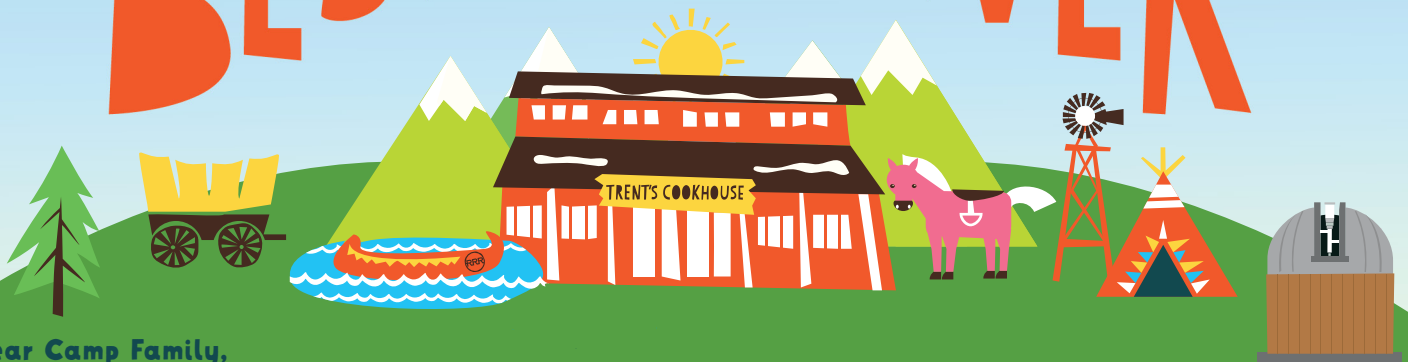




# BEST WEEK EVER



## Dear Camp Family,

When life gives you a stay at home order, make pizza.

Amid the posts about new habits to solidify, foreign languages to dabble in, good books to read, and endless must-see movie lists, there is a very stark reality to this temporary new normal. It's hard. Change can be unforgivingly difficult. It's tough because we are creatures of habit and we love our routines, schedules, and friends.

While adapting to change is inevitable, the change we are currently experiencing is uniquely unprecedented. There is healing that happens in naming the challenges change brings, and then flipping it on its head and celebrating the byproducts that come.

Perhaps your family has a new tradition? Or maybe you've decided what noise to delete from your life when it's time to head back into normalcy? Maybe you have learned about technology, won your war against the internet, and updated all your devices? And maybe it is something so simple, that it takes intentionally slowing down to notice it.

Change is rarely neat and tidy. It is messy and sloppy. Like pizza sauce splattered on the cabinets (do I dare ask how it got there?), slippery flour on the floor, and a dog secretly gobbling up a dropped pepperoni slice. As someone who likes order, who likes things to be neat and clean, it is amidst this mess and chaos that I find my family's byproduct to this challenging and unprecedented time... a tradition we may never give up. For our family, the new tradition of Friday night pizza is a celebration of not only surviving, but thriving and celebrating the little things that we will cherish for years to come.

To new traditions!



Sterling Nell Leija  
Executive Camp Director

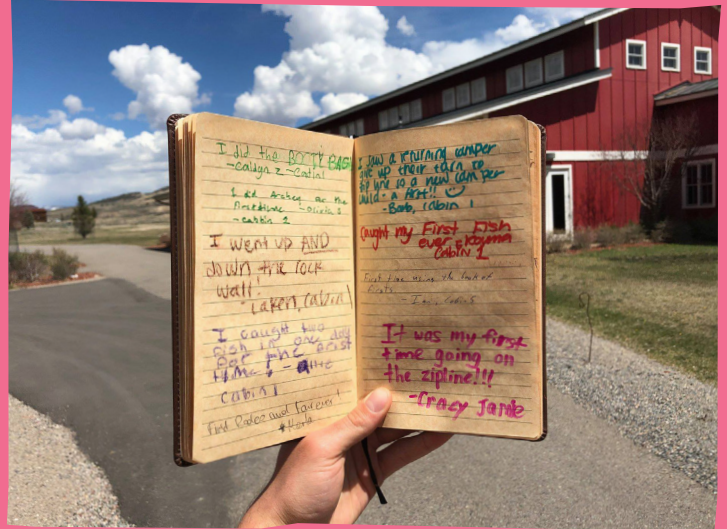
*Here We Go*  
turn **YOUR** world  
around!



# CAREGIVER'S CORNER

At Roundup River Ranch, we have a book that sits near the fireplace in Trent's Cookhouse. We call it the Book of Firsts. Each summer it starts out empty and as camp goes on campers and counselors alike add to the book. By the end of camp season, the book's pages are filled with firsts that people have shared.

The Book of Firsts is full of campers trying new things. Did you know campers tried sausage, grits, tzatziki sauce, gyros, red grapes, key lime pie, gluten free bread, blackberries, plums, grilled chicken wings, Jell-O, and watermelon with ranch (nope, not a typo!) all for the first time at camp?



As a family, create your own Book of Firsts to keep next to your Celebrate U Jar. Did your family try a new recipe? Or finally finish a puzzle? Perhaps you learned how to play a complicated board game? Share your family's celebrations by putting beads in your Celebrate U Jar and documenting your firsts in the Book of Firsts.

# 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. Check out each section below to start off your Best Day Ever. **Don't forget - you can't camp sing or dance wrong!**



"Just keep swimming."  
- Dory, Finding Nemo



This is a repeat after me song!  
**TARZAN**

[CLICK HERE FOR LYRICS >](#)



This is a game about changing places. It's best played with 3-4 people but get creative if needed!

**TURN, SHIFT, REVERSE**

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



What is used around the world and is always changing?



The first time I got my hands on a universal remote, I thought, "This changes everything!"

Riddle of the Day Answer: Time

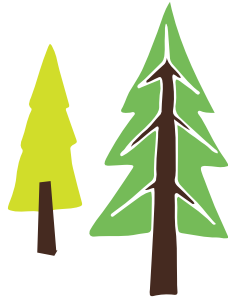
**P.S.** We want to see our incredible camper families! Share pictures of your family participating in this week's activities on Facebook and Instagram. Be sure to tag us using [@RoundupRiverRanch](#) and [#BestWeekEver](#) so we can see!



# CAMP ACTIVITIES

## NATURE

Several creatures across the animal kingdom have found ways to survive the challenges they face through adaptation. Today we'll learn about some of these adaptations and let you get creative along the way!

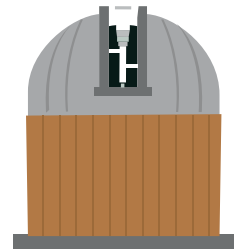
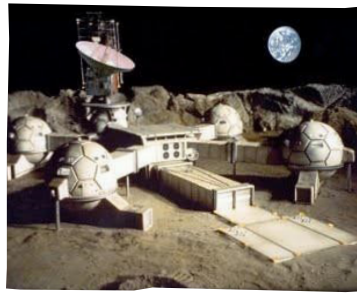


## ASTRONOMY

What a change it would be to live on the moon! What kind of things would you need to bring or create to survive?



Gather your supplies and get ready for astronomical adaptations as you build your own settlement on the moon!



[CLICK HERE TO START YOUR ANIMAL ADAPTATION ADVENTURE!](#)

[CLICK HERE FOR INSTRUCTIONS ON HOW TO BUILD YOUR LUNAR SETTLEMENT!](#)

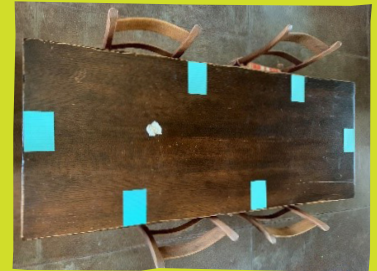
# PICK-IT!

## TABLETOP FOOSBALL

Pick-It! is an activity that changes week to 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!

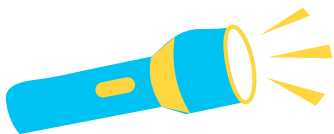
A fun activity we do at camp involves turning one of the tables in the Cookhouse into a foosball table. It's easy to do and can lead to hours of fun! Are you ready to try this at home?

[CLICK HERE FOR INSTRUCTIONS! >](#)

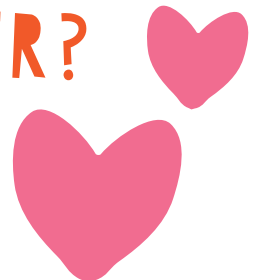


# DO YOU LOVE THE BEST WEEK EVER?

YES, YES, YES, WE LOVE IT!



[CLICK HERE TO SUBSCRIBE AND ENSURE YOU GET IT IN YOUR INBOX EACH WEEK!](#)



# 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 a change you have made, even if it made you nervous?**



**2.**  
**What have you done recently that you're proud of?**



**3.**  
**Who is someone you know that's good at adapting to change? What makes them good at this?**

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!

**FIRST, DESCRIBE YOUR PERFECT DAY. NOW, IF YOU COULD HAVE A "RE-DO" OF ONE DAY, WHAT WOULD YOU GO BACK AND CHANGE?**

If you'd like to share your answer with us or submit a question idea for next week's Candle Chat, [click here!](#)

## 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.

**8333 Colorado River Road, Gypsum, CO 81637 | 970.524.2267**



[RoundupRiverRanch.org](http://RoundupRiverRanch.org)

