



BEST WEEK EVER



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

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



CAREGIVER'S CORNER



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.

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!**



"Never look down on anybody unless you're helping him up."

- Jesse Jackson



This is a repeat after me song!
BOA CONSTRICTOR

[CLICK HERE FOR LYRICS >](#)



How do superheroes show compassion? They come to...

SAVE THE DAY

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



What seven letter word can contain hundreds of letters?



What's a banana's favorite kind of shoe?

Joke of the Day: A slipper
Riddle of the Day Answer: A mailbox

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**.

RRR CAMP ACTIVITIES

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!

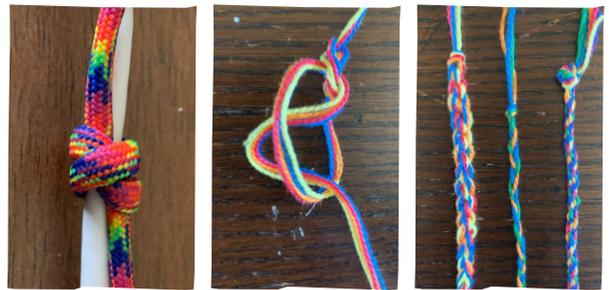


FOLLOW ALONG AS CHRIS DOES THIS ACTIVITY AT HOME!

[CLICK HERE TO START YOUR EXPERIMENT!](#)

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!



[CLICK HERE TO BEGIN CREATING YOUR OWN FRIENDSHIP BRACELETS!](#)

PICK-IT!

BRIDGE BALL & POPCORN BALL

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!

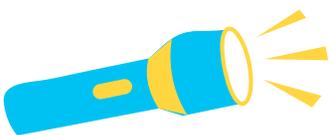
[CLICK HERE FOR INSTRUCTIONS! >](#)



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.



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



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



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

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!](#)

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

