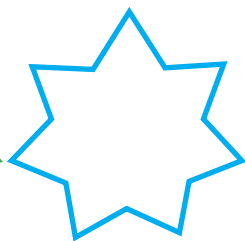
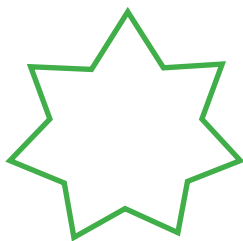
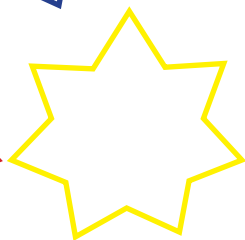
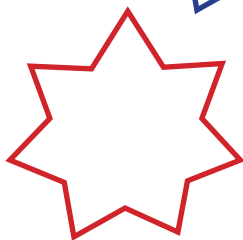
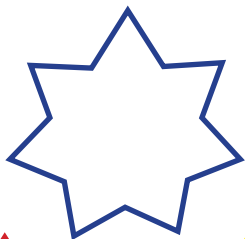


# Camper Incentive

## Chart:



# Emergency Contact Numbers:

Name \_\_\_\_\_

Cell # \_\_\_\_\_

Name \_\_\_\_\_

Cell # \_\_\_\_\_

Name \_\_\_\_\_

Cell # \_\_\_\_\_

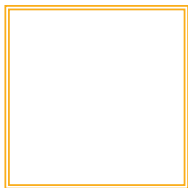
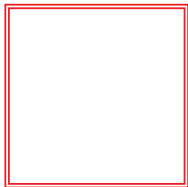
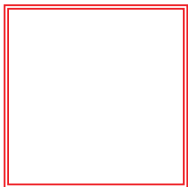
Name \_\_\_\_\_

Cell # \_\_\_\_\_

Name \_\_\_\_\_

Cell # \_\_\_\_\_

# Camper Incentive Chart:



# Behavior:

## Expected

- Friendly Greetings  
(say “hello,” smile!)
- Use flexible thinking,  
“go with the flow”
- Use Whole Body Listening
- Follow the “group plan”  
& participate
- Ask for a break when needed
- Use friendly words & bodies
- Follow the rules

## Unexpected

- Ignoring friends & counselors
- Resistant to try new things  
or different ways
- Not listening
- Doing the “Me Plan,”  
not participating

# Emotional Regulation

## Tools:

\* Blow bubbles \*

Close eyes & count to TEN

“Smell the roses”

“Blow out the candles”

\* POPSICLE....melt \*

\* Butterfly Hugs \*

Go for a walk

Think about the size of the  
problem, does your reaction  
match?

Tell a joke

Find a new activity

Take a drink of water

# Size of the Problem



Tiny  
Problem

Remember the size of your reaction has to match the size of the problem.



Little Problem

How big do others see the problem?



Medium Problem

How big should your reaction be?



Big Problem



Huge Problem



Excited



Sad



Surprised



Happy



Angry



Sick



Unhappy



Bored

Point

to

how

you

feel

How Loud is Your  
Voice:

SCREAMS

Too Loud

Just Right

Too Quiet

Whispers



# Body Language:

## Be a Whole Body Listener

Brain thinking

Ears hearing

Eyes looking

Mouth quiet

Shoulders facing

Hands still

Feet calm



# Signs of needing a break!

- \* Overly busy/active
- \* Talking too much or not at all
  - \* Frustrated expression
- \* Repeating the same question or saying the same thing
  - \* Crying
  - \* Yelling
- \* Ignoring other children
- \* Invading personal space of others
- \* Doing unexpected behaviors
  - \* Refusing to do the “group plan”
  - \* Pouting



I NEED A BREAK!

# Emergency Contact Numbers:

Name \_\_\_\_\_

Cell # \_\_\_\_\_

Name \_\_\_\_\_

Cell # \_\_\_\_\_

Name \_\_\_\_\_

Cell # \_\_\_\_\_

Name \_\_\_\_\_

Cell # \_\_\_\_\_

Name \_\_\_\_\_

Cell # \_\_\_\_\_