



Camp Angel 2020 Curriculum
Angel Foundation
Camp Angel in a Box

INTRODUCTION:

Hello, Camp Angel Campers! Angel Foundation is so bummed we weren't able to host Camp Angel this year, however, we are so thrilled to present to you, CAMP ANGEL IN A BOX! Inside your Camp Angel Box, you will notice a variety of supplies. These supplies correspond to a particular activity that we would normally do at Camp! It is your responsibility to follow the schedule, read the instructions and complete the activities! We are excited to present activities that can be completed on your own, with the help of a loved one and at your own time. Don't you worry though, Camp Angel in a Box also has scheduled zoom calls so we do not miss out on our typical group activities!

Camp Angel in a Box continues to represent Angel Foundation's Camp Angel, providing free education and support to children affected by an adult's cancer diagnosis. Our goal is to provide children a safe space to freely express their emotions, to connect with children going through a similar situation and to let kids be kids having fun and enjoying their time!

We ask that if you have any questions about the materials in this box that you please reach out to Emily Kruger, Facing Cancer Together Program Manager. She can be reached at ekruger@mnangel.org Monday – Friday from 7:30am-4:00pm.

We are thrilled you have decided to participate in Camp Angel in a Box. We hope you walk away from this experience feeling supported, hopeful and confident in the knowledge presented.

mnangel.org/campangelinabox



HELPFUL INFORMATION:

Camp Angel in a Box information/zoom call links can be found at...

mnangel.org/campangelinabox

Your family will receive Sunday evening emails with information regarding the upcoming week, as well as text message reminders when zoom calls will be happening. Check mnangel.org/campangelinabox to see which zoom calls you should hop on!

AGE CATEGORIES:

Children: 3 – 8 years of age

Preteens: 9 – 12 years of age

Teens: 13 + years of age

PLEASE NOTE:

Do not eat the skittles – they are for Activity 1

Always talk with a trusted adult before going on a walk in nature!

If your box is missing a piece of material needed for Camp Angel in a Box, be creative and see what you can find to substitute for this piece!

Angel Foundation is requesting every family to submit a minimum of one photo each week during July (photos are due each Friday: July 10th, 17th, 24th and 31st).
Show us a piece of artwork that was created, an activity completed or in progress, a picture from a walk or during an outdoor game, a family selfie, a photo of your campers during Zoom video calls, etc. The more photos the merrier!! You will receive a text reminder to do this!

Receiving your photos will help us ensure that campers are truly participating in Camp Angel in a Box so we can share with our donors who generously pay for the cost of Camp in a Box supplies. Each box is valued at a minimum of \$50 and it's important to us that everyone uses and respects what we've poured our love and time into. Our hope is to also compile many of the camper's photos into a slideshow and after camp is done we will share it with all of you to enjoy.

Emily Kruger
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ACTIVITY 1: GET TO KNOW ME

SUPPLIES:

- Small pack of skittles

PURPOSE OF THE ACTIVITY:

- The purpose of this activity is for children to begin identifying their emotions associated with the cancer diagnosis and for them to be able to recall their memories of their experiences. This is a great way for children to notice what has become their new normal and to discuss what may be on their mind!

INSTRUCTIONS FOR THE ACTIVITY:

- Each box should have a pack of skittles for your camper
- Open the skittles and separate them by color
- Count how many skittles you have in each group of color, like this..
 - Orange: 2
 - Green: 4
 - Yellow: 2
 - Red: 5
- Using the colored questions below, talk out loud or write down your answers corresponding to the number of skittles you have!

QUESTIONS:

- **Orange** = Tell us about an emotion that you have felt since the cancer diagnosis
- **Green** = Tell us about someone who has provided you support throughout the cancer diagnosis
- **Yellow** = Tell us about something you have learned from having a loved one with cancer
- **Red** = Tell us something you would say to cancer if you could

Please answer the above questions for EVERY skittle you have in that color! Example, if you have 3 red skittles, please answer the red question 3 different times!

When you have completed the activity, you can eat the skittles!

ACTIVITY 2: THE RULES OF CAMP ANGEL IN A BOX

SUPPLIES

- Angel Foundation's Group Rules Worksheet
- Markers

PURPOSE OF THE ACTIVITY

- Angel Foundation would like you to add to the group rules worksheet. Ask yourself, what do I need to feel supported and how can I make sure that I am respectful of everyone else? Please brainstorm and write down a couple of rules that you will follow when participating in Camp Angel in a Box. Take a look at the Angel Foundation rules and add rules you think would be good to have!

INSTRUCTIONS FOR THE ACTIVITY:

- Independently or with a loved one, brainstorm ideas to creating a safe emotional and physical space with one another during our time at camp. Please note that these rules will be in addition to the ones already set by Angel Foundation. Your group can write their goals on the same sheet of paper below Angel Foundation's rules.



Angel Foundation's Camp Angel in a Box Rules:

- Respect: Be respectful of yourself and others; no put downs.
- Confidentiality: Whatever personal information that is discussed in our group today stays between each other in this group. This is another way to help respect one another and help each other feel safe.
- Silence: You always have the right to pass.
- Participation: You always have the right to be heard.
- Ask questions and have fun!

ACTIVITY 3: CONNECTED BRACELETS

SUPPLIES:

- Yarn
- Scissors
- Paper
- Pen/Pencil

PURPOSE OF ACTIVITY:

- To learn that you are not alone on your cancer experience
- To create a reminder of your strength and perseverance
- To acknowledge who is with you on this experience

INSTRUCTIONS FOR THE ACTIVITY:

- Using the yarn that was provided measure your wrist and cut off a piece that can easily be tied on your wrist
- You can do this for every member in your household if you have enough string
- You can add beads to your yarn or simply tie it on your wrist as is
- Using a piece of paper, identify that approximately 120 other kids and their families also have this new bracelet on. What do you think this bracelet symbolizes to you and all of them? List these things on your piece of paper.
- Examples include: This bracelet represents hope, strength and reminds me there are many kids who understand what I am going through.
- Last, see how long your bracelet lasts, even when you think it's near the end, it continues to hold on as tight as possible!



ACTIVITY 4: MY CANCER STORY

SUPPLIES:

- “My Cancer Story Worksheet”
- Pencils

PURPOSE OF THE ACTIVITY:

- This activity provides you with an opportunity to discuss your cancer story and how it has impacted you. Everyone has a different story and we want you to share your unique experience and what you have learned, how you have felt and how it has shaped you into the person you are today. Use this time to express your emotions, concerns and feelings as you see fit.

DESCRIPTION OF ACTIVITY:

- Please use the Cancer Story worksheet in your box, fill it out to the best of your ability and share with your siblings or loved one who has cancer. Every emotion is accepted at Camp Angel and we want you to feel comfortable discussing your story with others. Please remember if you do not feel comfortable participating in this activity, you always have the right to pass.

QUESTIONS TO ANSWER:

- How does the cancer diagnosis make you feel?
- How do you make yourself feel better when you think about cancer?
- What has been the hardest thing to deal with?
- Who do you talk to about the cancer?
- How do you help out around the house?
- Who helps you when your emotions are hard to cope with?
- List people who you trust that you could talk to.
- How do you remind yourself to continue to push through?

ACTIVITY 5: CANCER TERMS

SUPPLIES

- Cancer Terms Worksheet
- Basic Cancer Definitions Document (for your reference, if you have a question about terms)
- Pencil/Pen

PURPOSE OF THE ACTIVITY:

- The purpose of the activity is for the children to identify terms that they have heard related to cancer, and to check their understanding of the terms. This is a great way to learn new terms and to test their understanding of what the cancer terms mean. You may be surprised at home much you already know!

INSTRUCTIONS FOR THE ACTIVITY:

- Take the cancer terms worksheet and circle the words you have heard before! Every time you circle a word, try to explain what the word means. Once you have completed, discuss these terms with a sibling or a loved one. Use the Cancer Terms Definition to check your understanding and see if you can learn something new about these terms!

QUESTIONS:

- Where have you heard these cancer terms?



- Who have you heard using these words?
- Did you ask what they meant?
- Where did you learn the definition?
- Do you ask your loved one with cancer for help to understand?

ACTIVITY 6: I AM PICTURE

SUPPLIES:

- I Am Picture Worksheet
- Markers
- Crayons
- Colored Pencils

PURPOSE OF ACTIVITY:

- To identify your personal characteristics that you like about yourself
- To develop self-esteem and positive self-concept
- This activity will encourage creativity and self-expression

INSTRUCTIONS FOR THE ACTIVITY:

Using the “I am Picture” worksheet, use a pencil to first fill in your answers, then go ahead and decorate the worksheet to represent yourself and your unique cancer story. Place anything on the worksheet that represents you, your family, and what your cancer story consists of.

QUESTIONS:

- What was the easiest part of this activity?
- Was it easy to identify key things about your cancer story?
- Did you have to think about what to write?
- Do all of these things describe you?
- What about the cancer diagnosis? Has that changed since the diagnosis?

PRETEEN/TEEN MODIFICATIONS:

Taking a separate piece of paper, we would like you to write your cancer story out. This can be confidential, but we challenge you to recall every thought, feeling, emotion and memory you have. Write it all down and keep it somewhere special.



ACTIVITY 7: NATURE SCAVENGER HUNT

SUPPLIES:

- Nature Scavenger Hunt Worksheet
- A bag

PURPOSE OF ACTIVITY:

- The purpose of this activity is for your child to get outside, go for a walk, and have fun while doing so. We would like them to think of items that represent themselves, their feelings and their emotions. Children will be asked to find items that represent certain things to them, they will then place them in a bag, bring them home and create a piece of art out of it! Please remind children, whatever items they collect must be small enough to be placed together on a piece of paper.

INSTRUCTIONS FOR THE ACTIVITY:

- Using the worksheet titled Nature Scavenger Hunt, complete the instructions on the piece of paper. When your bag is full of your items, take them back and glue them onto the worksheet. Be ready to explain to a loved one or a sibling what each item is and what it represents to you! Find the beauty in ANY thing, just like we find the beauty in any situation!

ACTIVITY 8: I SAID, YOU SAID

SUPPLIES:

- I Said, You Said Worksheet
- Pencil/Pen

PURPOSE OF THE ACTIVITY:

- The purpose of the activity is to sit down with a loved one and discuss different things that you have felt during the cancer diagnosis. This is a great opportunity to talk and discuss how you have all been facing cancer together. This is also a great way to check progress, or to identify ways to increase communication so everyone feels safe and supported.

INSTRUCTIONS FOR THE ACTIVITY:

- Sitting down with a loved one, each of you will take the "I said, You said" worksheet and independently complete your answers. Once you are both finished, you will walk through the worksheet together!



ACTIVITY 9: THE BIGGEST THANK YOU

SUPPLIES:

- Paper
- Pen/Pencil
- Thank you letter worksheet
- Envelope
- Stamp
 - Both the envelope and the stamp are provided by Angel Foundation and within your box!

PURPOSE OF ACTIVITY:

- The purpose of this activity is for the camper to think hard about someone who has made an impact on their life during the cancer diagnosis. This is an opportunity for them to thank this individual by writing them a letter, expressing how they have helped them cope throughout the diagnosis. This is a great way to practice self-expression and to thank someone in the process.

INSTRUCTIONS FOR THE ACTIVITY:

- Taking the thank you letter worksheet, please think about a few key people who have helped you while your loved one had or has cancer. Pick one of these individuals (or more) and write them a thank you letter. Please take your time, be considerate and explain to them how they have helped you!

PRETEEN/TEEN MODIFICATIONS:

- We challenge you to do this for at least 5 individuals, especially those who would least expect a thank you letter from you! Of course, it may be hard to personally deliver these thank you letters due to COVID but be creative. With the help of your loved one, you could drop them off at people's doorsteps, hang onto it until you see this individual next or walk it to their mailbox!

ACTIVITY 10: IF I COULD TURN BACK TIME

SUPPLIES:

- "If I could turn back time" Worksheet
- Pencils
- Pen
- Markers
- Colored Pencils

PURPOSE OF THE ACTIVITY:

- The purpose of this activity is to identify change that has occurred due to the cancer diagnosis, to reflect on previous experience, express emotion and to discuss their thoughts regarding the changes.

INSTRUCTIONS FOR THE ACTIVITY:

- Campers will receive a worksheet that says "If I could turn back time" where they will begin to decorate the clock by answering the questions on the side. They can also think of their own statements to add to the clock, but we want them to relate this worksheet to the changes in their lives due to the cancer diagnosis.



QUESTIONS:

- Tell me about what you wrote
- What has changed in your loved one with cancer?
- What has changed in your home?
- How do you handle these changes?
- Explain to me what it was like before the cancer diagnosis?
- What would have been different if you knew what you know now, then?

ACTIVITY 11: AN ANT HILL OF EMOTIONS

SUPPLIES:

- An Ant Hill of Emotions Worksheet
- Pencils
- Pens
- Markers
- Crayons
- Colored Pencils

PURPOSE OF THE ACTIVITY:

- The purpose of this activity is to get outside, to identify the emotions the camper may experience, identify feelings/actions that are an effect of these emotions. This activity allows for creative expression and for campers to recall the past and what they have learned from their experience.

DESCRIPTION OF THE ACTIVITY:

- Campers will use the An Ant Hill of Emotions worksheet. On the worksheet, they will identify emotions that are associated with having a loved one with cancer. The campers are encouraged to first look for an ant hill in your backyard or near their home. Once they find one, we want them to take a look at the ants coming and going from the ant hill. Then, using the worksheet we will imagine the ants coming and going from our ant hill. What type of emotions do we want the ants to bring INTO our home and what type of emotions/feelings do we want the ants to take out of our home?! Take some time listing these words within the ants on the worksheet, and then decorate the worksheet to represent the ant hill as your home!

PRETEEN/TEEN MODIFICATIONS:

- Complete the worksheet as instructed above, however, make it more challenging. What brings these emotions in, who brings these emotions, thoughts and feelings in to your home? Why? Who helps take them away and how do they do that? What can you do to change which ants come into your home and which ants leave? Personally name the ants and come up with a game plan to have more positive ants coming home (do this on the back of your worksheet)!

QUESTIONS:

- What emotions do you feel the most?
- What emotion do you wish you didn't feel?
- Have these emotions always been present?
- Do you have more emotions since the cancer diagnosis?



- How do you handle these emotions?
- What emotions/feelings would you like the ants to take out of your house?
- What emotions/feelings would you like the ants to bring into your house?

ACTIVITY 12: MY TREE TRUNK

SUPPLIES:

- My Tree Trunk Worksheet
- Pencil/Paper
- A tree to look at

PURPOSE OF THIS ACTIVITY:

- The purpose for this activity is for each camper to determine who and what has helped contribute to keeping them strong and healthy during the cancer diagnosis that has impacted their household. Children will examine a tree to compare what a tree needs to thrive and compare it to what they need and already have to thrive.

INSTRUCTIONS FOR THE ACTIVITY:

- Each camper should use the “My Tree Trunk” worksheet. Campers should be instructed to be near a tree for reference. Using the worksheet, follow the prompts to list things that help keep you strong, upright, healthy, etc. just like a tree! Encourage the camper to think outside the box, and to be creative in listing items that keep their tree trunk strong, healthy and dependable season after season! Go ahead and decorate the tree to represent yourself when you are done!

QUESTIONS:

- Tell me about what you need to keep your tree trunk strong?
- Was it easy for you to think of things that contribute to your tree trunk?
- Did you list any people within your tree trunk?
- Did you list things such as food and water? Why or why not?
- What do YOU do to strengthen your own tree trunk?

ACTIVITY 13: COVERALL NATURE BINGO

SUPPLIES:

- Nature Bingo Worksheet
- Pen/Pencil

PURPOSE OF THE ACTIVITY:

- This is an activity designed to get the camper outside and moving around their neighborhood. Please take a loved one with you and have permission to go for a walk before you do so! This is a great way to find beauty in even the smallest things! Living with a loved one who has cancer can be very overwhelming, and we often forget to stop and observe the little things we take for granted.

INSTRUCTIONS FOR ACTIVITY:



- Make this a competition with a loved one, go for a walk and see who can cover their entire bingo sheet first! You can do these multiple times and look for new items every time! It can be tricky and may take longer than one walk but don't give up, you can do it!

QUESTIONS:

- How are you feeling today?
- What questions do you have about my cancer?
- Do you feel happy today?
- What would you like to talk about?

**ACTIVITY 14:
SPREAD THE LOVE**

SUPPLIES:

- Chalk – Angel Foundation will be handing out chalk to those who do not have it!
 - Don't have chalk and forgot to grab some?! Decorate rocks, a piece of paper and hang it in your window, be creative!

PURPOSE OF THE ACTIVITY:

- Let's spread JOY! Create smiles for your neighbors, fill their buckets with love and happiness and watch your own bucket grow! Look for the positive in every situation, and watch the happiness spread!

INSTRUCTIONS FOR ACTIVITY:

- Campers should take a piece of chalk and decorate their driveway or sidewalk for ALL to see! What should you put on your driveway?! Think of a catch phrase or a motivational saying that would cheer other people up! Decorate with color and pictures around the catch phrase or saying! SPREAD THE JOY!

QUESTIONS:

- What makes you happy?
- What would make you smile if you were to see chalk art?
- What is a good catch phrase to spread joy?
- What does it mean to be happy?
- Who has spread joy to you?
- What phrase do you like to hear?

**ACTIVITY 15:
FRISBEE TOSS**

SUPPLIES:

- Angel Foundation Frisbee

PURPOSE OF THE ACTIVITY:

- The purpose of this activity is to test the knowledge of the children in regards to cancer terms. This frisbee will be used for various activities, so this particular activity has the questions listed below. If a child is not familiar with the term, please help them identify it in the Medical Terms Document attached to this document.

INSTRUCTIONS FOR THE ACTIVITY:



- Children will begin by grabbing the Angel Foundation frisbee out of the Camp Angel in a Box box! Before you begin, you must add numbers to the back of the frisbee – like a clock! Do this using a marker or permanent marker (ask an adult for help). You will need to number your frisbee 1-5. Then begin by playing toss with a sibling or loved one. When playing toss, call out the number that your hand landed on when catching the frisbee. This number will be associated with a term below. Do you know what that term means? If so, tell us! If not, ask your sibling/loved one you are playing with. If you need to, reference the Medical Terms Document attached to this document. Have fun with it!
- Spice this up by first getting to 10 tosses and then seeing where your finger lands or play regular toss, throw in a special toss and every time a special toss comes, you must identify what the term is.

Sorted by level of difficulty – Feel free to add your own words!

EASY:

1. SICK
2. TIRED
3. GERMS
4. DOCTOR
5. HOSPITAL

MEDIUM:

1. CLINIC
2. CANCER
3. CHEMOTHERAPY
4. ONCOLOGIST
5. IMMUNE SYSTEM

DIFFICULT:

1. ONCOLOGY
2. PORT-A-CATH
3. WHITE BLOOD CELLS
4. PLASMA
5. IMMUNOCOMPROMISED

PLAY AGAIN FOR FUN -

EASY:

1. HAPPY
2. SAD
3. MAD
4. SLEEPY
5. EXCITED

MEDIUM:

1. EXHAUSTED
2. LONELY
3. CONFUSED



4. ANGRY
5. CONTENT

HARD:

1. OVERWHELMED
2. DEFEATED
3. LETHARGIC
4. ESTATIC
5. HOPEFUL

ACTIVITY 16 FRISBEE HOLE IN ONE

SUPPLIES:

- Angel Foundation Frisbee
- Camp Angel in a Box Box

PURPOSE OF THE ACTIVITY:

- The purpose of this activity is for Campers to get outside with their siblings or loved ones and play a competitive, fun game of frisbee while discussing the cancer diagnosis that has impacted them.

INSTRUCTIONS FOR THE ACTIVITY:

- Taking your Angel Foundation Frisbee and your Camp Angel in a Box box, start by placing the box far away from you in a somewhat difficult position. Then, create a “starting line” - player 1 will begin by throwing the frisbee towards the box, every time you throw the frisbee, you are required to state SOMETHING about your cancer experience. This can be an emotion you feel, a fact you’ve learned, a question you have, etc. Each frisbee toss will have a new fact, question, statement, etc. You will want to get the least amount of throws necessary until your frisbee touches the box. 3 throws to hit the box equals 3 points. You want to obtain the least amount of points compared to your partner. Once your frisbee touches the box, the next player will try to beat your score and receive less points than you. They too must state something about their cancer experience while tossing the frisbee. This will be repeated 10 times!!! The player with the least amount of points wins!!

MODIFICATIONS:

Need to make it more difficult?

- Move yourself farther away from the box
- Close one eye
- Close both eyes
- Stand on one foot
- Turn around and throw backwards
- Be creative and have fun!



ACTIVITY 17 MY MOUNTAIN OF SUPPORT

SUPPLIES:

- You must be outside
- Any supplies you FIND outside are fair game

PURPOSE OF THE ACTIVITY

- The purpose of this activity is to identify first what it means to be strong, ask the camper to identify what being strong means, physically and mentally. Talk about your strengths, what contributes to your strength? Do you have others who help and support you? What does that look like? Why do they help make you strong? After identifying who their support system is, we will set them out to complete the activity and to continue identifying the components that help them create a strong and stable foundation.

INSTRUCTIONS FOR THE ACTIVITY:

- Campers will be instructed to go find ANYTHING they can in their backyard and to immediately begin creating a mountain! This mountain can be built out of anything they find! It should be as tall and as strong as possible! As they are creating their mountain, we want them to identify what each piece they are adding signifies. Example: I am placing this rock at the bottom of my mountain; this rock represents my friends who are supportive of me during this stressful time. Another example includes "I am placing this bird feather on top of the mountain. Although it is light weight, it is beautiful, and it reminds me of the phone calls I get to have with my grandmother. They make me happy and helps remind me how strong I am." Each camper's mountain should represent their own experience with cancer and each piece added to the mountain should represent someone or something that has helped make them stronger!



EXTRA ACTIVITIES:

- The bandana/pillowcase/t-shirt you received inside your Camp Angel in a Box box will be used during an art project! When you are done creating your masterpiece, send an image to Emily at ekruger@mnangel.org!
- Using the water balloons in your Camp Angel in a Box box, have a water balloon fight with your siblings, loved one with cancer or the ENTIRE family! Make sure to have one someone snap a picture before and after and send to Emily at erezac@mnangel.org!
- The TROLLS coloring book and magnet were a gift to Angel Foundation and YOU! We will be having a dance party with a TROLLS song to thank them! "This dance party is brought to you by Trolls World Tour from DreamWorks Animation and Universal Pictures Home Entertainment – Yours to own on Digital now and on Blu-ray™ & DVD July 7
- The bag of medical supplies will be used during Medical Play on your zoom call! This zoom call will be lead by Child Life Specialist, Lilly!
- The feathers, ping pong balls and the stuffed animals will be used during the Yoga zoom calls! Have them ready when you are participating!

Finished with Camp Angel in a Box?! We would LOVE for you to continue to use this box to store memories, materials, letters, etc. that you have collected while your loved one has been diagnosed with cancer. Call it your cancer memory box, decorate it how you'd like, and add anything and everything that is special to you during this time! These boxes were created with a lot of love for each of you, use it as a reminder that you are not alone, and Angel Foundation will be present every step of the way!

We thank you for participating in Camp Angel in a Box and cannot wait to receive your feedback! Keep an eye out for an online survey that will be sent at the conclusion of Camp Angel in a Box! Your feedback is greatly appreciated.

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