

# What is Meaningful to You?

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**Theme:** Meaning in life / meaning OF life / how people's values differ

**Age of campers:** 10-16

**Time allotted/actual:** 1hr

**Location:** Somewhere quiet and secluded, offering space to think and reflect

**Props/Materials/Symbols:** Bring some printed examples of your choices from this website [www.lifebyme.com](http://www.lifebyme.com)

**Prep done:** Look through [www.lifebyme.com](http://www.lifebyme.com) ahead of time and pick some inspiring thoughts on life that you feel will inspire your campers. Have about 4-5, but only plan on using a couple if the conversation becomes heavy and thoughtful! Use these as food for thought, not simply to reflect on someone else's story. Each quote comes with a set of questions on the right-hand-side of the screen.

**Opening/Mood set:** A comfortable sharing mood – be warm, cozy, have candlelight and try to bring your campers to a calm headspace before starting.

## Questions/Activities:

**1<sup>st</sup> activity:** What is important and meaningful in your life? If this question in itself is not inspiring much, help out by sharing what is important to you, or throw out some ideas of what might be important to others. I.e. to be able to take risks, to have lots of choice in my life, to be creative and express myself through art, my family...etc. Here, get some basic ideas out without going too in depth. (Warm up!)

**2<sup>nd</sup> activity:** Pick a couple of the quotes from [www.lifebyme.com](http://www.lifebyme.com) and read them to the campers, followed by the questions on the right hand side (if appropriate – you can come up with your own questions too!)

**3<sup>rd</sup> activity:** What things in our lives affect what is meaningful to us? Do you feel like you get to choose what is meaningful to you? Have you ever been told that you shouldn't place as much emphasis on something that is really important to you? How did that feel? What would the world look like if we all valued the same things in life?

**Closing:** Write down the top 3 things of importance in your life. Keep this list and look back on it in a couple of months, a year, a few years, and see if these things still hold the same meaning for you.

**Were other people involved?** None needed.

**Thoughts on pacing?** If campers really get into this discussion, prepare to let them talk – don't use many examples from the website unless the fodder is needed to spice up the conversation.

**What would you change next time / what did you learn / how would you enhance it?** Each quote on [www.lifebyme.com](http://www.lifebyme.com) and the questions that come with it could be an embers of its own. Check out the website in detail and discover what will work best for your campers.

**Camper feedback:**