

# NC 4-H SUMMER 2020 CAMP OUT!



A virtual  
camping  
experience  
brought to you by



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EXTENSION

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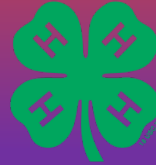
**June 22 -26 2020**

	<b>Monday June 22</b>	<b>Tuesday June 23</b>	<b>Wednesday June 24</b>	<b>Thursday June 25</b>	<b>Friday June 26</b>
10:30-11 am	Flag Raising, Orientation and CAMP OUT! Prep	<b>Cloverbud Mornings</b> Nature Art	<b>Cloverbud Mornings</b> Story Time: Stella Luna	<b>Cloverbud Mornings</b> Color Together	<b>Cloverbud Mornings</b> Storytime: Bear Hunt
1-1:30 pm	Eastern Band of the Cherokee Indian Cultural Connections	Healthy Habits	Mindfulness	Arts & Crafts	Leadership
2-2:30 pm	<b>Eco Hour</b> Sharks Teeth and Fossils	<b>Eco Hour</b> Coastal Ecology with The Eastern 4-H Center	<b>Eco Hour</b> Beaver Pond Exploration with Betsy- Jeff Penn 4-H Center	<b>Eco Hour</b> NC's Unique Pine Forests with Millstone 4-H Camp	<b>Eco Hour</b> Outdoor Survival Skills
7-8 pm	Opening Campfire	Stories in the Stars - Astronomy	Trivia Night	Dance Party & TBT Slide Show	<b>CAMP OUT!</b>

# NC 4-H SUMMER 2020 **CAMP OUT!**



# Activity Sessions & Descriptions



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## **Monday, June 22**

### **Flag Raising, Orientation and Camp out Prep**

**10:30 -11:00 am**

In this session, we will kick off the NC 4-H 2020 virtual CAMP OUT! with a flag-raising ceremony and recitation of the 4-H pledge. We will then spend some time discussing how the week will work and reviewing expectations of parents and campers. We will also share all of the information you need to plan a fun backyard (or living room) camp out for later in the week.

Recommended Age: All

### **Cultural Connections: Eastern Band of the Cherokee Indian**

**1:00 – 1:30 pm**

The Eastern Band of the Cherokee Indians has a rich and storied history in North Carolina. In this cultural connection activity period, campers will learn about the Cherokee through the medium of storytelling. The activity instructor will share two to three traditional Cherokee legends and end the session with a simple Cherokee language lesson.

Recommended Age: 8-12

### **Eco- Hour: Sharks Teeth and Fossils**

**2:00 – 2:30 pm**

Eastern NC is home to some of the most dense fossil soils around. In this session, you will learn where and how to find them as well as identify some of the many different species that can be found in North Carolina. Your Camp Counselor will share his personal collection to show and tell what he's found over the past 10 years. There will be time for questions on the topic, so come with your best.

Recommended Age: 8-12

### **Opening Campfire**

**7:00 - 8:00 pm**

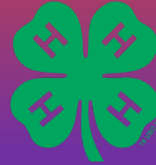
One of the best parts of 4-H Camp is the connections we make with friends new and old. This session will be organized in small groups of 10-15 campers with two Camp Counselors (facilitators) to create an atmosphere similar to that of sitting around the campfire with your cabin group. We will play traditional campfire games and get to know one another, sharing challenges and successes we've all faced over the last few months. Campfire groups will be segmented by age and gender identity.

Recommended Age: All

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## Tuesday, June 23

### **CLOVERBUD MORNINGS: Nature Art**

**10:30 -11:00 am**

The natural world is all around us. In this half-hour activity session, Camp Counselors will show your child how to use simple materials from the natural world to create art, like learning how to make animals from items you can find right in your own yard or outdoor space. A supply list will be given ahead of time for you to be ready to craft along during the session.

Recommended Age: 5-8

### **Healthy Habits**

**1:00 – 1:30 pm**

Is it lunchtime yet?! Gathering together for meals at camp is treasured time. In this session, we will explore all of the wonderful produce that North Carolina has to offer! Once we fill our plates, we will sit down for lunch and learn some basic meal-time etiquette. At camp, it is important that we mind our manners and thank the folks who make our meals. See you at lunch!

Recommended Age: 8-12+

### **Eco- Hour: Coastal Ecology with The Eastern 4-H Center**

**2:00 – 2:30 pm**

The Eastern 4-H Center is located on beautiful Bulls Bay in North Eastern North Carolina. As part of the Albemarle Sound, The Eastern Center is situated in a marine estuary where the freshwater of NC's rivers meets the salt water of the Atlantic Ocean. This creates a dynamic and diverse environment for life. In this session, we will explore the vibrant ecology of the Albemarle Sound, learning about the plants and animals that make this unique ecosystem their home.

Recommended Age: 8-12+

### **Stories in the Stars Astronomy**

**7:00 - 8:00 pm**

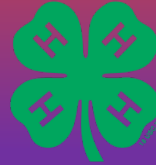
Have you ever wondered how the constellations got their names? In this interactive activity session, campers will explore the myths or stories behind specific constellations that they can currently find in the night sky. Campers will be given their own cluster of stars to create a constellation and a story to accompany it. Finally, if the weather is nice, campers will learn how to locate constellations in the night sky and explore what they can find there right now.

Recommended Age: 8-12+

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## Wednesday, June 24

### **CLOVERBUD MORNINGS: Story Time Stella Luna**

**10:30 -11:00 am**

Grab a blanket and settle in for story time featuring the beloved children's book, Stella Luna. After the reading we'll discuss bats and other commonly misunderstood critters and why they're important to our environment.

Recommended Age: 5-8

### **Mindfulness**

**1:00 – 1:30 pm**

Now more than ever it is important to learn skills to help us live in the present moment. The art of Mindfulness – the mental state of focusing one's attention on the present – is a simple tool that can be used by anyone to help alleviate stress. Incorporating easy stretching techniques, your child will feel rested and rejuvenated by the end of this session.

Recommended Age: All

### **Eco- Hour: Beaver Pond Exploration with Betsy-Jeff Penn 4-H Center**

**2:00 – 2:30 pm**

Did you know that beavers are one of the only species that changes the physical world around them in order to survive? Take a virtual tour of the beaver pond at the Betsy-Jeff Penn 4-H Center to learn about this important North Carolina animal and their habitat. Campers will learn how to identify evidence of beaver activity and discover why beavers are so important to many other plant and animal species.

Recommended Age: 8-12+

### **Trivia Night**

**7:00 - 8:00 pm**

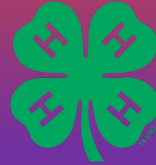
Who doesn't love trivia? We will spend up to 45 minutes using Kahoot! to do a live trivia competition. Topics will focus on the natural world and general camp themes. The trivia winner will receive a special camp surprise at the end of the week!

Recommended Age: 8-12

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# Activity Sessions & Descriptions



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## Thursday, June 25

### **CLOVERBUD MORNINGS: Color Together**

**10:30 - 11:00 am**

Younger campers will have a great time learning about colors in this interactive session. We will start by exploring the color wheel and simple color schemes. Campers will then apply what they've learned to color a scene from our camp coloring book together.

Recommended Age: 5-8

### **Arts & Crafts**

**1:00 – 1:30 pm**

This traditional Arts & Crafts session will utilize simple materials from around the house to create some fun filled crafts. Learn how to make a birdfeeder and how to create paper mosaic art. A supply list will be given ahead of time for you to be ready to craft along during the session.

Recommended Age: 8-12

### **Eco- Hour: The Unique Pine Forests of Millstone 4-H Camp**

**2:00 – 2:30 pm**

Did you know that Millstone 4-H Camp is located in one of the most beautifully restored Long Leaf Pine stands in the South Eastern U.S? Did you also know that the Long Leaf Pine Forest is home to many rare plant and animal species? In this session, you will explore the plants and animals of this unique Pine Forest ecosystem with a wildlife expert.

Recommended Age: 8-12+

### **Virtual Dance Party & Throwback Thursday Slide Show**

**7:00 - 8:00 pm**

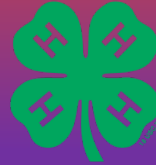
Thursday is always dance night at camp and this Thursday will be no different! Join us for a fun and lively evening program featuring great music you and your family can dance to. Music will be accompanied by a Throwback Thursday slideshow with pictures of summers past from our three camps. If you're a parent and you went to one of our camps, you might even find yourself in the show! We have pictures dating all the way back to the 1970s.

Recommended Age: All

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# Activity Sessions & Descriptions



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## Friday, June 26

### **CLOVERBUD MORNINGS: Story Time Bear Hunt**

**10:30 -11:00 am**

Have you ever been on a bear hunt? In North Carolina, there are many black bear populations from the mountains to the coast. In this session, we will explore our very own bear hunt. Using the storybook as our guide, we will learn about black bears and their habitats. There is even a camp song, "We're Going on a Bear Hunt" so be ready to learn that tune too. Grab your very own "We're Going on a Bear Hunt" book and join the fun!

Recommended Age: 5-8

### **Leadership**

**1:00 – 1:30 pm**

What does it mean to be a leader? Are leaders born or are they made? Can you be a leader in your community? Join us as we explore how leaders walk, talk, and serve others through fun activities that will challenge you to grow.

Recommended Age: 8-12+

### **Eco- Hour: Outdoor Survival Skills**

**2:00 – 2:30 pm**

4-H gained national attention last year when two girls in California who were lost in the woods for several days credited their survival to skills they learned in 4-H. In this interactive session you will learn important survival skills including the Rule of 3, the Ten Essentials, How Not to Get Lost, and How to Survive in the Wilderness. At the end of the session, you will apply what you've just learned with a virtual interactive survival activity where groups will work on team building and problem solving.

Recommended Age: 8-12+

### **CAMP OUT!**

**7:00 - 8:00 pm**

This is the most exciting event of the week! Families will camp out together in their backyard. We will teach you how to cook over an open campfire and provide the entertainment with some of your favorite camp skits and songs. If you don't have a backyard, you won't miss out. This works just as well in the living room. Make some s'mores and grab the whole family, you don't want to miss the best part of the NC 4-H Summer 2020 Camp Out!

Recommended Age: All