**Insert School Name**

*Insert School Logo*

**Year** **No. Camp**

**Month Year**

**Woodman Point Recreation Camp**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Do you?**

**(Pre-camp Self assessment)**

The following statements reflect on your behaviour and actions before camp. Please answer the following “Do you” questions by colouring in the smiley faces:

1= never, 2 = sometimes and 3 = always.

1. Support and encourage others? ☺ ☺ ☺

2. Provide positive feedback to classmates? ☺ ☺ ☺

3. Help others express their views? ☺ ☺ ☺

4. Ask of others ideas and opinions? ☺ ☺ ☺

5. Share your ideas to the group? ☺ ☺ ☺

6. Listen to others ideas and opinions? ☺ ☺ ☺

7. Do respect others ideas and opinions? ☺ ☺ ☺

8. Discuss conflicting views in a friendly manner? ☺ ☺ ☺

9. Wait your turn in activities? ☺ ☺ ☺

10. Care for others well-being? ☺ ☺ ☺

11. Give others an equal chance to have a turn? ☺ ☺ ☺

12. Attempt new things? ☺ ☺ ☺

13. Help others? ☺ ☺ ☺

14. Are considerate of others feelings and emotions? ☺ ☺ ☺

15. Think about what you say prior to speaking? ☺ ☺ ☺

16. Plan or think before acting? ☺ ☺ ☺

17. Reflect on your actions? ☺ ☺ ☺

18. Feel that you are organised? ☺ ☺ ☺

**Camp Rules**

Please take the time to put together some rules for your camp so it will be a successful and memorable time for all.

**1.**

**2.**

**3.**

**4.**

**5.**

**6.**

**7.**

**8.**

**9.**

**10.**

**What do I need to bring to camp?**

**Personal goals for camp**

In the space below please write your personal goals that you would like to achieve on camp.

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| **20.00** |  |  |  |
| **21.00** |  |  |  |
| **22.00** |  |  |  |

**Camp Timetable**

**Your day….**

Briefly outline the most significant part of your day.

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Why was this so significant?

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Explain three (3) things you learnt from this experience

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**Challenge….**

Camp is all about meeting challenges. This may involve a personal or team challenge in which may extend you out of your comfort zone. Please answer the following questions in regards to challenges at camp.

Outline a situation where you where challenged today.

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What made the situation challenging?

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How were you affected by the challenge? (Feelings and/or emotions)

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Did you overcome the challenge? Why or why not?

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**Communication….**

Effective communication is an important part of daily life. Being clear and understood, limiting conflict, listening to others, expressing your ideas or views and holding conversations all play part it being a strong communicator.

Outline a situation where you used your communication skills today.

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How do you rate your communication skills in this situation? What did you do well and how did you know you were understood?

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What would you do better?

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What else did you learn from this experience?

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**Positive versus negative…..**

Outline a positive moment for you in your day.

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Why was this moment positive?

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Outline a negative moment in your day.

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Why was this moment negative?

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What did you learn about yourself in one of these experiences?

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**Working with others….**

Working with others is an important part of school, team sports and friendships. Working together, limiting conflict, sharing responsibility, meeting task responsibilities, listening to others, being supportive and encouraging and limiting negative judgements are all skills that are needed to effectively work with others.

Outline a situation where you worked well with others today.

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Why would you say you worked well with others? What did you contribute to the group?

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What would you do better?

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What are the rewards for working well with others?

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**Did you?**

**(Post camp questionnaire)**

The following statements reflect on your behaviour and actions during camp. Please answer the following “Did you” questions by colouring in the smiley faces:

1= never, 2 = sometimes and 3 = always.

1. Support and encourage others? ☺ ☺ ☺

2. Provide positive feedback to classmates? ☺ ☺ ☺

3. Help others express their views? ☺ ☺ ☺

4. Ask of others ideas and opinions? ☺ ☺ ☺

5. Share your ideas to the group? ☺ ☺ ☺

6. Listen to others ideas and opinions? ☺ ☺ ☺

7. Respect others ideas and opinions? ☺ ☺ ☺

8. Discuss conflicting views in a friendly manner? ☺ ☺ ☺

9. Wait your turn in activities? ☺ ☺ ☺

10. Care for others well-being? ☺ ☺ ☺

11. Give others an equal chance to have a turn? ☺ ☺ ☺

12. Attempt new things? ☺ ☺ ☺

13. Help others? ☺ ☺ ☺

14. Are considerate of others feelings and emotions? ☺ ☺ ☺

15. Think about what you say prior to speaking? ☺ ☺ ☺

16. Plan or think before acting? ☺ ☺ ☺

17. Reflect on your actions? ☺ ☺ ☺

18. Feel that you were organised? ☺ ☺ ☺

Did your behaviour and actions change over camp? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you think camp will change your actions and behaviour in the future? Why or why not?

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