

MINDFUL CAMPS

RESOURCE AWARENESS + A CAMP ROLE MODEL



CAMP MINDER
IN PARTNERSHIP
WITH
EARTH GUARDIANS



MINDFUL CAMPS

Resource Awareness + A Camp Role Model

CampMinder in partnership with Earth Guardians

LEAD AUTHOR:

Dana Pauzauskie | Director of Programs, Earth Guardians

CONTRIBUTORS:

Peg Kamens, Camp Common Ground Co-Founder
Camp Common Ground at Common Ground Center
The Mendell Family

DESIGNER:

Emily Kryska | Graphic Designer, Earth Guardians

Please note, upgrading (and celebrating) your camp's efforts to operate more eco-consciously is a process and learning opportunity for the whole community. Take it one step at a time, lead with curiosity, seek creative solutions and involve the genius of your campers where possible.

TABLE OF CONTENTS

3	Table of Contents
4	Outdoor Activity
7	Resource Awareness
8	Asking Questions & Gathering Answers
10	Tried & True Practices
11	How To Download Our App
12	Contact

OUTDOOR ACTIVITY “Look deep into nature. Then you will understand everything better.” Albert Einstein

All too often, we are distracted by stimuli and fail to realize what is going on in the world around us. This simple, yet powerful, exercise is intended to bring your campers awareness into their surrounding environment. Campers will walk away with a better understanding of the intersections of natural and human-made materials at camp.

At the end of the summer, one creative camp will win a concert by eco-hiphop artist and Earth Guardians Youth Director, Xiuhtezcatl Martinez, to be performed summer 2020!

NOTICE

Part I

- Get outside with a paper + pencil for each camper
- You will be taking your campers on a silent walk outside and asking them to start noticing the world around them.
- Let them know that they will eventually be creating something out of what they see. *For now, the intention is to focus on their experience.*
- Before they set out on their silent walk, ask them to notice answers to the following questions.

Questions for Campers:

Have each camper answer the following questions for themselves. There will be time after the walk to record their answers. Encourage campers to focus on the experience first and record answers later. If they absolutely must write as they go, let them.

1 What natural and human-made materials do you see?

For example: trees, leaves, candy wrappers, flowers, blades of grass, lint from the dryer, sticks, rocks, paper, moss, squirrels, plastic, dogs, dirt, cardboard, frogs, butterflies, the pencil your friend dropped, bees, running water, recycling bins. Track EVERYTHING.

2 What do you hear?

For example: birds chirping, a lawn mower, squirrels scurrying, cars driving, sticks breaking, campers laughing, the crunch of leaves, wind chimes, dogs barking, or camp’s theme song blasting.

3 Now, what do you feel on and in your body?

For example: Air in their lungs, sun on their skin, water through their rain soaked shirt, a sense of wonder, the smell of freshly cut grass in their nose, allergies, a sense of relaxation, popsicle stains on their cheeks, energy in their legs

OUTDOOR ACTIVITY

RECORD

Part II

Remain outside. Have each camper sit in a solo spot and write down what they experienced. Assure them to trust their memory and write about what really stood out to them.

- 1 What natural and human made materials did you see?
- 2 What did you hear?
- 3 What did you feel, inside and outside your body?

For additional self-awareness, have them look at their lists and notice how many nature vs. human-made materials stood out to them. Where is their attention going? To natural objects or human-made?

For example:

- 1 Seeing: Pine cones vs. cardboard
- 2 Hearing: Birds chirping vs. cars driving
- 3 Feeling: Sunshine on skin vs. energy in the legs

CREATE

Part III

Come back together in one large group, or several small groups if it suits your campers, and share what the campers have noticed. Invite each camper share what stood out the most to them and start tracking for themes. Let them get creative here, for instance, using clues to describe what they noticed for the group to answer.

- Are there certain natural materials or human-made materials most of the campers identified? Take note.
- Are there certain feelings several campers have identified?
- Were campers attention drawn to a certain space on the campgrounds?
- Were campers noticing more natural or human-made materials?
- Take note, take note, take note ...

OUTDOOR ACTIVITY

CREATE

Part III cont.

Now, it is time to weave it all together!

Your mission...

What can your group of campers CREATE, using BOTH the natural and human-made materials in your outdoor environment, *that represents their outdoor connection and experience at camp?*

For example:

- A sculpture of your logo or camp mascot using natural and recycled materials
- A fish out of plastics and sea shells (if you are a coastal camp)
- A stage made out of cardboard, sticks, leaves etc etc (if your camp includes performance)
- Creating a song or poem using what you noticed as lyrics and a melody inspired by how campers feel about their outdoor environment (do your campers love to sing?)
- There is no right or wrong answer here. The possibilities are endless and unique to your campers!

*** We HIGHLY encourage using only natural materials that have already broken off from their natural source. Please avoid disrupting the living environment.

WIN A PRIZE!

Enter to WIN a live concert by Xiuhtezcatl Martinez at your camp for summer 2020! Once your outdoor activity is complete, take a picture or video recording and send it to reachout@earthguardians.org. Please include MINDFUL CAMPS and the name of your camp, in the subject line. In the body of the email be sure to tell us the name of your creation, and the link to your website if you have one.

IT ALL STARTS WITH RESOURCE AWARENESS: for Camp Admin and Staff

According to the dictionary: RESOURCE is defined as

- a stock or supply of money, materials, staff, and other assets that can be drawn on by a person or organization in order to function effectively

AWARENESS is defined as

- Knowledge or perception of a situation or fact
- Concern about and well-informed interest in a particular situation or development

Resource Awareness aims to spark consideration of what creates our built environment and how to start making efficient and environmentally conscious choices

Because frankly...

We don't know, what we don't know, until we *learn* it.

START BY ASKING QUESTIONS AND GATHERING ANSWERS, THEN TAKE ACTION

Resource Awareness

Ask your camp's administrative team, staff + campers (where appropriate) to start off by assessing and answering the questions provided below:

I. Where do the following resources come from and how are you using them?

1 Money

- Camper fees, alumni, donations, grants etc etc.
- Do we have a budget for eco-upgrades?
 - If no, how can one be created?

2 Materials

- Energy from _____ energy company
 - Consider, does your local energy company offer rebates and/or pay out for excess solar generated energy your camp supplies to the local energy grid?
 - Can your camp budget for, or find sponsorship for installing solar energy technologies?
- If your camp uses electronics, are you properly recycling electronic products?
- Cleaning + paper products from _____ company?
 - Is there a more environmentally friendly company, like Seventh Generation, you could use instead?
 - Can you seek a local business to sponsor you to offset any increase in costs?

START BY ASKING QUESTIONS AND GATHERING ANSWERS, THEN TAKE ACTION

I. Where do the following resources come from and how are you using them? *cont...*

- Food from your gardens and /or _____ distributor.
 - Are your distributors local?
- Campfire wood from the camp's land, a local community member, or _____ company?

3 Human Power

- Team / Staff from _____.
 - What role does your team/staff play in taking care of the physical environment?
- Volunteers from _____.
 - Can you bring in volunteers from the community, camper families, alumni, etc, to support
 - Camp Consciously inspired projects?
- Campers ages _____:
 - Include campers as a resource! The more each individual at camp (regardless of their respective role) is engaged in up-greening your camp, the more likely they are to take care of camps' shared spaces and practices.
- Community Networks, for example:
 - Local contractors to support accessing reclaimed materials.
 - Local food Co-op's to help source local foods.
 - Local solar energy company offering rebates.

4 Other Assets

- Land
- Land based natural resources, to regeneratively harvest, such a wood, clay, garden plots
- Vacant structures that could be used as a pilot project for your camp to work on upgrading as a community
- Community businesses who would like to sponsor your camp through financial, material, network, or volunteer support

II. General Questions to consider:

- 1 Are there sources nearer by, reducing fuel and human-power costs for transportation?
- 2 Are any resources being thrown out or left unused at our camp?
- 3 Can we repurpose resources we are not using to meet other needs?
- 4 Are we short on any particular resource?
- 5 What could we use instead?

START BY ASKING QUESTIONS AND GATHERING ANSWERS, THEN TAKE ACTION

III. How to start taking action:

- 1 Once you have asked and answered the questions above, consider what your next best steps are. Be realistic. Given the data you have gathered, ask your camp:
 - What are you doing really well? Celebrate that first!
 - Then, where do you have opportunity to become a more conscious camp?
 - 2 What can you start implementing right away and why?
 - Who will you need to be involved to make it happen and how?
 - 3 By end of 2019?
 - What is the goal and what will you need in order to reach your goal? Volunteer support? Financial support? Doing research? A contractor? Repurposed materials?
 - 4 By end of 2020?
 -
-

Q: Does your camp feel like you need a role-model for more environmentally conscious practices?

A: Meet Camp Common Ground

Camp Common Ground was founded in Vermont in 1994 and has spent the last 25 years committed to building an environmentally sustainable infrastructure while strengthening diverse families and communities through unique program offerings and facility rentals.

Camp Common Ground (CCG) is specifically committed to:

A LOW CARBON FOOTPRINT

RECYCLING

REPURPOSING

Because it is best to go straight to the source, read all about how they do it in the in-depth guide

We Tread Lightly, by CCG co-founder Peg Kamens.

And, serendipitously, Camp Common Ground even has an annual Boat Float activity where campers float a boat they build using all recycled + natural materials...similar to the Outdoor Activity opportunity provided for you in this guide!

TRIED + TRUE PRACTICES

1 Involve the entire community!

- For example, CCG has trained volunteers (from 7 countries) on how to build structures at camp, including a playground built out of repurposed equipment from other playgrounds being torn down.
- CCG founders have definitely gotten their hands dirty, and campers too!

2 Consider offering one vegetarian meal each day to reduce the environmental strain from meat consumption.

- **This guide** was thoughtfully crafted by Suzy Cameron's organization, One Meal A Day. It was originally created for schools and is full of great information applying to camps.

3 Keep it SIMPLE and ask yourself, "How can we..."

- Lower Our Carbon Footprint
- Recycle
- Repurpose

Enjoy this process; it truly is an opportunity to get to know your physical environment and work together to make the most efficient use of your resources, step-by-meaningful-step.

Celebrate your Resource Awareness and the incredible work you are doing in this world!

INSTRUCTIONS IN-APP AFTER DOWNLOAD IS COMPLETE



- To get started, simply enter your phone number on the home screen and create a password.
- Now, YOU'RE IN and ready to explore what it means to be an Earth Guardian!
- The top navigation allows you a bird's eye view of the Earth Guardians, the Global Community, and Your Impact.
- The bottom navigation allows you to take a deep dive into all the actions you can take to make the Earth a better place.

Use your smartphone to search for *EarthTracks™ : The Fitbit for the Planet*


[iOS / Apple Store](#)

[Android / Google play](#)




EARTH GUARDIANS

reachout@earthguardians.org
720-263-2292
www.earthguardians.org

 @earthguardianstribes

 earthguardianz

 earthguardians



 CampMinder