion at camp!

To access this training session, select **Original** in the training section of the Power Up Portal!



Summer Favorite

Training Section

PU ExplorAction: Escape

New: A Healthy Habits training session that your counselors are sure to enjoy! Want to mark the occasion, engage your team, and recognize your best HH ambassadors? Complete this training session this summer!

We have created a virtual escape game to train your counselors. For 45 minutes, they will be immersed in a parallel universe. Their mission: creating a magic potion that will give them the power to instill HHs at camp!

To access this training session, select **Escape** in the training section of the Power Up Portal!

Training Section

PU ExplorAction: Advanced (PU+)

Want to explore a theme in greater depth? More comprehensive training sessions on certain topics are available on the Power Up Portal. The sessions provide activities to encourage deeper reflection, and some also include videos and checklists for counselors.

The following themes are covered in the training sessions and include the following materials:

- **Meals at camp**
Includes one training activity guide, five videos (meals with your group, your campers' lunchbox, dessert, snacks, your lunchbox) and one poster
- **Culinary skills with Jean-Christophe**
Includes eight videos demonstrating cooking techniques and one "My Cooking Techniques" tool to memorize cooking techniques for workshops with campers
- **Body dissatisfaction**
Includes one training activity guide and one video
- **Mockery and body image**
Includes one training activity guide and one video
- **Presenting HH without clichés**
Includes one training activity guide on gender stereotypes and Healthy Habits at camp

To access these training sessions, select **Advanced** in the training section of the Power Up Portal!

Webinar for instructors:

"How to teach HHs"

In June, the Power Up team will be leading webinars for instructors on how to integrate Healthy Habits into camp training sessions. The aim of these webinars is to provide inspiration for your work with counselors.

Keep an eye on our newsletters and Facebook page for dates!

Tips and tricks for a dynamic and inspiring HH training session with counselors

- **Have two or three instructors**

With more than one instructor, you can divide up key messages based on your passions and convictions, which makes a huge difference. It's important for your counselors to be trained by committed and compelling instructors. There's nothing more motivating than someone who's passionate about the subject!

- **Build on experience**

It's been proven that we learn best through experience! Beginning with an activity for counselors makes it easier for them to retain key messages. A standing, action-packed activity leaves a lasting impression on the mind and body.

For an even greater impact, it's important to let counselors share their thoughts on the experience. After the activity, set aside two to three minutes to ask them how they felt and briefly summarize what they have remembered. This confirms they have understood the message.

- **Forget the words "Healthy Habits" and choose a theme that appeals to your counselors**

You don't have to refer to Healthy Habits to provide training on healthy eating, physical activity and well-being. By choosing a theme for your training session (ex. an escape game), you will help counselors make connections between HHs and their own habits, behaviours and actions. In other words, you will get them thinking about HHs. This is a great way to help them remember key messages.

- **Incorporate various tools into the training session to shake things up**

There are many great ways to help counselors retain information: videos, activities, skits, simulation exercises, trivia games, etc. During training sessions, feel free to use several of them to keep your presentation exciting and your audience engaged.

Communications

Effective communication is your key to success this summer!

Power Up Portal

The Power Up (PU) Portal features a full slate of tools for managers, coordinators and counselors at camps enrolled in the program.

To consult, view or download these tools, log into the Power Up Portal using your username and password. We recommend displaying the camp username and password in the activity team's office so everyone can access the portal at any time.

If you need help navigating the portal or have lost your login information, contact us at info@tremplinsante.ca.

Talking about Healthy Habits with your team and with parents

Healthy Habits are not just taught by example, but also through dialogue. By showing your team that they have the right tools to accomplish their assigned mission, you'll help them realize that adding HH activities to their schedule is easy!

Here are some ideas for communicating with your team:

- Get the counselors to help choose the HH goal for the summer.
- Talk to them and encourage them to adapt the tools to their needs.

- Get to know your counselors and their passions to find out how they incorporate HHs into their daily lives, and assign responsibilities accordingly. A gardening enthusiast could lead gardening activities for campers, while a physical education student could set up a motor skills circuit at camp.
- Create and use a private camp Facebook group and invite your team to join. It will be the perfect place to share Power Up videos, summer challenges and information about camp management. You can also invite us to join for help with the group.
- Take the time to recognize your team's good work.

Here are some ideas for communicating with parents:

- Use your communications with parents, your newsletter, your camp Facebook page, etc. to share Power Up recipes and provide inspiration for lunchboxes and family meals.
- Take advantage of the child care period to run a Healthy Habits activity: it's a great opportunity to surprise parents and spark a discussion.
- Use the Power Up logo in camp communications.
Write to us at info@tremplinsante.ca to get access.



COVID-19

Taking care of our campers over the summer too!

Store Section

COVID-19

Have you looked at our 2020 tip sheets? They are still available through the Power Up Portal to help counselors do what they love most: leading activities and playing with campers! Share these sheets at the beginning of camp.

- Ready, set, spatulas! (cooking workshops)
- This summer, I'm fostering physical literacy with my campers!
- This summer is all about getting active while having fun!
- The wonders of water!
- Explore your plate! (discovering new foods)
- Make a difference (body diversity)
- Grow a garden nourish your curiosity
- Let's eat! (mealtime)
- Counselors in action (HH)

Power Up would like to thank all the people who participated in some way in the creation of our tools, training and videos.

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