



## Training Tool Sheet for Camp Counselors Spring 2006

### Getting Things Started: Questions to Ask Kids About Their Activity/Day

Activity Focus: We often have certain goals in mind when we do activities. The following list will give you some “starter questions” you might use to get your campers talking. Word the questions in a way that is appropriate to the age of your campers and easily understood by them (i.e., put things in their language). As you gain experience, be sure to add your own questions or good questions you’ve learned from other staff!

#### Cooperating:

- What does cooperation (working together) look like? When today did you think we cooperated? How did you know we cooperated?
- How did it feel to cooperate?
- Today, how did our cooperation make it easier to be successful in getting \_\_\_\_\_ done?
- What are the rewards of cooperating?
- What can you personally do to produce a cooperative environment at camp? Home? School?
- Name a time today when cooperation could have been better? How could we have done things differently?

#### Making Group Decisions:

- How did we (the group) make decisions today when we were doing \_\_\_\_\_?
- Why were you satisfied/unsatisfied with the way decisions were made?
- Did you express an opinion when a choice was available? Why/why not?
- How did the group make decisions? Everyone contributed or only a few?
- What did you like/dislike about the way decisions were made?

#### Leadership Roles

- Who assumed leadership roles today?
- What were the behaviors you demonstrated today that describe leadership to you?
- How did the group respond to your leadership behaviors?
- When and how did leadership roles change during the day?
- Was it difficult for you to assume a leadership role in this group? Why?
- What are the characteristics/qualities of a good leader?
- What skills do you think you could learn that would help you be an effective leader?

#### Following Others:

- Do you think you are a good follower? How did you show that?
- Why was being a good follower an important role today?
- What type of leader was the easiest for you to follow?
- What was difficult about being a supportive follower?

#### Self-Statements:

- Did you criticize or put-down yourself today? What did you say to yourself?
- How do you react when you make a mistake or aren't perfect?
- What were some ways you were successful today?

### **Giving/Receiving Feedback:**

- What are some examples of when you received "feedback" today? How did it feel?
- What are some examples of when you gave "feedback" to others today?
- How did you express appreciation for another today?
- What are some appreciations you did not express?
- What ways can people tell you something that won't hurt your feelings?

### **Trust & Support:**

- What do you have to do for people to trust you? What do others have to do for you to trust them?
- How did it feel to trust the group with your safety (physical, emotional)?
- How did people support you today that is similar to home/school? How was it different from home/school?
- How does trusting people affect your relationship with them?

### **Closure:**

- What did you learn about yourself today?
- What did you learn about other people in our group?
- What did you do today that you are proud of?
- How can you use what you learned today in other situations (home/school)?
- What beliefs about yourself were reinforced today? What changed?

### **Technique Variation:**

- Write a question on a popsicle stick, then let them draw one.
- Write questions on a ball – toss it to them, where their hand lands, they answer.
- Have a list of numbered questions and then draw or call out a number.

### **Web Resources:**

<http://www.acacamps.org/research/>

<http://www.acacamps.org/research/ydo.php>

<http://www.acacamps.org/knowledge/human/>

### **Reference:**

Nadler, R.S. & Luckner, J.L. (1992). *Processing the adventure experience: Theory and practice*. Dubuque, IA: Kendall/Hunt Publishing.



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