



## PROJECT WORTH ACTIVITY ABSTRACTS

### YMCA CAMP GREENVILLE

The activities offered at YMCA Camp Greenville have evolved over the past ten years. Our goal is to use the natural setting of camp to provide an emotionally safe environment in which participants feel accepted and safe.

#### Program Objectives:

- promote self-esteem
- encourage a sense of personal responsibility
- create an emotionally safe environment
- provide caring, consistent and competent support

### CORE ACTIVITIES

#### ARCHERY

1.5 - 2 hours

- **Overview:** Learn the basics of Archery. This is a recreational class that challenges participants to shoot at targets ranging in distance.
- **Goals:**
  - Learn parts of the bow and arrow.
  - Learn basic archery skills.
  - Increase self-esteem by trying new things.
  - Set and reach for a personal goal.

#### BAFA BAFA

1.5 - 2 hours

- **Overview:** Two family groups work together to form communities with atypical cultures. Participants are given roles and are asked to reach certain goals while trying to learn about the other community.
- **Goals:**
  - Promote teamwork through involvement and sharing.
  - Learn to understand and communicate with other cultures.
  - Learning friendship through interaction.

#### THE BEAST

1.5 hours

- **Overview:** This is a communication activity in which teams attempt to replicate an assembled Lego "Beast" or a picture. Only one member from each team is allowed to observe the beast or picture, and that member must relay the information to other team members. The final member then acts as the builder or drawer using the information received from his/her teammates.
- **Goals:**
  - To replicate a picture or build a "Beast" that is as close as possible to the original.
  - To encourage communication through explicit instruction.
  - To understand how different people understand things.
  - To understand and appreciate that people communicate differently.



**BOULDERING** 1.5 – 2 hours

- **Overview:** Participants will have the opportunity to experience the indoor bouldering wall. Bouldering is unroped climbing at low heights (less than 8 feet) that focuses on movement and strength. Participants try their hands (and feet!) at the wall before experimenting with some challenging activities as a group. This is a great class for those who have never been rock climbing or for experienced climbers who would like to try something new!
- **Goals:**
  - To learn new skills in a safe environment
  - To trust and challenge yourself and others
  - To promote encouragement and support in the group

**CANOEING \$** 1.5 hours

- **Overview:** Students canoe in pairs on our largest lake, Lake Sudie. Canoeing is a great activity for demonstrating the need for teamwork. Lifeguards are in attendance and all participants wear life jackets. *This activity is offered in April, May and September and is dependent on the weather and water temperature.*
- **Goals:**
  - Learn to follow the basics of water safety.
  - Learn to work together.
  - Learn and practice strokes.
  - Learn the name and function of the parts of the equipment.

**CLIMBING EXPERIENCE \$** 1.5 – 2 hours

- **Overview:** With the support of our trained staff, participants have the opportunity to learn the basics of climbing in our indoor climbing room. Climbs range from beginner to advanced levels. Participants must be in 5<sup>th</sup> grade or higher to take part in Climbing Experience.
- **Goals:**
  - To take risks in a safe but challenging environment.
  - To confront fears at one’s own level and to gain self-confidence and a sense of accomplishment.
  - To trust oneself and others.
  - To be a part of the group support system.

**CONFLICT RESOLUTION** 1.5 hours

- **Overview:** In this new activity, students will discuss a variety of options for handling conflict. Role play will be involved, and students encouraged to discuss how they deal with conflict and identify specific ways they can solve problems at home, school, and out in the community.
- **Goals:**
  - Recognize and appreciate different personalities and opinions
  - Make students aware of their choices when faced with a conflict
  - Simulate relevant situations involving conflict through role play and have students try to resolve them



- Knowing the importance of mediation in situations which may be out of our control

## COOPERATIVE CHALLENGES

1.5 hours

- **Overview:** Participants work in small groups on activities such as the Egg Drop where they are asked to build a structure capable of surviving a fall from various heights and then to promote their product. Groups are encouraged to make sure each member participates in both the promotion and the construction.
- **Goals:**
  - Promote teamwork by working together in smaller groups of 3-5.
  - Learn to listen to others' ideas.
  - Be creative.

## DISCOVERING DIFFERENCES

1.5 - 2 hours

- **Overview:** This activity analyzes perceived stereotypes by providing an opportunity for each participant (in a controlled and safe environment) to both stereotype someone and be stereotyped. A discussion on the impact of stereotyping follows.
- **Goals:**
  - To gain a greater appreciation of how we perceive others.
  - Learn how to go past first impressions.
  - Learn about others in your group.

## GEO DOME

1 - 1.5 hours

- **Overview:** Working as individuals and members of a group, students learn certain knots and lashings, while creating their own self-supporting climbing frame. This is a new Camp Greenville favorite!
- **Goals:**
  - Learn and practice basic knots and lashings.
  - Promote teamwork through involvement.
  - Promote communication and participation.
  - Enhance self and group esteem by building a solid structure for play.

## GROUP DYNAMICS I

1.5 - 2 hours

- **Overview:** Team building activities requiring group communication and cooperation. Challenges include various mobile initiatives. Typically this class includes activities both on and off the Group Dynamics Course such as:
  - Group Juggle – participants try to work together to juggle several objects in a pattern.
  - Trust Walk – participants lead their blindfolded partner on a short walk.
  - The Cube – a cube is balanced on its corner and the group must pass through without knocking it over.
- **Goals:**
  - Teamwork, Leadership & Trust



## GROUP DYNAMICS II

1.5 – 2 hours

- **Overview:** This session builds onto the team building activities started in Group Dynamics I. These activities require the group to go to the next level in communication and cooperation. Challenges may include such obstacles from our Group dynamics course as:
  - Energy Circle – participants maneuver around a circle of stumps without falling.
  - Spider’s Web – a vertical rope web which participants pass through.
  - Blindfold Maze – group members must navigate their way through a rope maze in the trees using creative forms of communication.
- **Goals:**
  - Teamwork, Leadership & Trust

## HIGH ROPES \$

2 hours

- **Overview:** Camp Greenville has a unique challenge course that enables individual and team challenges at various levels off of the ground. Run by trained staff members, this course fosters self-confidence and teamwork by attempting to overcome fears and enabling students to trust one another. Participants must be in sixth grade or older to take part in High Ropes.
- **Goals:**
  - To take a risk in a safe but challenging environment.
  - To confront fear at one’s own level and to gain self-confidence and a sense of an accomplishment.
  - To trust oneself and others.
  - To be part of the group support system.

## LARGE GROUP CLOSING

30-45 minutes

- **Overview:** Allow time for your entire group to come together before you return to school for some large group closing activities. These activities remind the students of what they have learned while fostering a sense of community within the whole group by allowing the students to share experiences and stories. It is done as the last class before leaving Camp Greenville.
- **Goals:**
  - Foster a sense of community within the entire group
  - Provide closure for the experiences had at camp by allowing the students to share what they have learned

## MOUNTAIN FEUD

1.5 hours

- **Overview:** In this activity, students role-play members of a community with differing opinions on the use of a tract of land at Camp Greenville. They gather information to present at a “town meeting” to support their position. The town council, consisting of chaperones and Camp Greenville staff ask questions of each interest group and decide which group will receive the land.
- **Goals:**
  - Being able to take a position in a situation and communicate effectively.
  - Reach a decision or be able to compromise.



- Learn that it is acceptable to agree to disagree.

## NATURE CENTER

30 minutes

- **Overview:** Visit with our snake, turtles, skulls, and other creatures in our Nature Center. Students will have the opportunity to learn about animals found in our area and do some hands on learning. This is a great activity to combine with Cooperative Games, Archery, Beads and Bracelets, Showerbath Falls Hike, or store time.
- **Goals:**
  - Learn about the animals of this region.
  - Handle some of the animals in the Center.

## OPTION PERIOD

1 – 2 hours

- **Overview:** Allow your students to choose their activity from a variety of selections offered by the staff – opportunities range from ultimate Frisbee, a hike, crafts, or other adventures as decided by the staff or students! This is a great opportunity to mix up the family groups, create a fun and relaxing morning or afternoon, and give the students an opportunity to decide what they would like to do. Camp Greenville staff members will facilitate all activities.
- **Goals:**
  - Promote teamwork and encouragement
  - Provide opportunities for decision-making
  - Allow the students to participate in something that interests them

## ORIENTEERING ADVENTURE

1.5 – 2 hours

- **Overview:** We are excited offer a third orienteering class here at Camp Greenville. This activity involves students on a more challenging adventure than Secrets of the Mountain or Which Way. Orienteering Adventure is a fun and active adventure through a little taste of Camp Greenville's wilderness. Students determine bearings and distances while completing an orienteering course through the middle of camp.
- **Goals:**
  - Learn map and compass skills
  - Observe surroundings and relate reality to map representations
  - Work together to achieve a goal
  - Promote leadership and decision making skills

## RAINBOW FALLS HIKE

1.5 – 2 hours

- **Overview:** It is not only a great hike to one of the most beautiful waterfalls in South Carolina, but it also fosters teamwork through a challenging experience. The highlight of this activity is the challenge and the teamwork. Students maneuver through steep terrain using one another for support. Human impact on the environment is sharply contrasted against the wild beauty of the forest. *This is a challenging hike for those in good physical condition – recommended for students in the 5<sup>th</sup> grade and older.*
- **Goals:**
  - To be challenged both physically and mentally.



- A sense of accomplishment.
- See some of the beautiful natural environment.
- To be a part of the group support system.

## ROCK CLIMBING \$

3 – 4 hours

- **Overview:** Students participate in a climbing and rappelling activity at one of our many cliffs around the camp. This activity is dependent upon weather and the availability of qualified staff. This activity can be combined with a cook out lunch *if requested* where the students work together to build a fire and cook lunch for themselves. It can also be combined with a Wilderness Trek or a hike to Rainbow Falls.
- **Goals:**
  - Learn the basics of Rock Climbing
  - Improve self-esteem by trying something new.
  - Promote teamwork by encouraging other participants.

## SERVICE PROJECT

2 – 4 hours

- **Overview:** At Camp we always have meaningful projects to be completed, including such things as trail maintenance, painting, minor building, and mulching. This is an opportunity for a group to work towards a common goal with all members having a key part in its completion.
- **Goals:**
  - Teamwork towards a common goal
  - Service through participation
  - Sense of accomplishment and pride.

## SHOWERBATH FALLS HIKE

30 minutes

- **Overview:** During this session, participants will take a short hike to one of the waterfalls on Camp. This walk through the woods is a great way to experience nature in action – and possibly even get wet standing behind the waterfall! This is a great activity to combine with Cooperative Games, Archery, Beads and Bracelets, or the Nature Center.
- **Goals:**
  - Experience and learn a little about nature.
  - Be able to hike when time is a factor.
  - Have fun and potentially get wet!

## TREE STORIES with HIKE TO PRETTY PLACE

1-2 hours

- **Overview:** In this activity, participants will have a brief overview about trees in the area and their life cycles. Students will then create their “life as a tree,” mapping their own “rings” and sharing events that have contributed to their growth and development. This activity is set up as a creative writing opportunity, allowing the mountain environment for inspiration. The class often ends at our chapel, Pretty Place, for a spectacular view of the upstate of South Carolina.
- **Goals:**
  - Learn how to read tree rings and talk about factors that have affected the tree’s growth.



- Sharing significant events that have affected the participant's personal growth and development.
- To use and appreciate quiet moments in our lives.
- Reflect upon the experiences shared throughout the trip.

## WHICH WAY?

1.5 hours

- **Overview:** Map and compass skills are the focus of our mid-level orienteering class. Students work together to determine bearings and distances while completing an orienteering course that runs through camp. This class is not recommended for students below 6<sup>th</sup> grade.
- **Goals:**
  - Learn parts of a compass
  - Promotes math and geometry skills
  - Accomplishes an orienteering course as a group
  - Requires teamwork and communication

## WILDERNESS SKILLS

1.5 - 2 hours

- **Overview:** Teamwork, communication, and planning skills are promoted as participants learn outdoor skills and low impact camping techniques.
- **Goals:**
  - Learn to build a shelter from local natural materials.
  - Learn to build a fire.
  - Learn how to camp in the outdoors while leaving little or no trace.

## WILDERNESS TREK

3 - 4 hours

- **Overview:** This activity gives participants the opportunity to explore some of Camp's 1600 acres. Two or three different of hikes of varying difficulty will be offered where students can hike, learn wilderness skills, and even eat on the trail.
- **Goals:**
  - To be challenged both physically and mentally.
  - To have a sense of accomplishment.
  - To be a part of the group support system.

## ZIP LINE \$

1.5 hours

- **Overview:** Have an adventurous group? They may love the brand new Camp Greenville Marchant Zip Lines that zip them from one side of Lake Rotary to the other. Most groups will also participate in a team building activity on the far side of the lake.
- **Goals:**
  - To be challenged both physically and mentally.
  - To encourage family group members to overcome their fears
  - To work together to accomplish a task.



## EVENING ACTIVITIES

Our Evening Programs are designed to be educational as well as a fun way to end the day. These activities are designed to involve everyone: students, chaperones and staff.

### CAMPFIRE

1.5 hours

Enjoy an entertaining evening of songs, skits, stories, and games with students, chaperones, teachers and Camp staff working together to entertain the group. Groups may request our inside or outside fire sites, as well as the addition of marshmallows.

### DUTCH AUCTION

1.5 hours

This is a fast-paced extravaganza in which family groups build team camaraderie and spirit by working through various tasks. Students are encouraged to use their imagination through activities such as Sculptinary and Song Wars. Games such as Chaos and Chocolate Mayhem are a couple other possibilities for this exciting and high energy evening.

### FAMILY NIGHT

1.5 hours

Family groups are a key component of the community building that occurs during the Project Worth program. Students work in their families (activity groups) to come up with a family name, cheer, handshake, and sculpture. After these are created, they are shared.

### GAME NIGHT

1 – 1.5 hours

Fast paced and action-packed games make up this program. Check out one of the largest Twister boards on earth, or play glow in the dark soccer or football, or engage in another game of your choice.

### NIGHT HIKE

1.5 hours

During a walk through the night without a flashlight, students learn to use their senses in a nocturnal setting. Topics like comfort with the darkness, trust, and other night related issues are discussed. Depending on weather availability, the Camp's telescope can be set up for stargazing if requested. *This hike does not go to the Chapel unless requested. This program is not suggested for September or May due to daylight savings time.*

### OPEN NIGHT

This is *your* night! If you would like to plan an evening program for your group or just do some relaxing, sign up here. A camp staff person will bring your snack, but all programming is up to you.

### SIGHTS AND SOUNDS

1.5 hours

This outdoor activity takes a leisurely stroll to Symmes Chapel (Pretty Place) located on the edge of Cleveland Cliff. Students will have a chance to look at the sights, sing songs, and listen to a story while enjoying the breathtaking view. Depending on weather availability, the Camp's telescope can be set up for stargazing if requested.



<b>SQUARE DANCE \$</b>	1.5 hours
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Students and chaperones learn basic dance patterns and calls while listening to live guitar music. Occasionally the activity takes a turn and puts those dance patterns to music of a somewhat more contemporary feel. There is fun for all during this very popular activity.

<b>TWISTER</b>	45 minutes
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Take a turn on our giant twister board. The game board spans the whole room, getting everyone involved! This recreational evening program may also include several other games to get you warmed up. This activity can be combined with Dutch Auction, Family Night, Game Night, or a stroll to the Chapel.