

## Challenges to bring Camp Home with you!

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

## 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 Babbitt  
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