



ALL AGES

RECHARGE YOURSELF!



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.

MATERIALS AND SUPPLIES

- A large cardboard to make the giant battery
- Crayons, scissors, glue, tape

- Paper, cardboard, pictures, ribbons, magazine photos and illustrations, or other craft materials

DESCRIPTION

1 Prepare yourself

- Make a giant battery (alone or with the campers) out of the large cardboard.
- Cut the battery into multiple parts like pieces of a puzzle (one piece per camper). These can take many shapes and forms (strips, geometric figures, etc.). Be creative!

Psst! If wall posters aren't allowed, give each camper a copy of the appendix "My internal battery" and instead make a banner from the batteries everyone has created.

2 Do the activity

- Give each camper a piece of the giant battery.
- Ask the campers about their favorite ways to take a break, relax, and recharge that aren't screen based (e.g., running with their dog, dancing, playing in the park, reading, daydreaming, meditating, listening to music, having dinner with family, talking to friends, etc.). The campers in your group can make a collage, draw, paint, etc.
- Encourage older campers who can write to put a sentence at the bottom of their work explaining how this way of relaxing helps them.
- Rebuild the battery with the campers (or hang their individual batteries on the banner) to create a big mosaic that can help recharge the group.

3 Ask the campers for feedback

- Once the activity's done, review it with the campers:
- Ask them to share their favorite ways to take a break and relax, reminding them that this may vary widely from person to person.
 - Ask how taking a break and relaxing helps them (e.g., by letting them rest or have fun, reducing stress and anger, restoring energy, offering a fresh perspective, improving mood, etc.).

This activity was developed by Mouvement Santé mentale Québec in partnership with the *TOUGO Challenge*.

**TOUGO
CHALLENGE**
summer camps



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RECHARGE
YOURSELF!

MY INTERNAL BATTERY

