# Challenges to bring Camp Home with you!

<table>
<thead>
<tr>
<th>Monday Honesty</th>
<th>Tuesday Caring</th>
<th>Wednesday Respect</th>
<th>Thursday Responsibility</th>
<th>Friday Faith</th>
<th>Saturday Camp Culture</th>
<th>Sunday Be Your Best Self</th>
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<tbody>
<tr>
<td><strong>Week 1</strong></td>
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<td>Put your phone away for 2 hours a day</td>
<td>Start drinking at least 8 glasses of water a day</td>
<td>Make a s’more (Microwaves work if you can’t use a fire)</td>
<td>Go for a 10 min. walk</td>
<td>Spend 5 minutes meditating each day</td>
<td>Pick a 3–4 minute song and take a shower during the length of the song</td>
<td>Start a new book (see recommended list)</td>
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<td><strong>Week 2</strong></td>
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<td>Start putting sunscreen on daily</td>
<td>Take an hour siesta after lunch by: reading a book, napping, coloring, card games, etc.</td>
<td>Make a schedule to follow for the day and follow it</td>
<td>Make your bed in the morning</td>
<td>Spend 30 mins outside in nature</td>
<td>Pick up five pieces of trash or put five things away that aren’t yours</td>
<td>Start a gratitude journal</td>
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<td><strong>Week 3</strong></td>
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<td>Go for a 30 min. walk</td>
<td>Write a letter and send it to a friend or family member</td>
<td>Practice 10 min. flashlight time to read to self before bed time</td>
<td>Set an early bedtime goal and stick to it</td>
<td>Have a campout in your backyard</td>
<td>Plan a family dinner and practice passing dishes</td>
<td>Practice your camp songs and share them with your family</td>
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<td><strong>Week 4</strong></td>
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<td>Break in your summer shoes on an hour walk</td>
<td>Create a friendship bracelet/craft you can send/gift to a friend</td>
<td>Come up with a joke for our joke of the day!</td>
<td>Go stargazing, there are apps that can help you find constellations</td>
<td>Hang up your wet towel</td>
<td>Lead a grace or share things you are thankful for before a meal together.</td>
<td>Set your alarm to wake up earlier than usual and do it!</td>
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</tbody>
</table>
Recommended Book List (Great books to read together or by yourself)

Book with No Pictures – B.J. Novak
Ella Enchanted – Gail Carson Levine
Percy Jackson Series – Rick Riordan
Tuck Everlasting – Natalie Babbit
Mrs. Frisby and the Rats of NIMH–Robert O’Brien
Frindle – Andrew Clement
Captain Underpants – Dav Pilkey
Westing Game – Ellen Raskin
The Boys in the Boat – Daniel James Brown

Harry Potter Series– J.K. Rowling
The Chronicles of Narnia– C.S. Lewis
What the Dinosaurs Did Last Night–Refe and Susan Tuma
Tacky the Penguin–Helen Lester
The Boxcar Children– Gertrude Chandler Waren
Charlotte’s Web–E.B. White

Rosie Revere, Engineer–Andrew Beaty
Iggy Peck, Architect– Andrew Beaty
Ada Twist, Scientist– Andrew Beaty
The Boy Who Harnessed the Wind– Bryan Mealer & William Kamkwamba
The Great Paper Caper– Oliver Jeffers
The Giving Tree– Shel Silverstein
Have You Filled a Bucket Today?– Carol McCloud