

Grow, Shine, Connect: Your Summer Camp Adventure in Personal Growth

Welcome to our exciting summer journey of personal growth! Over the next few weeks, we'll discover how to build amazing friendships, speak with confidence, show good manners that impress everyone, and develop leadership skills that will help you shine both now and in the future.

This summer camp is specially designed to help you become the best version of yourself while having tons of fun. You'll learn through games, activities, and real-life situations that will help you grow in ways you never imagined possible!



The Power of Good Manners



Magic Words

Using "please," "thank you," and "excuse me" shows respect and kindness to others. These small words make a big difference in how people see you.



Respectful Listening

Looking at people when they speak and not interrupting shows you value what they have to say. Good listeners make great friends!



Kind Actions

Holding doors, sharing, and helping others when they need it creates a positive atmosphere around you. Kindness is contagious!



Manners Matter Everywhere!

At the Table

- Chew with your mouth closed
- Use utensils properly
- Ask for food to be passed
- Thank the person who prepared the meal

In Conversation

- Wait your turn to speak
- Say "excuse me" if you need to interrupt
- Look at the person speaking
- Respond thoughtfully

Online

- Be kind in comments
- Think before posting
- Ask permission before sharing photos
- Respect others' privacy



Why Manners Make a Difference

First Impressions

People form opinions about us within seconds of meeting us. Good manners help make those first impressions positive and open doors to new friendships and opportunities.

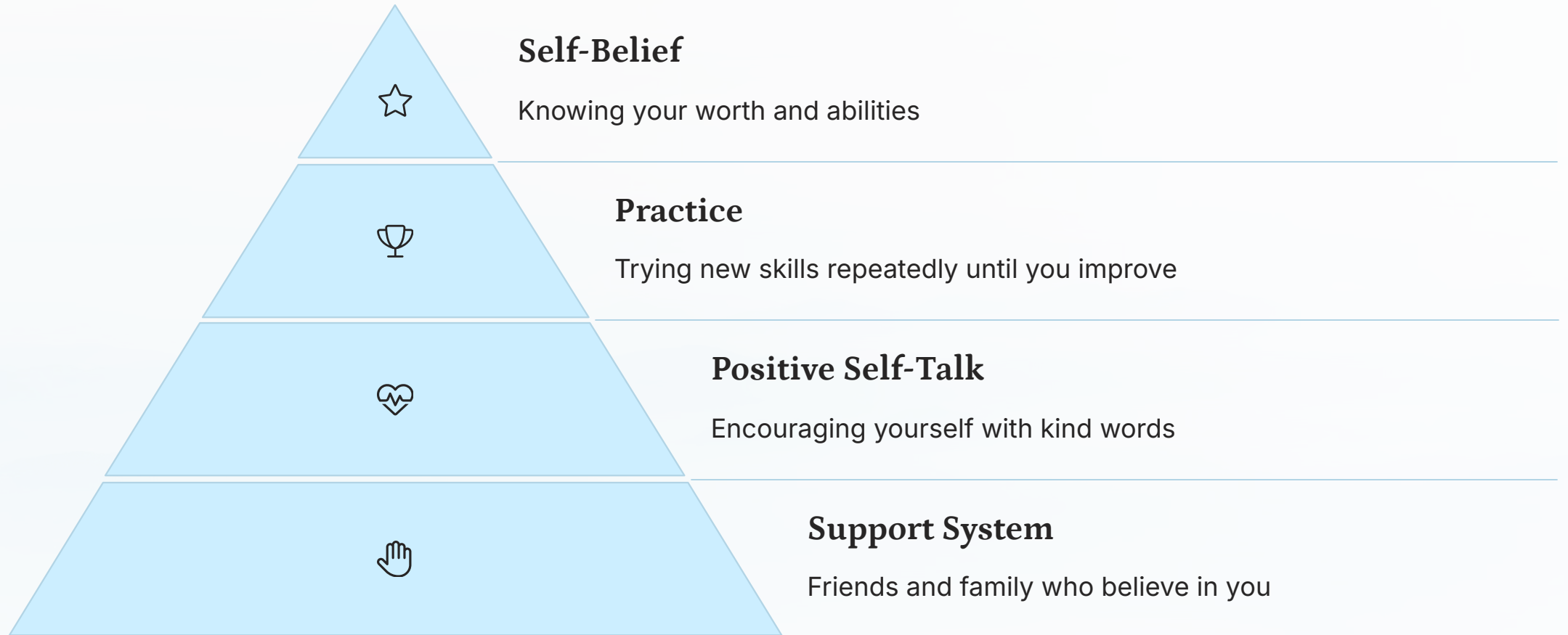
When you use good manners, people notice and remember you for the right reasons. They're more likely to want to spend time with you and include you in activities.

Building Trust

Using good manners consistently shows others they can trust you to be respectful and considerate. This trust forms the foundation of strong friendships and leadership.

When others trust you, they feel comfortable sharing their thoughts and feelings with you, which helps create deeper connections and understanding between you.

Building Self-Confidence



Confidence isn't about being perfect—it's about believing in yourself even when you make mistakes. Everyone feels nervous sometimes, but confident people try anyway! The more you practice new skills and positive thinking, the stronger your confidence becomes.



SUMMER CAMP:
Trying outside is at for khom
outside our comfort zone.

Confidence Boosters



Set small goals

Achieve something tiny each day



Track victories

Write down what you accomplish



Try new things

Step outside your comfort zone



Celebrate progress

Be proud of your improvements

Building confidence is like building muscle—it takes regular exercise! When you try new activities at camp, you're strengthening your confidence. Remember, making mistakes is part of learning. Each time you recover from a setback, your confidence grows even stronger.

Speaking with Confidence

Breathe Deeply
Take slow breaths to calm nerves

Stand Tall
Good posture shows confidence



Make Eye Contact
Connect with your listeners

Project Your Voice
Speak clearly so everyone can hear

Speaking in front of others can feel scary, but it gets easier with practice! At camp, you'll have many chances to share your ideas in a safe, supportive environment. Remember that confident speaking isn't about being perfect—it's about sharing your thoughts clearly and connecting with your audience.

Body Language: The Silent Speaker

Confident Body Language

- Standing tall with shoulders back
- Making appropriate eye contact
- Smiling naturally
- Using hand gestures to emphasize points
- Facing toward the person speaking

Impact of Body Language

Did you know that over 50% of communication is non-verbal? That means people understand your message not just from your words, but from how you stand, move, and express yourself physically.

At camp, we'll practice using body language that shows confidence and respect. These skills will help you in school presentations, making new friends, and even job interviews when you're older!

Overcoming Fear and Shyness



Identify Your Fears

Understand what makes you nervous



Take Small Steps

Face fears gradually, not all at once



Practice Positive Thoughts

Replace "I can't" with "I'll try"



Ask For Support

Let friends and counselors help you

Everyone feels shy or afraid sometimes—even grown-ups! The difference is that confident people have learned to face their fears instead of avoiding them. Each time you do something that scares you, the fear gets smaller. At camp, we create a safe place for you to practice being brave.

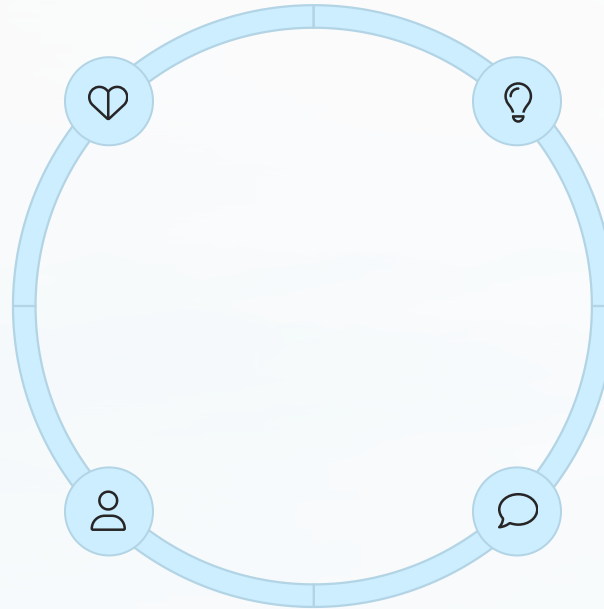
What Makes a Good Leader?

Empathy

Understanding how others feel and showing you care about their experiences and opinions.

Teamwork

Working well with others and helping everyone use their strengths.



Problem-Solving

Finding creative solutions and making good decisions even when things get challenging.

Communication

Sharing ideas clearly and listening carefully to what others have to say.

Leaders come in all styles and personalities! You don't have to be the loudest or most outgoing person to be a great leader. Good leaders focus on helping the group succeed, not just on being in charge.



Leadership Styles



Leading by Example

Showing others what to do through your own actions. This quiet form of leadership can be very powerful! When you work hard, stay positive, and follow the rules, others are inspired to do the same.



Collaborative Leadership

Making decisions together as a team. This style values everyone's input and helps the whole group feel ownership of the project. It works well for creative projects and complex problems.



Directive Leadership

Providing clear instructions and guidance. This style works best in emergencies or when the team needs structure. Good directive leaders are firm but kind, explaining the "why" behind directions.

Leadership In Action

Identify Goals

Good leaders help the group understand what they're trying to accomplish. They make sure everyone knows what success looks like and why it matters.

Listen & Include

Effective leaders make sure everyone has a chance to share ideas. They notice when someone is left out and find ways to include them, valuing the strengths of each team member.

Take Action

When it's time to move forward, leaders help the group get organized and start taking steps toward their goal. They encourage effort and help solve problems that come up along the way.

Reflect & Improve

Great leaders help the team learn from both successes and mistakes. They celebrate achievements and think about how to do even better next time.



Leading When Things Get Tough

Challenge	Leadership Response	Why It Works
Disagreements	Listen to both sides without taking sides	Shows respect for everyone involved
Team feels stuck	Break the big problem into smaller steps	Makes challenges feel manageable
Someone is upset	Show empathy and offer help	Builds trust and emotional safety
Plans need to change	Stay flexible and positive	Helps everyone adapt without panic

The most important leadership moments often happen during challenges. When things get difficult, great leaders stay calm, focus on solutions, and help everyone work together. At camp, we'll practice handling tough situations so you can build these important skills.



Making New Friends



Be Approachable

Smile, make eye contact, and show you're open to connection



Start Conversations

Ask questions about others' interests and experiences



Listen Actively

Show interest in what others share about themselves



Invite Inclusion

Ask others to join activities and games you're playing

Making new friends can feel scary, but remember that most people feel nervous about meeting new people too! When you show genuine interest in others and share a bit about yourself, you create opportunities for friendship to grow naturally.

What Makes a Good Friend?



Dependable

Good friends keep their promises and show up when needed. They're someone you can count on, in both fun times and difficult moments.



Supportive

True friends encourage your dreams and help you through challenges. They celebrate your victories and comfort you when you're sad.



Respectful

Real friends value your thoughts, feelings, and boundaries. They don't pressure you to do things that make you uncomfortable.



Honest & Kind

Good friends tell the truth in ways that help, not hurt. They can give feedback while still being considerate of your feelings.



Resolving Friendship Conflicts

Cool Down

Take a break if emotions are running high. Deep breaths help you think more clearly.



Express Feelings

Use "I feel" statements to share how you feel without blaming. Example: "I felt sad when I wasn't included."



Listen to Understand

Give your friend a chance to share their perspective. Try to see things from their point of view.



Find Solutions Together

Brainstorm ways to resolve the problem that work for both of you.



Move Forward

Forgive each other and focus on rebuilding your friendship. Learn from the experience.



Being a Good Digital Friend



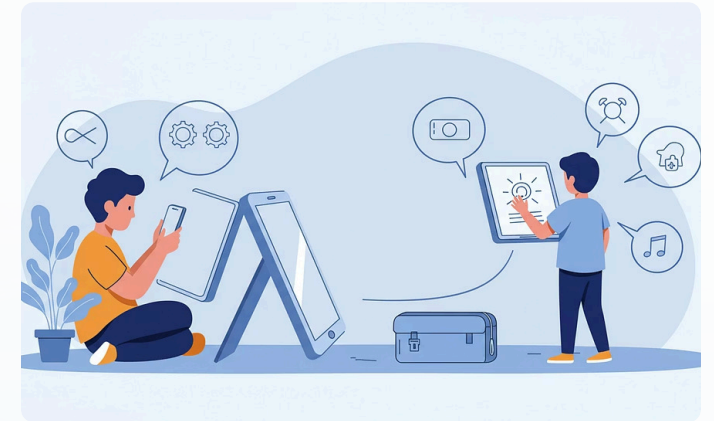
Think Before Posting

Ask yourself: "Would I say this in person? How might this make someone feel? Would I be okay if everyone saw this forever?" Remember that digital messages can be hard to delete once shared.



Spread Positivity

Use technology to encourage others, share helpful information, and celebrate achievements. Your digital footprint should reflect your best self and lift others up, not tear them down.



Balance Online & Offline

Great friendships include both digital and face-to-face connections. Make time for in-person activities and set boundaries around screen time to maintain healthy relationships.

Including Others: The Ultimate Friendship Skill



One of the most powerful ways to show good character is by noticing when someone is left out and taking action to include them. This might mean inviting someone to join your lunch table, modifying a game so everyone can play, or simply introducing yourself to someone new. When you include others, you not only help them feel valued—you also create a stronger, kinder community for everyone.



Putting It All Together: Real-Life Scenarios

1

Meeting someone new

Smile, introduce yourself, ask questions about their interests, and share something about yourself.

2

Speaking in front of a group

Take deep breaths, stand tall, speak clearly, and remember that everyone wants you to succeed.

3

Resolving a disagreement

Listen to understand, express feelings using "I" statements, and work together to find a solution.

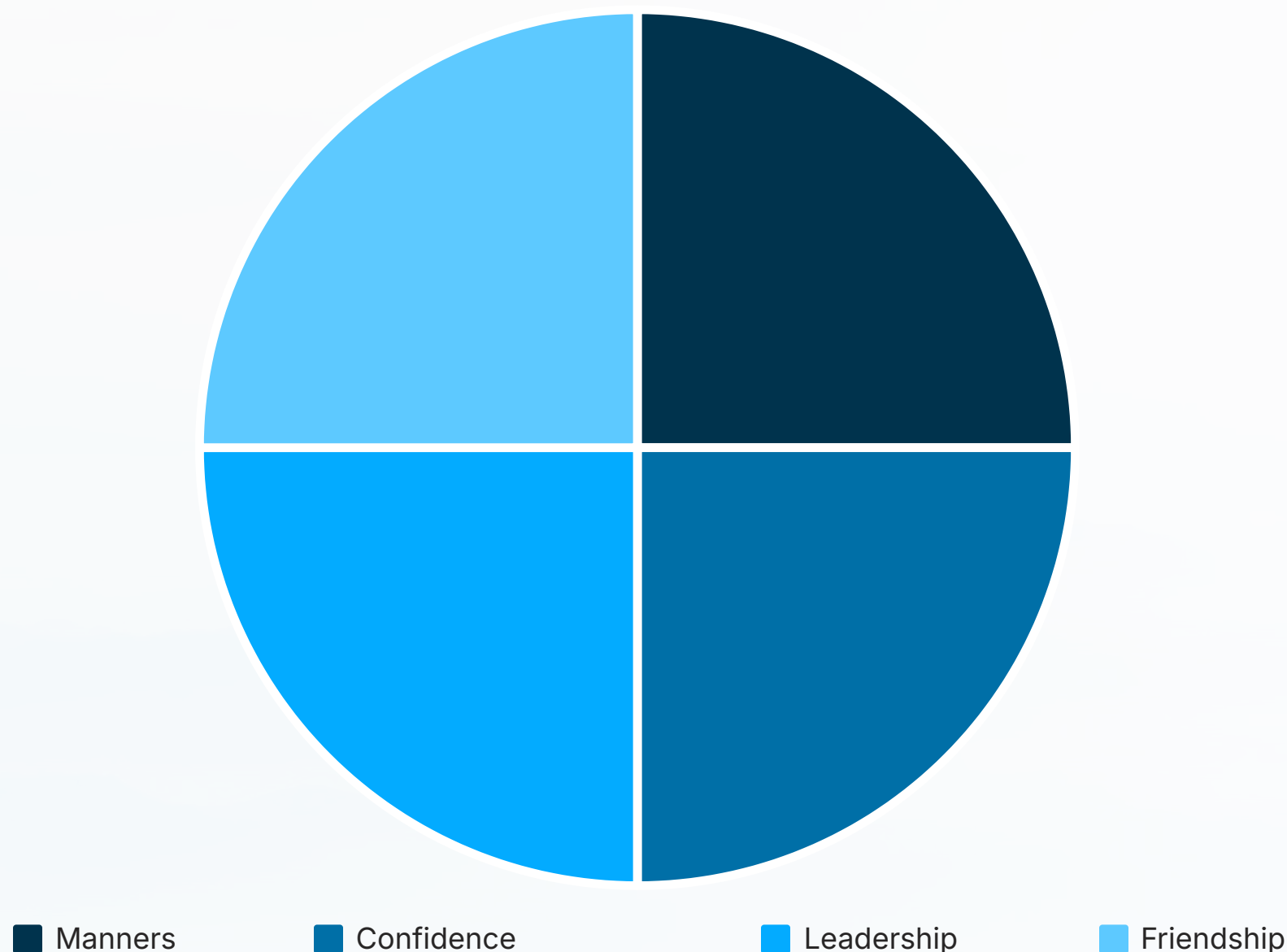
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Leading a team activity

Make sure everyone understands the goal, include all team members, and encourage each person's contributions.

Throughout camp, we'll practice these skills through fun role-playing activities, games, and real-life situations. The more you practice, the more natural these skills will become!

Your Personal Growth Journey



As our summer camp journey comes to a close, remember that personal growth doesn't end here. The skills we've practiced—showing good manners, building confidence, developing leadership, and creating meaningful friendships—are equally important parts of becoming your best self.

Each of you has grown in unique ways during our time together. Some of you discovered new confidence in speaking up, while others developed leadership skills you didn't know you had. Take these strengths back to your schools, families, and communities. The journey of personal growth continues throughout your life, and what you've learned here is just the beginning!