

MY HH PROGRAM



STICKERS

What is it?

A tool that lets you quickly view the health habits activities (HH) featured in the weekly program carried out with your campers.

For whom?

The counselors! Are you a new counselor? Want to improve or diversify your program? Then this tool is tailor-made for you!

How does it work?

Add Power Up stickers to your program to view the activities you are presenting in connection with HH at camp. The sticker will help you remember the intention behind your activities and review your activities.

Place the stickers in your program, which you already use every day.



HEALTHY EATING

Address the subject of healthy eating with your group by presenting an activity or holding a discussion.

E.g., tastings, cooking workshops, Game Cards – Let's Explore Food.



CALMING MOMENTS

Take the time, with your campers, to do a calming activity or mark a return to calm after an activity.

E.g., crafts, swapping stories.



WELL-BEING

Take the time to discuss a subject, such as inclusion, relaxation or diversity.

E.g., yoga, discussions.



MODERATE TO HIGH-INTENSITY ACTIVITY

Offer physical activities so that the campers feel out-of-breath while having fun.

E.g., sports, dance



TEMPERATURE

Adapt your activity based on the weather.

E.g., change the setting, practice activities in the shade, drink water more often.



Looking for activity ideas?



EXAMPLE OF A PROGRAM

	MONDAY July 17	TUESDAY July 18	WEDNESDAY July 19	THURSDAY July 20	FRIDAY July 21
		 Heat wave day			
9 a.m. – 9:30 a.m.	Receive the campers Camp gathering	Receive the campers <u>Wepah!</u> *In the shade	Receive the campers <u>Active stories</u>	Receive the campers <u>Travelling circus</u> 	Receive the campers Camp gathering
9:30 a.m. – 9:45 a.m. 9:45 a.m. – 10:30 a.m.	Snack <u>I Am Unique</u> 	Snack <u>HandSack</u>	Snack <u>Slackline</u>	Snack <u>Laugh-A-thon</u> 	Snack <u>Tasting Expert</u> 
10:30 a.m. – 11:30 a.m.	<u>Prison Guards</u> <u>Flagtag</u> 	Swimming pool	Workshops <u>Flag Rugby</u> 	Scientific activity period	<u>Gumboot</u> 
11:30 a.m. – 12:30 p.m.	Lunch	Lunch	<u>Lunchtime icebreaker</u>	Lunch in the park <u>Paper fortune teller</u>	Lunch
12:30 p.m. – 1:30 p.m.	Cooperative activity 	Specialist period in plastic arts 	<u>AcroYoga</u> <u>Zen Challenge</u>  	  	<u>Gratitude Wall</u> 
1:30 p.m. – 2:30 p.m.	Swimming pool	<u>Operation G.A.R.D.E.N (Activity 1)</u>   *Proper hydration	OUTING	Splash pad	<u>Pick up the pace!</u> 
2:30 p.m. – 3:30 p.m.	<u>Blue Gold Rush</u>	Ball games  *Proper hydration		<u>Remote Control Race</u>  	Show
3:30 p.m. – 4 p.m.	Snack Camp gathering	Snack Circle game *In the shade	Snack Circle game	Snack Circle game	Snack Review of the week 

This is how PU uses the stickers.

Now it's your turn to use them as you see fit in your own!

Remember, what's important is the intention behind the sticker!

Tricks and tips

- You can place different stickers in a box if your activity covers several HH.
- Share this program with the parents, who will be happy to know that positive actions are being taken in connection with HH!

Want to create a HH program, or do you have questions concerning the tool?

Contact us: info@tremplinsante.ca

Messenger: Power Up