Dear Camp Family,

As the school year wraps up, many families are wondering what this summer is going to look like. Will our children be allowed to go swimming? What will play dates look like? When will playgrounds open? As we enter the next phase, I encourage you to lean on the resources around you. Roundup River Ranch is here to partner with you as a resource of activities, fun, and connection.

We are committed to continuing to provide activities that bring joy and silliness to your family and only utilize everyday household items. We have vetted any outside links we send to you. And our activities all have hidden gems – they teach your children about kindness, compassion, inquiry, creativity, confidence, and many other nuggets that build strength and resilience.

As a mother myself, I know thinking through summer plans while wrapping up online school can feel impossible. As always, we are here to support you and partner with you. Please call or email if we can help you sign up for Here We Go Online or Joy, Delivered. The process is short (10 minutes or less!), requires no medical forms, and always free of charge. Our website now includes a sample schedule, a letter to support the borrowing of a Chromebook from your school district, frequently asked questions and more! Click here to learn more.

We hope to hear from you soon,

Sterling Nell Leija
Executive Camp Director
Did you know that humans are not the only ones who show compassion or empathy? Elephants, dolphins, whales, chimpanzees, dogs, and many other animals all show empathy. Did you know ravens console friends feeling stressed after a fight? And zebras do not leave the sick or injured behind—instead, they all slow down (extra fun fact: a group of zebras is called a dazzle or zeal).

Compassion makes us more empathetic and considerate. Compassionate people notice when others are hurting and show they feel for them, they console those in pain, listen patiently to other’s problems, and volunteer to help others. These are some fun activities to practice compassion.

**Guess that Feeling Charades**
As a family, brainstorm as many different feeling words as you can and write each one on an index card. Take turns drawing a card and then act out the emotion, only using their body. No words are allowed! Everyone else tries to guess the emotion.

**Silent TV**
Watch TV silently. Pick a show, turn off the sound, and watch it together. Make a game out of trying to guess how each actor is feeling and what is going on. Be sure to point out nonverbal behaviors that show feelings such as rolling eyes, looking away, clenched fists, smiling, or dancing.

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**P.S.** You can experience all of the camp magic and activities from all past issues of Best Week Ever by [clicking here](#)! Don’t forget to share photos of your family participating on social media using #BestWeekEver and tagging us @RoundupRiverRanch.
DISCOVERY

For this activity, we are going to talk about two different types of pressure: air pressure and water pressure! Both air and water fill the space they are given and the more air or water there is in a space, the more pressure they create. Let’s learn more!

BRACELET MAKING

Making friendship bracelets is one of the most popular camp activities of all time! With this week’s activity, we’ll look at some different bracelet options you can make and even look at some knots we use at the challenge course and how you can add them to your bracelet!

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!

Here are two games that you can play with just a ball or something that resembles a ball! Don’t forget to congratulate the people you’re playing with when they succeed and show compassion if they fail. Let’s do this!

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!
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

**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. Who are the people in your life that are trustworthy and genuine? How do they show you these qualities?

2. How do you feel when you are nice to others? What are some ways you do this?

3. What is something that you accomplished as part of a team? What was that like?

**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. 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!

**WHAT ARE SOME WAYS YOU CAN USE TECHNOLOGY TO MAKE A POSITIVE DIFFERENCE IN THE LIVES OF OTHER PEOPLE?**

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