



FOR YOUTH DEVELOPMENT®
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Let's Talk About Camp!

How to talk to your kids about their summer camp experience

Asking a child to tell you about their day at summer camp is a lot like asking them to describe their day at school. "It was good," or "It was fun," are the typical responses.

But *what did they do that made it so fun?*

Whether it's day or school, kids are being exposed to a wide variety of activities that keep their minds and bodies constantly in motion. They'll likely be exhausted by the end of the day – or summer – and may not want to talk about everything right away, or they or may give simple, one-word answers in response to questions.

First, **give them some time**. If they aren't quite ready to talk, let them rest or take a nap.

Be patient. It will take them a while to process all they have done and experienced.

Parents can help their kids process their experiences by listening to their stories, looking at photos together and asking thoughtful questions. **When asking questions, make them specifically about camp.**

Here are some examples:

- What was the most exciting activity you did today?
- What made you the most nervous?
- Did you learn the other campers' names?
- What were the other campers like? How about your counselors?
- What activity are you most excited about for tomorrow?
- Was your lunch and water bottle enough for you today?
- What was your favorite part of the day?
- Tell me about Color Wars (week 5) and other special events!
- Tell me about the camp song you sang today.
- Tell me about making your [project]. Can you show me how?
- How was pool time? Did you pass the deep end test or go down the water slide?
- Did you play Gaga (a camp game)?
- What line dance did they play at morning meeting?

Following us on Facebook and Instagram and reviewing the weekly special events schedule will give you talking points that may help your camper remember the fun activities that occurred during their day!

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