Dear Camp Family,

At camp, we often talk about how the days are long, but the weeks are short. In many ways, this time away from our regular routines has felt the same way. As our days turn into weeks, finding positive ways to focus our own reactions to the people around us, our environment, and current events is so valuable.

Mister Rogers shared, "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' To this day, especially in times of disaster, I remember my mother’s words, and I am always comforted by realizing that there are still so many helpers- so many caring people in this world."

This week, please join me in focusing on gratitude. Find news stories about joy and helpers, put a few extra beads in your Celebrate U Jar as a family, kick off your shoes and dance, or perform an Intentional Act of Kindness!

With gratitude,

Sterling Nell Leija
Executive Camp Director
At Roundup River Ranch, we love celebrating! The Celebrate U Jar, dancing after meals, and Intentional Acts of Kindness are all great examples of joy at camp. We can shape our mood and perception of ourselves and the world around us by choosing to see beautiful things, people doing good, and happiness.

One way to focus on the good in the world is to simply look for it! Create a Gratitude Scavenger Hunt as a family or use the one created by Roundup River Ranch volunteer, Dr. Meena Julapalli.

Want to take it a step further? Take a photo of someone in your family celebrating gratitude and share it with us! We would love to see the wonderful things you are celebrating during your scavenger hunt.

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!

“Who’s ready for the best day ever?”

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**ART**

*Paper Quilling* is a fun activity where you have a frame, and you fill it with rolled up pieces of paper to make a pretty cool finished product!

![Paper Quilling Image]

**FISHING**

While you may not have your own fishing pole at home, there are still ways to practice your casting! With this activity, we'll present a few options of how you can experience camp fishing at home!

![Fishing Image]

**CLICK HERE TO START PAPER QUILLING!**

**CLICK HERE TO START FISHING!**

**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!**

*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!

**SILENT BALL**

*Silent ball* is a camp game played to unwind while still getting physical movement. The objective of the game is to toss a ball amongst a group of participants who must remain silent.

**WATCH THIS VIDEO**

**FOLLOW ALONG AS MARTY TEACHES US HOW TO BRING CAMP FISHING HOME.**

**WATCH THIS VIDEO**

**CLICK HERE FOR INSTRUCTIONS!**
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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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.

1. What is your favorite item that you own? Why is it your favorite?
2. Who are some of the people you are grateful for in your life? Why?
3. What is one way you would like to make the world a better place?

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 has 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!

Who is the most generous person you know? What makes them that way?

We encourage you to share these songs with your friends and family, and ask them what their answers are. Click here to answer this week’s question and submit any ideas you have for future Candle Chat questions!