



BEST WEEK EVER



Dear Camp Family,

Roundup River Ranch is full of music. Classic camp songs around the campfire, cheerful music for camp dancing after breakfast and dinner, calming songs after lunch, silly songs during night activities, and our favorite - "Stars in the Sky!"

Why do camp songs get stuck in your head? Why do your feet start tapping when a favorite camp dance song comes on the radio? Music plays a powerful part in our memories and our emotions. When I hear a camp song, if I close my eyes, I can see the smiles on campers' faces, the carefree dancing, and the joy in the simple pleasure of connecting through song and dance.

As you break from a busy week of working, adjusting, schooling, and more... please enjoy this week's Best Week Ever, and take a moment to enjoy a family dance party with one of our current favorites, "It's Gonna Be OKAY" by The Piano Guys.

There is mighty healing power in music. It's Gonna Be (more than!) OKAY,



Sterling Nell Leija
Executive Camp Director

Here We Go
turn **YOUR** world
around!



CAREGIVER'S CORNER

Did you know that at Roundup River Ranch, we introduce campers to classical music? Through partnerships with Bravo! Vail, guest performers like world-renowned jazz pianist (and Roundup River Ranch Board Member!) Bob Ravenscroft, and playlists stuffed with classical versions of pop and rock hits, campers enjoy the beauty of classical instruments while singing, dancing, and building memories through song and dance.

One fun way to connect as a family, release some stress, and embrace joy is through a living room sock hop! Kick off your shoes, put on your craziest socks, and let music fill your soul! Here are some

1. Name that Tune! Check out some of our favorite bands who play classical versions of pop and rock from *Thriller* to *Star Wars* to *Let It Go*! Take turns playing songs while everyone else listens and races to name that tune.

The Piano Guys
[CLICK HERE >](#)

2Cellos
[CLICK HERE >](#)

Dallas String Quartet
[CLICK HERE >](#)

2. Play Musical Statues! Put on your favorite tune and everyone dances until the music stops, then freeze in position. Anyone still moving when the music stops, is out for that round. The final person dancing is the winner. Be sure to take turns being DJ!

3. Lip Sync Competition! You can play this game as a single player or in pairs. Each team chooses a favorite song to perform. Give everyone time to create a costume, make a pretend microphone, and plan a dance routine. Teams take turns performing their songs for the other party guests. Be sure to silently lip sync along!

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!**



"When you're curious, you find lots of interesting things to do."
- Walt Disney



This is a repeat after me song!
BOOM-CHICKA-BOOM
[CLICK HERE FOR LYRICS >](#)



I am made of water, but if I am mixed with water I might disappear.



Who's ready for a singing game?
Let's... **SING DOWN!**
[CLICK HERE FOR GAME INSTRUCTIONS! >](#)



Why did the shy pebble decide to speak out?



CAMP ACTIVITIES

Challenge Course

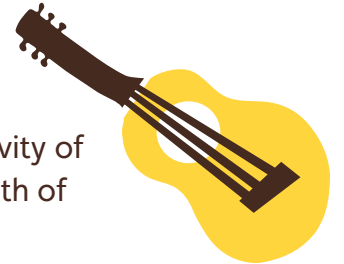
At camp, we have a 40-foot Climbing Wall with a 300-foot Zipline. This project is a tiny recreation of that tower, complete with climber, belayer and safety equipment!



[CLICK HERE TO START CRAFTING YOUR MINI CHALLENGE COURSE!](#)

Music

Music is a great way to express creativity while bringing people together! Today's activity of a Drum Circle does both of these things easily.



[WATCH AS MARTY TEACHES US HOW TO MAKE A DRUM CIRCLE AT HOME.](#)

[CLICK HERE TO CREATE GET STARTED WITH YOUR DRUM CIRCLE!](#)

P.S. 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!



PICK-IT!

FASHION SHOW

Pick-It! is an activity that changes week from week. These activities mirror the talents, interests, and passions that our staff and volunteers want to share with campers! Book club, scavenger hunt, drum circle, poetry slam? Yes, please!

Fashion shows are great way to express yourself, use your imagination, and (literally) know what it's like to wear someone else's shoes!

[CLICK HERE FOR INSTRUCTIONS! >](#)



COMMUNITY CONNECTIONS



Camp is a great place to foster connection and community. While we are all spending more time at home, we know that you can start conversations, make connections, and build community right where you are! Here are a few conversation starters and small group activities you can use with your family and friends around you. 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.



What is your favorite activity to do by yourself and your favorite thing to do in a group? How are they different?



If you could meet any famous person and ask him or her a question, who would it be and what would you ask?



What belongings do you have now that you hope to still have when you are an adult?

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. Candle Chat promotes bonding between members of a cabin and provides opportunities to reflect on individual and group accomplishments. The first few nights of Candle Chat usually have questions that are more funny, with the questions getting more thoughtful and reflective as the session goes on. We want to give you the opportunity to have a Candle Chat with the cabin group you are with right now... your family!

**WHAT'S A SONG THAT MAKES YOU FEEL HAPPY?
HOW ABOUT A SONG THAT MAKES YOU WANT
TO DANCE?**

We encourage you to share these songs with your friends and family, and ask them what their answers are. You might even find yourself having a dance party!

CANDLE CHAT



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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RoundupRiverRanch.org

