



BEST WEEK EVER



We really like circles at camp. We make circles often when in groups for activities, playing games, eating a meal, or just having a good conversation. The thing about circles is they create space for people. Circles easily adjust to add more people or to create a more focused conversation for less people. Circles don't have to be perfectly round, there can be space between people or not, and the best part is you can truly see each person who is a part of the circle. And that space I mentioned! Creating space for people is what camp is all about. That space is where people meet each other, where they connect with others, where they have a voice to speak and two ears to listen. That space is where relationships happen and where we all learn about ourselves and others. It is a space of support, learning, and growing. I love those circle spaces!

I do not feel it is a coincidence that coffee mugs are circles. I love coffee. I grew up in a family of coffee drinkers and have so many memories of sitting on the porch having an early morning conversation with my mom about life over coffee. I love a good coffee shop and meeting friends to enjoy time and a warm mug together. It's not just about the coffee, though is it? It is as much about the space created for connecting, sharing, laughing, crying, and a warmth that comes not just from the mug, but from the relationships built around it. Which brings me to something I am very excited to share with you all.

We are working hard at camp to create new spaces for our campers and families and there is one just for adults! **It is called Café au Lait. It is an hour of virtual space created for all you parents and caregivers to connect.** We invite you to join us in this space to share with each other, laugh together, seek guidance and support from one another, and just be adults learning about yourselves, your family, and others as we all do the best we can in our current times. Join us in your comfiest outfit, with your warmest cup of happy, just as you are that day and share the space with other parents and caregivers who get where you're coming from. Laugh, cry, learn, share, commiserate, support, and enjoy this circle of space together. I hope you will join us! **[Click here to learn more about our Café au Lait program this fall.](#)** You will find it is in the evening to hopefully support the kids being in bed, so you can just be in this safe, beautiful, relaxed circle of adult space. I look forward to being in this circle with you soon!

Warm hugs,



KdRh

Kendra Perkins
Assistant Camp Director

DO YOU LOVE THE BEST WEEK EVER?

You can relive the camp fun through
all our previous editions at

RoundupRiverRanch.org/BestWeekEver



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!**



"It is literally true that you can succeed best and quickest by helping others to succeed."
- Napoleon Hill



This is a sing-along with me song!

ALICE THE CAMEL

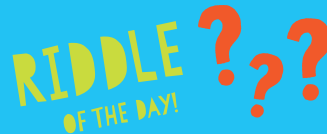
[CLICK HERE FOR LYRICS >](#)



Choosing a random action, one player will attempt to draw the action while another player attempts to act out the drawing.

DRAWING ACTION

[CLICK HERE FOR GAME INSTRUCTIONS! >](#)



What can go up and come down without moving?



Why was Cinderella thrown off the basketball team?

Riddle of the Day Answer: The temperature
Joke of the Day Answer: She always ran away from the ball!

COMMUNITY CONNECTIONS



Camp is a great place to foster connection and community. Roundup River Ranch uses curriculum from Sanford Harmony to support our Community Connections social and emotional resources. Sanford Harmony is a social-emotional learning program 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.



What are some things you do when you are feeling restless or bored?



Who is someone you call or try to be with when you feel like you need some company? Why?



What is your favorite way to get moving and why?

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

TEAM TAG

TEAM BUILDING

Tag is a classic game where one person who is "it" attempts to touch other people to get them out of the game. In this game when whoever is "it" touches someone that person must join arms with them, and they attempt to tag others as a team. The final goal is to have everyone that is playing joined at the arms. **Communication is important in this game. Work as a team to corral the other players.** This game needs at least 3 participants, but the more people you have the more challenging and fun it is!

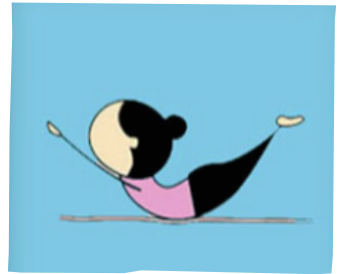


MOUNTAIN POSES

CHALLENGE COURSE

Did you know you can improve your football skills by trail running? Want to play better defense in basketball? You should practice scooping up grounders in baseball! You can learn movement that can be used in various activities, sports, exercises, and more!

In this activity we will do some yoga poses that will help us excel on the Challenge Course!



CLICK HERE TO START PLAYING TEAM TAG!

CLICK HERE TO START PRACTICING YOUR YOGA POSITIONS!

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.

WHO IS SOMEONE YOU THINK IS A GREAT TEAM MEMBER AND WHAT MAKES THEM GREAT?

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 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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 RoundupRiverRanch.org

