

SUMMER  
2020!

# COUNSELORS IN ACTION

**ARE YOU LEADING A GROUP OF CAMPERS THIS SUMMER? WE CHALLENGE YOU TO USE YOUR CREATIVITY AND ADAPTIVE ABILITY TO HELP KIDS ADOPT HEALTHY LIFESTYLE HABITS WHILE MAKING CAMP AS FUN AS POSSIBLE.**

Put on your running shoes and head outdoors. At a time of physical distancing, why not practice active distancing? Nothing beats getting active!

Healthy lifestyle habits also include nutrition. Have fun discovering foods in a different way with your campers!

Don't worry, the Power Up team is here to help:  
info@treplinsante.ca — 418-648-6618

## HOW DOES THIS SHEET WORK ?

**We've developed tricks and tips that will make it easier to integrate healthy lifestyle habits into your program this summer.**



For each theme, you can download ready-made tools from the PU portal. Ask your coordinator for your access code.  
<https://portail.treplinsante.ca>

## THERE ARE FIVE THEMES TO DISCOVER:



**ORGANIZE YOUR ENVIRONMENT**



**A BREATH OF FRESH AIR**



**IN INDIVIDUAL MODE**



**WASH-A-THON**



**PUT A LITTLE SUNSHINE IN YOUR SUMMER**

# ORGANIZE YOUR ENVIRONMENT

THE MORE VISUAL MARKERS THERE ARE AT CAMP, THE MORE YOUR CAMPERS WILL KNOW WHERE TO POSITION THEMSELVES.

1

Place the markers on the ground and use arrows to identify the direction to follow.

2

Use cones to mark off the different activity spaces.

3

Use the material at your disposal to position the campers during activities.

ex. Position hoops two metres apart and ask each camper to stand inside a hoop.

4

Ask your campers to craft a character at the end of a hockey stick and have the character experience adventures, such as races and get-togethers with friends.

In order to observe physical distancing guidelines, only the characters should meet, and never the campers!

5

Use chalk to mark off paths on the asphalt surface.

6

Lend dynamism to waiting times.

For example, install movement posters two metres apart to make lineups at washrooms and hand-washing stations more dynamic.



Please refer to the **Get active in camps activity** for more ideas.

<https://portail.tremplinsante.ca/boutique/au-camp-on-sactive/>

7

Decorate your space with help from your group.

Since it will remain the same all summer, this is a good opportunity to appropriate the space and make it more welcoming.



THANK YOU FOR FULFILLING YOUR MISSION TO PRESENT OUTDOOR ACTIVITIES THIS SUMMER!



# A BREATH OF FRESH AIR

**PRESENT YOUR ACTIVITIES OUTDOORS. THIS IS A TIME TO EXPLORE YOUR ENVIRONMENT AND TAP INTO THE POTENTIAL OF EVERYTHING AROUND YOU.**

**1**

**Challenge yourself to find unexplored spaces and use them in your activities, making them the focal point for you and your group this summer.**

**2**

**Use your imagination to take your indoor activities outdoors. Open-air cooking workshops are totally possible!**

**3**

**Optimize the potential of the space around you. Have you carefully observed your environment?**

- Walls become allies in creating teammates. Use them to play ball games.
- Rethink asphalt surfaces. Emphasis on wheels: Give campers a place to skateboard or practice inline skating, or ride a scooter. Make sure these activities are permitted at your camp beforehand.



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Find Tremplin Santé tools on the PU portal : <https://portail.tremplinsante.ca/en>

# IN INDIVIDUAL MODE

IN ORDER TO AVOID PHYSICAL CONTACT, FAVOUR ACTIVITIES THAT REQUIRE LITTLE OR NO MATERIAL, OR MATERIAL THAT CAN BE USED INDIVIDUALLY.

1

Practice active movement by transforming your campers into secret agents whose mission is to avoid crossing paths with another group.

2

Encourage your campers to explore a variety of sports and take up active individual challenges:

#### Skipping rope

- Skip rope for as long as possible (time vs number of repetitions)
- Invent a movement/special jump
- Practice the movements by rolling the rope forwards and backwards

#### Trick shots

- Pull off a challenging movement using your favourite ball
- Perform an unusual figure (acrobatics)

#### Games using elastics (<https://bit.ly/3dpOIPD>)

Create dance movements: Move to the sound of music! Use this opportunity to create TikTok-style videos with your group. Slackline, hula hoop, athleticism, gymnastics, circus, hopscotch, etc.



Want ideas for variations? Check out the **skipping rope**, **Nawatobi**, **Ready set go**, **Cascade** and **Slackline** activities.

3

Present an individual challenge with collective results.

ex. Travel together: Count the number of kilometres each camper covers at camp this summer in an effort to venture as far as possible. Why not circle the globe?

4

Use pool noodles to reinvent games and avoid contact between campers.

ex. When playing tag, only the noodles can enter into contact, as contact between the campers should be avoided.

5

Create a garden in which each camper has a plot.

If you don't have enough space, think about using shoots.



Refer to the **I have a green thumb** activity, and you'll see that it's easy!  
<https://portail.tremplinsante.ca/boutique/jai-le-pousse-vert/>



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6

**Hold contact-free relay races with several variations:**

Set up stations to practice basic motor skills and create a course that calls for a combination of skills, including running, skipping, jumping, crawling, balancing, etc.



For pro tips, please see the **Champions for life activity**:  
<https://portail.tremplinsante.ca/boutique/activites-champions-pour-la-vie/>

Integrate healthy eating notions into the courses. For example, place food cartons in different locations along the course and ask the campers to memorize them for purposes of creating a recipe at the end of the activity. You can also organize a slalom between water bottles placed on the ground. Better yet, this lets the campers keep their water bottles close at hand! Do these activities interest you?



Read the **Think & Run duathlon** and **The rapids game sheets**  
<https://portail.tremplinsante.ca/boutique/duathlon-pieds-et-meninges/>  
<https://portail.tremplinsante.ca/boutique/defi-tchin-tchin-les-rapides/>

7

**Focus on individual tasks in cooking workshops.**

Provide individual spaces as well as foods and materials for each camper.



Pssst! To help you along, look through the **What's your Recipe guide**.  
<https://portail.tremplinsante.ca/boutique/guide-quelle-est-ta-recette/>

8

**Invite your group to create a virtual recipe in the colours of the rainbow.**



For added inspiration, use the **Virtual chef activity**  
<https://portail.tremplinsante.ca/boutique/cuisinier-virtuel/>



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9

Together with your campers, explore the foods using all five senses.

Think of preparing individual portions in advance or collecting the food items directly from the garden.



Discover the **Mystery foods game** and the **Tasting expert activity** to help you present this activity  
<https://portail.tremplinsante.ca/boutique/aliments-mystere/>  
<https://portail.tremplinsante.ca/boutique/expert-degustateur/>

12

Favour non-food rewards and avoid material rewards.

Have the campers vote on an activity that you can integrate into your programming.



For further ideas, please see the tool entitled **Rewards that make a difference.**  
<https://portail.tremplinsante.ca/boutique/defi-sante-quiz-vitamine/>

10

Invite the campers to explore their creativity.

Ask them to come up with sketches featuring funny and fun-filled recipes.



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11

Integrate guessing games, charades and mimes to spark the campers' interest and foster the acquisition of new knowledge.



The **Energy quiz activity** can help you make your healthy eating activities that much more dynamic.  
<https://portail.tremplinsante.ca/boutique/defi-sante-quiz-vitamine/>



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# WASH-A-THON

MAKE HAND-WASHING FUN AND INSTRUCTIVE.

**1**

**Choose a hand-washing theme song for the summer (20 seconds).**

**2**

**With your campers, wear gloves and use paint instead of soap so as to learn where we forget to apply soap.**

**3**

**With the campers, create posters illustrating the steps involved in hand-washing.**

Since the campers are involved, they will be motivated to become positive leaders and encourage others to wash their hands.

**4**

**Perform a science experiment with your campers.**

Fill a bag with water for each camper and add a pinch of pepper. Ask the campers to soak their hands in the water so they can see the pepper collect on their hands, in the same way that germs do.

Repeat the exercise, this time having the campers first soak their hands in soapy water, then in the pepper water. They will see that the pepper collects far less, since the soap repels it, as it does germs.



For inspiration, see the **Hand-washing is awesome activity.**  
<https://portail.tremplinsante.ca/boutique/se-laver-les-mains-cest-gagnant/>



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# PUT A LITTLE SUNSHINE IN YOUR SUMMER

**FUN IS A MUST FOR MAINTAINING HEALTHY LIFESTYLE HABITS, AS IT REDUCES STRESS AND ANXIETY FOR COUNSELORS AND CAMPERS ALIKE.**

**1**

**Lend a listening ear to your campers and give them a chance to express their emotions, alone or as part of the group.**

Set the example by telling them how you feel today.

**2**

**Emphasize the positives at camp or the people who've put a little sunshine in your day.**



This is a good way to introduce campers to the notion of gratitude. Check out the **Wall of gratitude activity**.  
<https://portail.tremplinsante.ca/boutique/defi-sante-mur-des-mercis/>

**3**

**Because each person is unique, highlight the qualities, strengths and personalities of each camper rather than their physical appearance.**

Group chemistry will be more important than ever this summer, so make sure you take a moment to instill an atmosphere of respect within your group.



The **I am unique** and **I am super** activities are perfect companions in this regard.  
<https://portail.tremplinsante.ca/boutique/je-suis-unique/>  
<https://portail.tremplinsante.ca/videos/je-suis-super/>

**4**

**What better way to release stress than physical activity? Experiment with your campers by introducing them to relaxation, meditation, visualization or yoga.**



Want to try? The **Aquatic yoga activity** may be of interest.  
<https://portail.tremplinsante.ca/boutique/defi-tchin-tchin-yoga-aquatique/>

There are several applications that can help guide you through these activities. The following apps are specific to meditation:

“Insight Timer”, “Petit Bambou”, “Relax Melodies”.



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