



Camp Slumberkins Resource Guide: Overview

Welcome Camp Counselors (Parents) and Campers (Kids)! Our friend, Bigfoot, is heading to Camp Slumberkins this summer and you get to join him! Bigfoot is especially excited for camp this year because he knows there is a treasure hidden somewhere at Camp Slumberkins. When he gets to camp, he takes his map and sets off in search for the treasure. As he makes his way, he meets four friends; Turtle, Snail, Frog and Duck who help him learn important lessons along the way.

Each week, camp counselors will help campers focus on one of the friends that Bigfoot learns from. Each creature has its own theme and lesson to share. You may choose which cards and activities you want to try for the week, or just try them all. It's up to you!

Keyword

Together with your child, define the key word of the week



Positive Self-Esteem

Feeling good about ourselves and being proud of what we can do

Question to ask:

What is something you like about yourself?

Examples:

I like that I am kind, I am a good friend, I can run fast, etc.

Discussion Points

Before camp begins, read the "Welcome to Camp Slumberkins" story card together and answer the following questions:

Q: What is Camp Slumberkins?

A: It is a place where creatures gather to meet new friends, play and even search for a special hidden treasure!

Q: Who gets to "go" to Camp Slumberkins?

A: Bigfoot gets to go this year, and you do too! Together at home we are going to do activities along with Bigfoot. As Bigfoot plays and explores, we will too!

Q: What are we going to do at Camp Slumberkins?

A: We get to do lots of things over the next few weeks. We will play games, sing songs, explore, do activities, and even meet some new friends each week. We can also help Bigfoot on his search for the hidden treasure!



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Q: What does the map lead to?

A: The map leads to a treasure that Bigfoot wants to find, and you can help! Each week we will meet a new friend, and do activities to learn and grow. At the end of the week, we earn a "badge" (sticker) and we can put it on our map.

Prepare Activities

Look through your Camp Slumberkins Supplies to get an idea of the activities coming up. Make a plan for when you and your family to do the activities and how many you will try. You can do this however works best for you and your family!

Make sure you have:

- Your Bigfoot Camp Slumberkins Bundle
- A few additional supplies to complete activities (see the activity cards for more details)
- (Optional) Camp T-shirts. [Link here](#) to get free directions to make your camp t-shirts!

You can find more tips, and resources for implementing Camp Slumberkins Activities on our webpage: <https://slumberkins.com/pages/camp-slumberkins>
