

Growth Zones Embers

www.campaugusta.org

Theme: Becoming aware of what is in our and each other's various zones of development.

Age of campers: 9+

Time allotted/actual: 30-60 minutes

Location: Anywhere with a table to work on.

Props/Materials/Symbols: Construction paper in three different colors (green, yellow and red work well); pens.

Prep done: Gather all the materials and lay them out for everyone

Opening/Mood set: Frontload the first paper, pass it around (green), and label it the comfort zone. Process what a comfort zone is and means.

Questions/Activities:

1st activity: Tell the first person to write about something at camp that is in their comfort zone. When they are finished writing, they pass to the next person. While that person is writing, the first person can verbally explain to the group what they wrote and what it means. Repeat this round-robin system until everyone has written something, and had a chance to speak.

2nd activity: Pass the second paper around in a similar manner (yellow) and label it the challenge zone. Give everyone a chance to write and speak. Process the challenge zone and why we put things there.

3rd activity: Repeat for the panic/danger zone (red) and give everyone a chance to speak. Process the entirety of how each person sorts things in their mind and why each is in the category that it is in.

Closing: At the end, make a commitment to re-visit the ideas in a future Embers and see if the week has allowed anyone to bring danger elements into the challenge zone, or challenges into the comfort zone.

Post the three papers on the cabin wall for the group to refer to and discuss throughout the session.

Were other people involved? None needed.

Thoughts on pacing? Need literacy promotion is an equally salient goal in this exercise. Utilize opportunities as they come up to facilitate transfer from surface level observations to deeper wants and needs (see Compassionate Communication in Partnering with Parents). What is discovered need not go on the papers if the camper does not feel it is real enough at the time, or they are too sensitive about it. What matters is that the seed was planted.

What would you change next time / what did you learn / how would you enhance it? Works in conjunction with goal setting. What would it be like to do a follow up to this later in a session and measure development? Tangentially, what would it be like to do an "advanced" version of this with older campers (or even staff) who are more need literate.

Camper feedback: All positive with the noted age group.