

## Practices Developed by the 2009 Camp Echo Trip Staff

<b>Guiding Principle</b>	<b>Practices (You can...)</b>
<b>Everything Counts</b>	<ul style="list-style-type: none"> <li>a) voice your positive inner monologue (excitement &amp; appreciation)</li> <li>b) have daily debriefs with co-staff and campers</li> </ul>
<b>Get the Best</b>	<ul style="list-style-type: none"> <li>a) have Leaders of the Day</li> <li>b) have honest and open communication with co-leader</li> <li>c) give each other time off...&amp; get your rest</li> <li>d) have written or verbal daily personal bests &amp; personal improvements</li> </ul>
<b>Walk the Line</b>	<ul style="list-style-type: none"> <li>a) play devil's advocate in/when decision making</li> <li>b) you should continuously reassess your group</li> <li>c) set aside both chill time &amp; high energy activities</li> </ul>
<b>Nature is Now Approaching</b>	<ul style="list-style-type: none"> <li>a) educate your self about the specific region: history, biology...</li> <li>b) take a moment or many moments to "look up, look down &amp; look all around." Remind each other not to get tunnel vision</li> <li>c) AND, how it all connects to their lives back at home</li> </ul>
<b>Say "Yes"</b>	<ul style="list-style-type: none"> <li>a) live in the moment, allow for flexibility in schedule &amp; stay open</li> <li>b) don't choose no because it's easier, seriously consider your kids' ideas and requests</li> <li>c) explain "why" if you have to say NO, or encourage the kids to think of the yes/no reasons</li> </ul>
<b>It's Your Trip</b>	<ul style="list-style-type: none"> <li>a) give your kids choices (routes, activities...)</li> <li>b) create trip pride</li> <li>c) have theme days</li> <li>d) have productive FUN on your layover days</li> <li>e) have a trip gift at closing ceremony (notes, trinkets, bracelets)</li> </ul>