ISSUE: 16 October 27, 2020

Dear camper families,

My favorite part of this time of year is spreading kindness and love. Sharing kindness does not cost you anything, but it makes the world a whole lot richer. This month, I challenge you to find one act of kindness to spread to the world around you. (Spoiler alert, you can even do this from the safety of your own home!) Help do a chore at home and clean your room, write a thank you note to someone that you appreciate, or give a compliment to someone around you. One simple act of kindness can change a person's whole day and can even change yours!

Sometimes it is difficult to remember, but if you stop and pause, I bet you can think of one thing right now that you are thankful for. For myself, I am thankful for my camp family and community. The joy, laughter, and fun we all shared this summer, and are continuing to share into fall and wintertime has been something that I look forward to every day. So, as the weather gets colder and the days get shorter, enjoy time with your family and remember to spread joy, kindness, and cheer all year long!

Katie Hannigan RN, BSN, CEN
Nursing Director

WINTER PROGRAMS

Join us for our winter camp programs online! Feel free to sign up for as many programs as you wish. The s'more the merrier!

CLICK HERE TO VIEW SCHEDULE & SIGN UP!

CAMP CLUBS. New this winter, join us weekly for clubs based off your interests. Clubs include Friendship Bracelet Club, Holiday Cheer Club, TEENS Games and Riddles Club, Dance Club, and Wood Cookie Club.

DAY CAMP. Join us for a one-day adventure (no supplies needed) that gets campers moving, exploring, and most importantly – connecting with camp friends!

CAMPER REUNIONS. Reconnect with your camp friends! Camper reunions may be attended by the whole family, part of the family, or the diagnosed child.

WEEKEND KIDS CAMP. Enjoy a weekend of fun with cabinmates by choosing your own adventure to build a schedule of activities you love. Campers will receive a Camp Kit in the mail with all of the supplies needed for a camp-filled weekend.

CAFÉ AU LAIT. Adult-only conversation for parents and caregivers. Pour your favorite beverage, sit back, and relax for an hour of gratitude, laughter, resources, self-care, and more.

BEST DAY EVER

Who's ready for the Best Day Ever?

Every day at Roundup River Ranch is the Best Day Ever! To kick off the day, our campers gather first thing in the morning. We sing songs, dance, tell jokes, and recite fun quotes. Click on each section below to start off your Best Day Ever. **Don't forget - you can't camp sing or dance wrong!**

QUOTE OF THE DAY!

"When you are kind to others, it not only changes you, it changes the world."

- Harold Kushner

SONG OF THE DAY!

THE GRAND OLD DUKE OF YORK

CLICK HERE FOR LYRICS ›

GAME OF THE DAY!

You need at least 2 people to play this game, and the more people you have the better.

POOR KITTY!

CLICK HERE FOR GAME INSTRUCTIONS! ›

RIDDLE OF THE DAY!

What can you hear, but not see or touch, even though you control it?

Riddle of the Day Answer: Your voice

JOKE OF THE DAY!

What do you call a pig that does karate?

Joke of the Day Answer: A pork chop

COMMUNITY CONNECTIONS

Day-to-day connections can be hard. Sometimes a quick note to someone is all it takes to make positive connections. With everyone in a family so busy and often attached to a screen for school or work, it can be hard to keep those connections strong. So put those screens to work! Challenge your family to a text connection. Each day see who can send the first text to someone in the family about one thing they are thankful for, or one kind note about them. Get creative and find ways to use screens to strengthen the connections in your family community!

Roundup River Ranch uses curriculum designed to foster communication, connection, and develop kids into compassionate and caring adults. Here are a few conversation starters and small group activities you can use with your family and friends around you.

1. **What does "being kind" feel like to you?**

2. **When someone is kind to you, how does that make you feel?**

3. **When you are kind to someone else how does that make you feel?**

We want to see our incredible camper families!

Share pictures of your family participating in this week's activities on Facebook and Instagram. Be sure to tag us using **@RoundupRiverRanch** and **#BestWeekEver** so we can see!

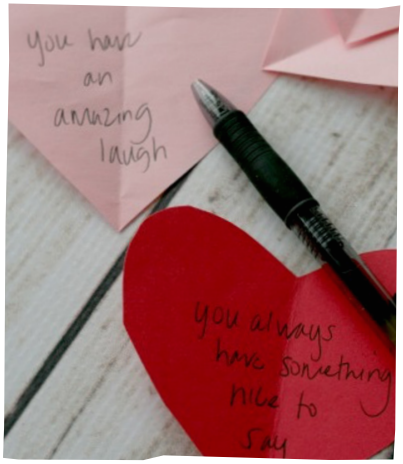
CAMP ACTIVITIES

THANKFUL CHAIN

It can be easy to get bogged down in negativity. Being thankful for the good things is the greatest way to combat the negativity and create space for some smiles! **Create a Thankful Chain with this activity** to hang in your house and have each family member add a link each day to share one thing (or more if you want!) they are thankful for. **The chain becomes a bright decoration and reminder of all we have to be thankful for and smile about!**

CLICK HERE TO BEGIN CREATING YOUR CHAIN!

INTENTIONAL ACTS OF KINDNESS



Kindness is an important part of camp. Not just random kindness, but intentional kindness that means the world to people. And in 2020, kindness is more important than ever! A little kindness can go a long way for both the giver and the receiver of the act of kindness. **This activity helps you share the joy of kindness in a fun, surprising way!**

CLICK HERE TO START SHARING JOY!

CANDLE CHAT

Candle Chat is a reflective activity that happens at the end of each day. This activity provides a space for campers to share their thoughts and feelings while being heard and valued.

SHARE A TIME WHEN SOMEONE BEING KIND MADE A BIG DIFFERENCE IN YOUR DAY.

If you'd like to share your answer with us or submit a question idea for next month's Candle Chat, click here!

ROUNDUP RIVER RANCH
a seriousfun camp

Roundup River Ranch enriches the lives of children with serious illnesses and their families by offering free, medically-supported camp programs that provide unforgettable opportunities to discover joy, friendships, and confidence.

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