



BEST WEEK EVER



Dear Camp Family,

As we begin to see change again, we anticipate there will be another wave of emotions. Our hope is that the Best Week Ever newsletter will continue to provide joy, hope, and laughter to you and your family as well as a feeling of connection to your camp community.

This week, we are asking for your feedback. [Please take our short 3-minute survey](#) to help guide our work. We want to ensure that the Best Week Ever is truly the best it can be! Please let us know how it makes you feel, what you like best, and who you are sharing it with.

We look forward to hearing from our incredible camper families and generous community.

With gratitude,



Sterling Nell Leija
Executive Camp Director

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



CAREGIVER'S CORNER



One difficult part of being a caregiver during this time is answering challenging questions that we simply do not have the answers to yet. You are not alone in this! This week, we continue to find comfort in being part of a bigger family. Bigger than Roundup River Ranch, bigger than the SeriousFun Children's Network! The CAMP community. This week, we are sharing a message from Camp Granite Lake in Golden, Colorado. Camp owner and director Tommy Feldman has a simple, yet powerful message for your teenagers.

Tommy reassures kids how not normal this strange time is! He reminds teens that they are resilient, explores the science of emotion, and offers power and peace in two simple words... **for now.**



CHECK OUT HIS SHORT MESSAGE TO LEARN 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. Check out each section below to start off your Best Day Ever. **Don't forget - you can't camp sing or dance wrong!**



"All it takes is faith and trust."
- Peter Pan



This is a repeat after me song!
GET LOOSE

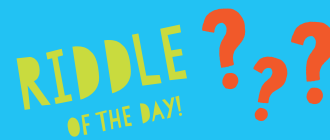
[CLICK HERE FOR LYRICS >](#)



This game is a great way to relax outside, look up at the sky, and enjoy the clouds!

CLOUD 9

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



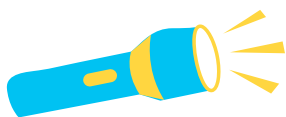
What is something you use every day, but can't see?



Why did the donut have difficulty meditating?

Riddle of the Day Answer: Electricity
Joke of the Day Answer: He couldn't find his center

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!





CAMP ACTIVITIES

ARCHERY

It doesn't matter if you're alone or with other people, making targets and tossing things at them is a fun activity that's right on **target**.



PSSST - We have another activity coming in a future issue of Best Week Ever for you to use these targets again!

[CLICK HERE TO GET STARTED MAKING YOUR TARGETS!](#)

DISCOVERY

Cup stacking is a fun activity that you can make as easy or difficult as you desire. Set a goal for yourself and practice until you reach it!



Challenge the people around you or set your own cup stacking goals. Attempt to stack your cups as high as possible or be creative building cup towers. Don't forget to send us photos of your best stacks!



[CLICK HERE TO START CUP STACKING!](#)

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 your pictures!

PICK-IT!

MEDITATION



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!

Meditation is a practice where an individual uses mindfulness to focus on an object, thought, or activity. Meditation increases attention and awareness and helps achieve a clear, calm, and stable state of mind.

[CLICK HERE FOR INSTRUCTIONS.](#)

[CLICK HERE TO FOLLOW ALONG AS MASON WALKS US THROUGH A MEDITATION PRACTICE.](#)

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's something that brings you joy, no matter what?



What are things you do to help you relax? Why are they helpful?



What are some things you can do to help bring joy to others?

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. We want to give you the opportunity to have a Candle Chat with the cabin group you are with right now... your family!

3 STARS AND A WISH!

★ **Come up with 3 stars - things you do well.**

☁️ **Come up with a wish - something to work on (a goal)!**

[Click here](#) to answer this week's question and submit any ideas you have for future Candle Chat questions!



Kendra Perkins,
Assistant Camp Director

KENDRA'S ANSWERS:

- ★ Being a good friend
- ★ Cooking
- ★ Singing
- ☁️ Write a book

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

