

Ready, Set, GO!!

Life Skills we Practice at Camp --- to be aware of Ahead of Time

Self-Care Habits

- _____ Can choose an outfit to fit the weather & dress on her own
- _____ Can recognize dirty laundry from clean laundry and sort by darks and whites
- _____ Will brush her teeth twice a day without excessive prompting
- _____ Knows how to brush/comb her hair consistently & take care of pulling it back if necessary
- _____ Can wash/shower on her own (shampoo/condition her hair properly & clean with soap)
- _____ Knows how/when to apply deodorant/antipersperant if necessary
- _____ Can take proper care of eye glasses and/or contact lenses on her own
- _____ Knows how to apply sunscreen & understands importance to do so daily
- _____ Knows how to apply bug spray & understands importance to prevent Lyme's Disease, etc.
- _____ Can do a full body tick-check & will notify an adult if she has any kind of rash
- _____ Understands how to use sanitary napkins/tampons if/when menstruating
- _____ Understands issues of privacy when dressing/un-dressing and acts accordingly

Mealtimes

- _____ Can drink at least two cups (8 oz) of water at every meal (stay hydrated - prevent stomach and head aches)
- _____ Knows how to eat a well-balanced meal (plenty of fruit and vegetables) to keep digestion regular
- _____ Knows how to pass serving dishes around "family style" (proper mealtime etiquette)
- _____ Can use good table manners (say please and thank you)
- _____ Can cut meat with a knife by herself
- _____ Knows to chew with her mouth closed & to avoid talking when there's food in her mouth
- _____ Is open to trying new/different foods
- _____ Takes only what she thinks she can eat (lessen waste)
- _____ Knows how to wipe a table properly after a meal (soapy water and washcloth is provided)
- _____ Can scape plates with a rubber spatula (children take turns doing this after each meal)
- _____ Can set a table properly (plates, napkins, silverware, cups in correct position)

Cleanliness

- _____ Can keep clothing & personal items tidy in her clothing cubbies & on the shelves near her bed
- _____ Knows how to make her own bed
- _____ Can sweep the floor with a broom & use a dustpan effectively
- _____ Knows how to take out the trash & insert a new trash bag
- _____ Can/will pick up after herself at activities (put away equipment supplies, help clean up)
- _____ Is happy to help others tidy the cabin even when her personal jobs are done

Common Courtesy

- _____ Can smile & introduce herself to others
- _____ Is able to listen well to others as they speak (try not to interrupt)
- _____ Does not discuss sensational or over-stimulating topics
- _____ Will not tell ghost stories, make up scary stories, or intentionally frighten others
- _____ Can collaborate on projects and compromise when necessary
- _____ Practices staying out of other people's petty arguments
- _____ Will not use or borrow other's property without permission
- _____ Refrains from bullying, gossiping, back-biting, teasing, demeaning, and "putting down" others
- _____ Can take direction from adults (follow the rules during bedtime, clean up, meals, etc.)