

4-H ADVENTURE DAY CAMP PUEBLO, CO

PROJECT INTRODUCTION

Adventure Day camp is a youth development program in Pueblo, Colorado led by the Colorado State University Extension office. The focus of this organization is environmental education and youth development and recreation. Each event highlights unique environmental and social themes that guide learning. Science, math, history, drama, art, environmental education and teamwork are woven into the activities to meet the diverse interests of the young learners.

This program encourages healthy lifestyles, active engagement with the outdoors, and perseverance through challenge, the camp day includes hiking in local parks and open spaces. Campers are given the opportunity to bond with their leader and peers, creating a pathway to comfort and safety, supporting an environment of learning. Programming is sometimes led by a variety of community partners that enhance the opportunity for the campers to broaden their horizons and interact with professionals in various fields.

INTERNSHIP GOALS

My goals for the internship was to build upon my skill set and knowledge of working with children in unfamiliar environments. There is a difference between knowing how to work with kids and knowing how to work with children well. This internship gave me such a fun filled summer with numerous activities that gave me firsthand experience on how to handle situations in the outdoors.

During this internship I was also able to learn more about agriculture, horticulture, family and consumer sciences and other natural resource information.

HOW DOES THIS APPLY TO MY EDUCATION

As a psychology major, working with children and families is one of my main focuses. My goal is to go into children/marriage and family therapy. This internships opportunity to work with children overnight in extended settings is a great way to learn how children work. I was able to offer emotional support, a positive mindset, and learning opportunities to the children near Pueblo county.

To learn to work with children, you must work with them outside of your home, family, or normal settings. Adventure Day Camp and our other 4-H events allowed me to get a full insight on how different children act around new faces, familiar faces, and in a camp setting away from mom and dad's supervision.

WHAT YOU DID

For Adventure Day Camp, I created a multitude of documents, activities, and ideas for all the children and camp counselors to utilize.

Initially I began with created "how to" documents on how to lead each station at Adventure Day Camp. This starts with what exactly the station is and the learning objectives, how to introduce the station to the children in a way they will understand, listing all needed materials, creating step-by-step specific instructions, and takeaway notes/questions to ask the children what they learned from the stations.

I created pre and post surveys for the parents to complete to receive feedback on their child and their own experience with Adventure day Camp. This included questions such as "How did your child feel about the Adventure Day Camp" or "How did your child feel they connected to the camp counselors?".

I created spreadsheets of each camp counselors volunteer time over the course of the Adventure Day Camp. I then totaled each day, and each person's hours. I finalized by adding up all the volunteer hours for each day, and overall total.

At the Beulah Camp, we stayed overnight so being a camp counselor was my first and foremost role. Keeping them occupied with games and activities, leading activities and stations, making sure children are not overheated from all the fun we were having, and assisting my supervisor in whatever help she needed.

I helped set up the arena for the 4-H Pueblo county state fair exhibitions. This included setting for multiple days, chairs and tables, creating a paper chain long enough to stretch around the entire inside of the area exhibitions, setting up an aesthetically pleasing Candyland themed stage for a children's fashion revenue and help keep children occupied while they are waiting for their project to be judged.

Figure 1



WHAT YOU LEARNED

I learned various tips and tricks about the outdoors such as identifying poison ivy and various fruits and veggies. I learned about how Colorado's dry grass and having an open fire can lead to a bad result of starting a forest fire. I learned about the different parts of an egg and was able to observe chickens up close. We observed how sunscreen works with solar beads. I now know how to make paper puppetry, an activity I may have never learned how to do without the 4-H program. I made winter shelters for cats out of foam coolers, which felt amazing to know I was giving a cat and her kittens a warm home for the cold months ahead. I learned how to play my new favorite outdoor game 'elbow-tag'.

Figure 2.



NEXT STEPS

Next steps that I suggest for the 4-H department of Pueblo County is to create Diversity, Equity and Inclusion (DEI) initiatives that include reaching out to and enrolling African American and Latino/a/x children in the nearby areas and at least getting this information out to the parents. This is to provide these students with the same accessibility as their peers and to create a more diverse culture among the children who participate in 4-H.