

# REWARDS THAT MAKE A DIFFERENCE



AS A COUNSELOR, YOU WANT TO REWARD THE CAMPERS IN YOUR GROUP FOR THEIR ACHIEVEMENTS.

AS A COORDINATOR OR CAMP MANAGER, YOU WANT TO RECOGNIZE THE POSITIVE INITIATIVES PUT FORWARD BY A GROUP OF CAMPERS.

BUT YOU'RE WONDERING HOW TO GO ABOUT DOING SO WITHOUT RESORTING TO SWEETS OR FROZEN TREATS.

→ *This tool is for you!*

## WHY FAVOUR REWARDS UNRELATED TO FOOD?

- To express your **recognition** without associating it with food.
- To reinforce the camper's **behaviour** and build his or her **self-esteem**.
- To respect the **signs of hunger and satiation** shown by the camper.
- To ensure that all foods are on an **equal footing** and are not associated with emotions.

# REWARDS THAT MAKE A DIFFERENCE



## A WEALTH OF IDEAS... FOR YOUR CAMPER!



### RECOGNITION FIRST

- Words of encouragement
- Special mention
- Certificate of achievement
- Wall of achievements
- Trophy awarded to the "Camp Champion"
- Message of recognition sent to parents



### A LITTLE PRIVILEGE

- Choose the next activity
- Be first in line
- Give the counselor a funny challenge
- Sit with the counselor on the bus
- Play a role in the gathering
- Present an activity to a younger group
- Act as the counselor's assistant for the day
- Choose your team for the next game
- Have a responsibility for the day



### STILL MORE SURPRISES

- Temporary tattoos
- Face painting
- Pick from a box of surprises
- Bouncing ball
- Bubble-making game
- Bring a toy from home
- Bring the group mascot home
- Coupon for a draw at the end of the week
- Crayon / stamp / stickers



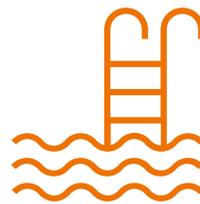
# REWARDS THAT MAKE A DIFFERENCE



## A WEALTH OF IDEAS... FOR YOUR GROUP!



- Choose the next activity
- Extend a popular activity
- Have an active free play period
- Create a song or a dance with the counselor
- Pair up with another group for an activity
- Extend the swimming pool activity
- Make friendship bracelets



### *Pssst!*

If you want to give your campers a special snack, please be sure to place the emphasis on the culinary activity as a reward rather than on the food items. Take the opportunity to associate healthy foods with fun. Who said fun has to involve sweets? Instead, emphasize the variety of colours, shapes and flavours.



*Fruit brochettes*



*Homemade smoothie*



*Homemade frozen yogurt*



*Fruit sculptures*



*Homemade ice treats*