

LIFEWORKS



Lifeworks Programs

The following Lifeworks Programs have been especially designed for school children to as a way of teaching healthy life skills. The programs are based around topical issues such as bullying, self esteem, making choices, relationships. The programs are underpinned with Christian values and principles which are clearly explained in each program outline.

Youth Workers

The programs are run by Camp Clayton's full-time Youth Workers who are experienced and trained in working with youth.

Program Style

The programs are designed toward specific age groups. A different set of outlines is available for Juniors (Gr 3-4), Intermediates (Gr 5-6-7), and Seniors (Gr 8-9-10). We recommend running the programs in evening times. The programs are designed for around 30 people, and if necessary can be run twice in an evening, for example to cover 60 people. Young people are encouraged to participate, and the activities are fun and non-threatening. Teachers are requested to be present for any program.

The Youth Workers are available to assist with other parts of the camp program (eg meals, joining on some activities as appropriate). They are able to take photos at your camp, and then visit your class after camp to bring in photos, holiday camp forms, or to act as a guest audience for follow-up projects your class may have undertaken from camp. Please feel welcome to liaise with them on other ideas that might further develop your camp experience as a learning tool.

Christian Content

An outline for each program is contained in this booklet, explaining the Christian values and principles that will be taught. No student is ever forced to accept the view of the leader - every person is always free to draw their own conclusions.

No follow-up from the youth workers is undertaken from these programs - unless with the full consent of parents or guardians. Children will be invited to receive information on Camp Clayton's Holiday Camps. This information can be sent direct to the teacher and distributed to children who wish to have forms, or made available at your camp.

If necessary, schools are welcome to photocopy the Camp Clayton Information Page in the back of this booklet to include in their Camp Registration information.

Booking a Program

It is helpful if programs can be booked at least one month in advance (preferably earlier if possible). Please feel free to contact us on 6425 1893 during office hours to discuss any aspect of the programs. A more detailed outline of each program is available if necessary. If you have any enquiries or would like to know more information, please contact our office on 6425 1893 or email us at admin@campclayton.org.au.



One of a kind!

Age group: Grades 3 - 4
Topic: Self Esteem
Time: 1 hour
Environment: Indoor / Evening or Daytime
Group size: Up to 30 at one time
Led by: Camp Clayton Youth Workers

Key Summary:

When we feel happy about ourselves, we can be confident and enjoy life. Kids get to brainstorm "good things" about various people, and recognise that these are not limited to physical appearances. They then write their own list of "good things" about themselves, and see that they are unique. God looks at who we are on the inside, and each of us are valuable.

Goal: For kids to recognise their own good qualities and selfworth.

Outline

- 10 min* **Ice Breaker** "CHICKEN CHOMP" *Game for kids to chomp up lollies the quickest, with no hands.*
- 5 min* **Intro Statement** *'How many times have you heard someone say "I wish I could do that" or "I wish I were that good".'*
- 10 min* **Voting with your Feet** - On each "I wish I could..." statement, kids move to the designated corner of the room for YES / NO / NOT SURE.
- 5 min* **Personal Story Part 1** - *About a time when I didn't think I had any good qualities, and how that made me act.*
- 15 min* **Good Things List** Show pictures of famous people. Brainstorm 'good things' about each person - include physical and non-physical qualities. Each of the people are different. Everybody is unique. Kids write down 5 good things about themselves. Everybody will have different lists.
- 5 min* **Personal Story Part 2** - *When I realised I had 'good things', it changed the way I acted, and how others acted toward me.*
- 5 min* **Debrief** - When we feel happy about ourselves, the way we act changes. We enjoy life better. God has made us all individually, and every single one of us is different and special to God. He wants us to be happy with how we are, and to know what our 'good things' are.



Decisions Decisions Decisions

Age group: Grades 3 - 4
Topic: Choices
Time: 1 hour
Environment: Indoor / Evening or Daytime
Group size: Up to 30 at one time
Led by: Camp Clayton Youth Workers

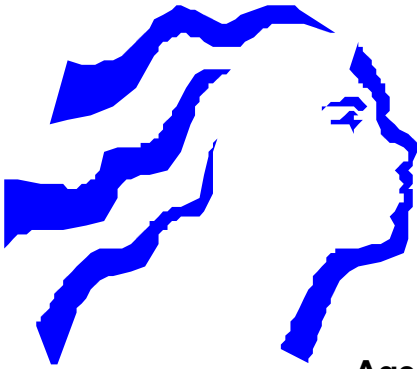
Key Summary:

Life is full of choices. Some of the choices we make today will affect the future. Kids are challenged to look at choices that have different results, and are shown through a Bible story that God can provide us with help when we have to make tough decisions.

Goal: For kids to think about choices as having results.

Outline

- 5 min **Ice Breaker**
- 5 min **Intro Statement** *'Life is full of choices - what t-shirt should I buy? Do I like the Spice Girls or All Saints? Should I play footy or soccer? Lots of our choices will affect our future.'*
- 10 min **Game** "MONTE CARLO" - Each time the music stops, kids choose a corner of the room, and are eliminated as the cards are split showing which suit (eg hearts) is out. *Our choices have consequences (results).*
- 5 min **Personal Story** - Talk about some decisions - some which had good results, some which have had tough results.
- 5 min **Presents** - Volunteers choose a present each (all wrapped differently) and learn that the inside of the present may be totally different to the outside. *Sometimes choices can turn out bad if we just look at the 'exciting' part, and not the consequences.*
- 10 min **Examples** - *Brainstorm types of decisions that can have good and bad results, and talk about why it is hard to choose (eg smoking/drugs, cheating, doing extra work around home).*
- 15 min **Active Bible Story** "JUMPING JEHOSEPHAT"- Kids get to dramatise the story of King Jehosaphat and his fight. (2 Chron 20) *When we have to make tough decisions, we can ask God for help, because He knows what is best for us.*



HEROES



Age group: Grades 3 - 4
Topic: Heroes and Role Modelling
Time: 1 hour
Environment: Indoor / Evening or Daytime
Group size: Up to 30 at one time
Led by: Camp Clayton Youth Workers

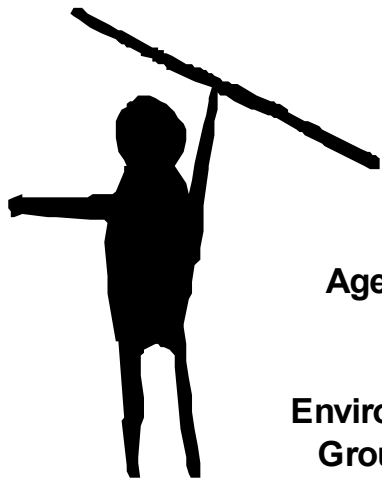
Key Summary:

It's good to look up to people in life. Kids get to think about who they look up to and why, then to think about whether their heroes are showing them good things or not. All our human heroes will make mistakes, but Jesus gives us a fantastic example of how to live our lives.

Goal: For kids to think about their heroes and learn about God's character, as an example to follow.

Outline

- 5 min **Ice Breaker** - *"Celebrity Heads"*
- 5 min **Intro Statement** - *'It's great to have heroes, and even pretend to be your hero (eg Wayne Carey, football; Spice Girls, singing; Kathy Freeman, running). Do our heroes show us the best way to do things?'*
- 10 min **Charades** - *Act out favourite sports stars or heroes. All of us look up to people who are good at things. Looking up to them means we want to be like them. Talk about some personal heroes - serious and funny.*
- 15 min **Hero Drawing** - *Divide into groups of 6. Kids draw their 'superman' or 'superwoman' and write on the special talents or powers for their character. Discuss how all heroes can make mistakes.*
- 5 min **Egg Face** - *A volunteer must choose which egg is hardboiled (out of 4), and smash against their head to prove it. Sometimes, we forget or don't know what our heroes are really like on the inside.*
- 10 min **Brainstorm** - *"GOD'S CHARACTER" - Brainstorm on whiteboard what kids think God is like.*
- 5 min **Debrief** - *God is the best hero we can have because he never makes mistakes, and will not let us down. (Personal story)*



Sticks n'

Age group: Grades 5 - 6 - 7
Topic: Bullying
Time: 1 hour
Environment: Indoor / Evening or Daytime
Group size: Up to 30 at one time
Led by: Camp Clayton Youth Workers

Key Summary:

All of us wanted to be treated well, but we've probably all been picked on, or even picked on others. Bullying is the most destructive and hurtful game we can play. Kids are challenged to think about the long term consequences of bullying, and to recognise the value of treating others like themselves.

Goal: For kids to recognise and stand up against bullying, and to understand why God wants us to love each other.

Outline

- 5 min **Ice Breaker**
- 5 min **Intro Statement** *"Sticks and stones will break my bones, but names... well they hurt too".*
- 10 min **Nuclear Holocaust** - Kids are assigned different disabilities - they must find their way to the centre of the hall. *We all get along better when we look after each other. We all want to be treated well.*
- 5 min **Personal Story** - About being bullied at school, and how someone made a difference to that by treating me nice.
- 10 min **Compliment Competition** - Competition to say as many compliments about the other person as possible in one minute. *Bring out that it takes four positive comments to counteract one negative.*
- 10 min **Video Clip** - Comedian Ken Davis describes how he was bullied at school and told he'd "never amount to anything". He talks about accepting himself and understanding God's acceptance of him.
- 5 min **Golden Rule** 'Do for others what you would like them to do for you'. Treat others in a way that you would like to be treated. This is from the Bible, because God knows the best ways for us to live our lives happily.



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Age group: Grades 5 - 6 - 7
Topic: Choices and Decision Making
Time: 1 hour
Environment: Indoor / Evening or Daytime
Group size: Up to 30 at one time
Led by: Camp Clayton Youth Workers

Key Summary:

We live in an age of “options”, but we need to learn how to make sensible choices. Getting enough information, and thinking through the consequences of choices are very important. Kids are encouraged to think about types of choices and how they can affect their lives. They are introduced to the fact that God knows everything about us and can help guide us in making decisions.

Goal: For kids to understand choices as having results, and to discover God's guides for making better choices.

Outline

- 5 min* **Ice Breaker** - ‘*Weetbix Munch*’.
- 5 min* **Intro Statement** “*Everyday we get to make lots of choices - you’d be surprised at just how many decisions you make in one morning.*”
- 10 min* **Dramatised Story** - Kids act out the story of someone’s typical morning, and then brainstorm about the types of choices involved. *Every choice has a consequence.*
- 10 min* **Brainstorm** - the types of choices involved in the above story, consequences of various choices, what choices will you make in the next couple of years that are important?
- 10 min* **Illustration** - Picking up one end of a stick, means you must take the other end - you can’t pick up half a stick. *Every choice has a consequence, and we need to think before we make the choice - what will happen after I choose this?.*
- 10 min* **Pick a Drink** - Illustration to show that choices are easier when we have enough information about each choice. *God can help us in decision making because he knows everything about our lives.*



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Age group: Grades 5 - 6 - 7
Topic: Self Esteem and Acceptance
Time: 1 hour
Environment: Indoor / Evening or Daytime
Group size: Up to 30 at one time
Led by: Camp Clayton Youth Workers

Key Summary:

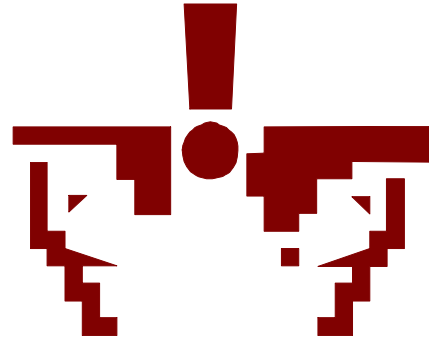
A healthy self image comes from the inside - not 'keeping up appearances' on the outside. Kids get to think about image building (eg clothes, hair, speech), and why outside appearances can be deceiving. They learn that real acceptance comes from looking at the inside qualities. God cares for each of us deeply, regardless of what we look like. He looks at who we are on the inside.

Goal: For kids to understand that self-worth comes from inside qualities, not outside appearances.

Outline

- 5 min **Ice Breaker** - *“Chicken Chomp”*
- 5 min **Intro Statement** *‘We all want everyone to think we look right - our clothes, our hairstyle, and that we know the cool things to say.. right?’*
- 10 min **Game** *“DUMB STUNTS” - Challenge kids (with lollies) to do ‘dumb things’ in front of their group.*
- 10 min **Brainstorm** - None of us like to look stupid. Can you think of an example where someone might feel they don’t fit in? Tell a personal humorous story to get the ball rolling.
- 15 min **Group Exercise** *“MYSTERY PHOTOS” - Kids brainstorm together to guess the qualities, characteristics, occupation, etc. of unknown people in photos. Discuss how a picture is formed on appearances only, then compare with real description of the person.*
- 10 min **Illustration** *“SHELL GAME” - Kids choose which cup has the object underneath, but all the cups have a special object. All people have special qualities on the inside..*
- 5 min **Debrief** - God is concerned with how we are on the inside, not how we appear to others on the outside.

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Age group: Grades 5 - 6 - 7
Topic: Relationships
Time: 1 hour
Environment: Indoor / Evening or Daytime
Group size: Up to 30 at one time
Led by: Camp Clayton Youth Workers

Key Summary:

All of us have to learn to make the best of relationships in life, and we all have different levels of relationship with different people. Kids are challenged to think about the different types of relationships they have, and how they can improve them. They are shown God's example of relationship and love for people.

Goal: For kids to identify ways they can improve their relationships with others, and to hear about God's deep love for them.

Outline

- 10 min **Ice Breaker** - 'Lifesaver Stick' (race to stick the most lifesavers to your face)
- 5 min **Intro Statement** *'We all have friends who we are close to, and others we aren't so close to. What can we do to improve our relationships with other people?'*
- 10 min **Personal Portfolio** - Kids identify on paper where people in their life sit - close friends, acquaintances, people don't get on so well with. *We have different relationships with everyone we know. Some are close, some aren't.*
- 10 min **Relationship Charades** - Kids act out different types of relationships, while others guess. *Eg conflict, parents, romance, care, enemy.*
- 10 min **Trust Games / Chinese Whispers** - Two games to bring out trust and communication strengths. *Trust, love, and communication are important in relationships.*
- 10 min **Personal Story** - Describe how a particular type of relationship 'broke' and different attempts made to recover it. Second story of how a relationship with God is broken, and how God give us the opportunity to restore it. *God wants our relationship with him to grow - he wants to be 'mates' with us because he cares so much for us. Example of "Zaccheus" from the Bible.*



Life to the Max

Age group:	Grades 8 - 9 - 10
Topic:	Life Participation and Values
Time:	1 hour
Environment:	Indoor / Evening or Daytime
Group size:	Up to 30 at one time
Led by:	Camp Clayton Youth Workers

Key Summary:

Getting the most out of life comes from understanding what is truly valuable. True success doesn't come from money, power, or popularity, but from being fulfilled by finding meaning in life - in a way that suits who you are. Kids get to purchase (by auction) all kinds of attributes and opportunities for life, then discuss why they chose them. God knows us so well that he knows exactly what we are cut out for, and what will fulfill us.

Goal: For kids to think about what values are important in life.

Outline

10 min **Ice Breaker**

5 min **Intro Statement** *'Do you often think that "if only I had this or could do that, then my life would be heaps better...?"'* *Brainstorm ideas.*

25 min **Simulation Game** "LIFE AUCTION"...25 auction items are up for bid (artistic abilities, wealth, power, happy marriage, fame, brains, etc.), and kids must buy their items by auction. Different kids are given different amounts of money. This is likened to real life in the debriefing.

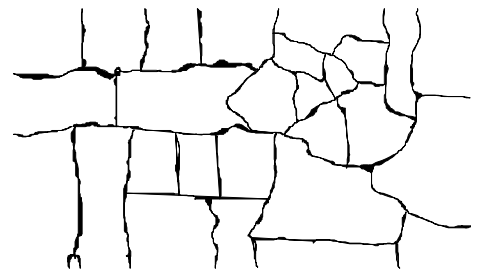
10 min **Debriefing / Brainstorming**

- which items were auctioned for the most money?
- how did you feel about people who cheated and stole, or had more money than you?
- why did you buy what you did?
- do you think God would be interested in any of these items?
- how is this auction like real life?

5 min **Epitaphs** - get kids to write their own epitaphs - what they want to be remembered for.



risky



Age group: Grades 8 - 9 - 10
Topic: Risk Taking
Time: 1 hour
Environment: Indoor / Evening or Daytime
Group size: Up to 30 at one time
Led by: Camp Clayton Youth Workers

Key Summary:

The end result of any risk is a consequence - either a good or bad result. By participating in a simulation game, kids get to think about risks in terms of the results they will bring. By building a life on a solid foundation (God's values), we have stability that helps us make sensible decisions for positive results.

Goal: For kids to link consequences to choices.

Outline

- 10 min* **Ice Breaker Game** – Colour/flavour game.
- Intro Statement** *'There are always consequences to our choices. Not all choices in life are easy. The key is weighing up the results.'*
- 10 min* **Game - "ZONK"** - A game of risk which shows the consequences of choices we make.
- 10 min* **Debrief** - Some risks have consequences we are not willing to pay, so we don't take them. Other risks are of smaller consequence, if we decide to take them we are willing to take the chance. We should ask ourselves what is the possible consequence of this?
- 15 min* **Illustration – "The Risk is Right"** – A small group exercise to discuss and agree on the riskiness of a variety of items.
- 10 min* **Application** – In small groups, discuss and write down the choices you will likely make in the next couple of years. next to the choice, write the risks involved.
- 10 min* **Summary** – We always have the ability to choose our attitude in life, regardless of what happens to us. Sometimes when we make choices, we do not fully know the outcome, but God does and wants to help us make good choices for our life with healthy outcomes. Personal story from presenter of how God helped us to make a choice in life.



Compulsory Heroes

Age group:	Grades 8 - 9 - 10
Topic:	Heroes and Role Modelling
Time:	1 hour
Environment:	Indoor / Evening or Daytime
Group size:	Up to 30 at one time
Led by:	Camp Clayton Youth Workers

Key Summary:

We all need people to look up to so that we can strive to do better and have role models to learn from. But we must choose our role models carefully. Kids are challenged to think about their heroes, and what they are really displaying. All our human heroes will make mistakes, but Jesus gives us a fantastic example of how to live our lives.

Goal: For kids to think about their heroes and learn about God's character, as an example to follow.

Outline

- 5 min* **Intro Game - "Celebrity Heads"**
- 5 min* **Intro Statement** *'Heroes are great - we all admire people better than ourselves. But what are our heroes really like, and do they really have the ideal life?'*
- 5 min* **Hero Voting** - Everyone votes in their heroes - people they look up to. List heroes on board and who gets most votes. Who is Hero of Heroes? *Because we are all different, we all have different heroes.*
- 5 min* **Personal Story** - Talk about personal heroes (some funny, some serious).
- 10 min* **What We Wanna See** - In small groups, kids brainstorm the characteristics or qualities they would like to see in their heroes. Share ideas at end. *We want our heroes to be perfect, but they are human, and will let us down. Show examples of people who have been heroes and made mistakes - eg Bill Clinton, Mike Tyson.*
- 5 min* **The God-Factor** - Jesus lived a perfect life on earth, and never mucked up. He will never let us down. *Personal Story about Jesus being the perfect hero.* He gives us a fantastic example of how to live a successful life. Jesus' love and care for other people is the hero-key.

In *Love* and War

Age group: Grades 8 - 9 - 10
Topic: Relationships & Conflict Resolution
Time: 1 hour
Environment: Indoor / Evening or Daytime
Group size: Up to 30 at one time
Led by: Camp Clayton Youth Workers

Key Summary:

Most relationships encounter conflict, but it is how we deal with conflict that can make or break the relationship. By role playing, kids are encouraged to think about possible resolution tools for conflict, and the importance of seeing 'two sides' in conflict. God's guides for life of valuing others helps us stop focussing on ourselves, and seeing the bigger picture.

Goal: For kids to identify conflict resolution tools.

Outline

- 5 min **Ice Breaker** - '*Chocolate Balloons*' Game
- 5 min **Brainstorm** "*What do you first think of when you hear 'relationship'?*" Brainstorm ideas on whiteboard. All relationships are different, but almost all of them experience conflict at some stage.
- 5 min **Family Blowups** - Competition to decipher eight possible causes of conflict in families (curfew, friends, home jobs, music, clothes, telephone, homework, pocket money). *Sometimes life can feel like an endless string of blowups.*
- 15 min **Two sides to every story** - Divide into groups and work through role plays of various conflict situations - how not to handle, how to handle. *When both sides of the story are not understood, you can't see the whole picture.*
- 10 min **Solving Conflict** - Brainstorm conflict resolution tools.
- 10 min **Diffusing Anger** - Show how anger can be detrimental (shake up coke bottle to show 'explosive' nature), and how anger can be managed.
- 5 min **Debrief** - Most conflict is made worse by selfishness, and being unwilling to see another's point of view. God gives us helpful tools in the Bible for getting along well with others, by placing them first.

About Camp Clayton

Information for Parents of School Children

I've never been there....



Camp Clayton is situated on 26 hectares of rural property, just two minutes drive from Ulverstone (Tas), with beach frontage. There are three separate sites which can be hired separately or all together. The total sleeping capacity at Camp Clayton is 200.

What should I expect?



Most cabins and lodges have their own ensuites. Each has bunk style accommodation, and guests are required to bring their own bedding (including pillow slips). Extra facilities include full dining room, lounge, assembly room, games room, recreation areas, stadium, plus on-site activities.

Who will be there?



A large team of full-time staff work at Camp Clayton to provide a friendly support to group supervisors and guests. Staff are available to run activities, host meals, and offer general assistance where required. A Camp Clayton staff member will be rostered on duty during the entire stay of any group.

Will my children be fed properly?



Camp Clayton has a reputation for good quality and quantity meals. Where Camp Clayton is catering, full meals, as well as morning, afternoon teas, and supper are all included, and special dietary requirements are no problem where notice is provided prior to camp.

What is there for children to do?

- On-site activities include the giant swing, high ropes course, team rescue, challenge — course, minigolf, orienteering, inground trampolines, flying fox, volleyball, archery, bmx bikes. Safety procedures are provided on all activities. If your school chooses, our Youth Workers will run a short program called Lifeworks, based on Christian values. Full outlines are available.

What are your standards?



Camp Clayton is committed to providing quality service, and to maintaining a high standard of integrity. Staff are required to keep up to date with current standards and policies regarding safety, child protection, and discipline.

What if I have a question or complaint?

1. Questions about Camp Clayton can be answered by the Administrator, on (03) 6425 1893.
2. Questions regarding your group's program should be directed to your Group Coordinator arranging the camp.

3. Suggestions or complaints should be directed to the Executive Officer, PO BOX 3184, Ulverstone, Tas 7315