



BEST WEEK EVER



Welcome spring! What an amazing time of year.

We have all weathered the storms and isolation of winter during a pandemic. I hope you are finding yourselves enjoying more sunshine, warmer temperatures, and the beauty of green things growing! While we may have a few cold days and perhaps a surprise snow storm before we are fully in the depths of spring, we can't help finding ourselves full of renewed energy and excitement the hope of spring brings (it also means we are working hard on plans for Summer Camp which is always exciting!).

It's not just the obvious changes in temperature and our surroundings that create that energized feeling of hope. The theme for this Best Week Ever is compassion, which is full of the feelings of warmth, hope, and growth. At camp, compassion is the heart of our community and you can literally feel it all around you! The warmth of a smile, the hope of a helping hand to support you and guide you, and the growth that comes from learning to be kind in caring for others around you. Much like the warming sun of spring, the warmth of compassion puts smiles on faces and warms the hearts of all of us.

Speaking of smiles, did you know simply smiling at another person as you pass by is a way to show compassion? It's that simple! There are little things each of us can do to show compassion to each other and those in our communities, and that is a perfect example of how you, "go out from the Roundup and turn the world around!" Compassion at camp is one of the things that makes sharing the time and space there together so special. And the beauty and hope of that is you can create that feeling in your own home, neighborhood, and surrounding communities!

To help you do that (because we know what great change-makers and superheroes you are), we have included some ideas and activities you can do right where you are to help grow and share compassion just like at camp! So hop to it, my compassionate friends!

Enjoy the sunshine,



Kendra Perkins
Assistant Camp Director

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



"If you see someone without a smile, give them yours."
- Dolly Parton



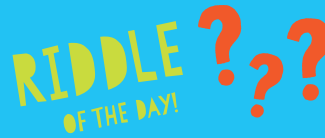
Goin' On A Bear Hunt

[CLICK HERE FOR LYRICS >](#)



WHICH CARD IS MISSING?

Any old deck of cards is all you need for this game of teamwork and awareness!



I sound like I could cut you, but I'm actually quite comfortable. I can be green or yellow. I can be stiff or soft. I am a friend to bugs and also bare feet. What am I?



What's a baby chick's favorite plant?

Riddle of the Day Answer: Blade of grass
Joke of the Day Answer: Egg plant

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

COMMUNITY CONNECTIONS



Camp is a great place to foster connection and community. Roundup River Ranch uses curriculum from Harmony SEL to support our community connections social and emotional resources. Harmony SEL is a social-emotional learning program designed to foster communication, connection, and develop kids into compassionate and caring adults. Here are a few conversation starters and small group activities you can use with your family and friends around you.

1.

Tell about a time someone did something that made you feel good.

2.

Name some things you can do without saying a word to be kind and supportive of others. *HINT: smile, listen, hold open a door. Small, thoughtful things can do so much!*

3.

Who are some people around you in your home, school, or community you could show compassion?

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

NATURALLY COMPASSIONATE

Being a compassionate person in a community can positively impact a lot of people and things! Sometimes that means picking up trash to keep your community looking good and safe for everyone. Sometimes there are members of your community you may not always think of: the creatures who live around you! We share our community with the plants, insects, and wildlife around us and it is important for us to be compassionate toward them as well!



COMPASSIONATE CARE FOR NATURE AND CREATURES

We humans can do a lot to help the natural world around us stay healthy and happy, too! Taking care of the plants, insects, and animals around us is important and often simple to do. In our spring Joy, Delivered box there were activities to help you build your own bird bath, bird feeder, and bird mart to help take care of our feathered friends around us! Here are some other ways you can show compassion to the nature around you!



CLICK HERE TO GET STARTED IN YOUR COMMUNITY!

CLICK HERE TO GET STARTED OUTDOORS!

CANDLE CHAT



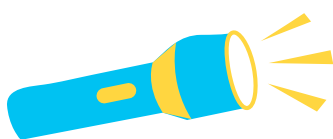
Candle Chat is a reflective activity that happens at the end of each day. This activity provides a space for campers to share their thoughts and feelings while being heard and valued.

CAN YOU SHOW COMPASSION TO YOURSELF? WHAT ARE WAYS YOU COULD DO THAT?

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

DO YOU LOVE THE BEST WEEK EVER?

YES, YES, YES, WE LOVE IT!



CLICK HERE TO SUBSCRIBE AND ENSURE YOU GET EACH QUARTERLY EDITION IN YOUR INBOX!



MEET YOU THERE



CAMP ONLINE SUMMER PROGRAMS



The sun is shining through the trees, snow is melting off the cabins, birds are chirping around the pond, and smells of campfires are in the air...which means summer is near!

This past year, we learned camp is a feeling that lives deep in our hearts and can be rekindled in all kinds of camp-tastic ways. Camp is wherever you want to discover newfound friends, unexpected courage, and pure childhood joy.

This summer, we are hosting seven diagnosis-specific Summer Camp online sessions Monday-Friday! These sessions are open to diagnosed campers ages 7-17, and their siblings. In addition, you can join us for more Camp Online program offerings happening this summer.

Get ready for oodles of laughter, exciting camp games, connection with friends new and old, and of course, lots of camp dancing. Meet you there!

SUMMER CAMP

- Session 1** June 7 - 11 Liver Disease, Liver Transplant, GI Disorders, Celiac Disease, EoE, Type 1 Diabetes*
- Session 2** June 14 - 18 Neurologic, Craniofacial, and Dermatologic Disorders, Kidney Disease, Kidney Transplant, Epilepsy*, Weight Related Conditions*
- Session 3** June 21 - 25 Moderate to Severe Asthma and Lung Disease
- Session 4** June 28 - July 2 Cancer, Brain Tumors, Blood Disorders, Sickle Cell Disease, HIV, Congenital or Acquired Heart Disease, and Heart Transplant
- Session 5** July 5 - 9 Neurologic, Craniofacial, and Dermatologic Disorders, Kidney Disease, Kidney Transplant, Epilepsy*, Weight Related Conditions*
- Session 6** July 12 - 16 Liver Disease, Liver Transplant, GI Disorders, Celiac Disease, EoE, Type 1 Diabetes*
- Session 7** July 19 - 23 Cancer, Brain Tumors, Blood Disorders, Sickle Cell Disease, HIV, Congenital or Acquired Heart Disease, and Heart Transplant

**Diagnoses traditionally served during Family Camp on-site programming. In 2021, all are invited to sign up for Camp Online programs.*

CAMP CLUBS

TEENS Games and Riddles Club
May 2, 4-6 pm MDT

CAFÉ AU LAIT

May 1, 10-11 am MDT

CAMPER REUNIONS

Mother's Day Brunch
May 1, 9-10:30 am MDT

School's Out Bash
May 28, 7-8:30 pm MDT

No-Hands Spaghetti Family Dinner Trivia Night
July 26, 6-7:30 pm MDT

Register today at RoundupRiverRanch.org



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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