

Prepping for Camp: Rest Time



What is Rest Time? As you pack for camp, you might want to think about packing a gallon ziploc bag of quiet, restful activities to enjoy during Rest Time. Rest Time happens right after lunch. Everyone goes back to their cabins to just have some quiet relaxation and individual space before afternoon activities. Campers are asked to be quiet and stay on their own bunk for the first part of Rest Time. After that, if a camper wants to, they can join one other camper on their bunk to quietly play or talk, while keeping their volume down so that those campers who want to nap can do so. Days at camp are active and full, so rest hour is a good part of the balance. It's also a great opportunity to learn that we can be satisfied without screens— and that we can relax and be at peace without electronics.

General Structure of Rest Time:

- 10-15 minutes on your own bunk, quiet (sometimes counselors read or tell a story to the campers)
- 10-15 minutes either on your own bunk, sitting quietly with a friend on their bunk, or playing a quiet game
- 10-15 minutes to get ready for the next activity- use bathroom, get dressed & shoes on, sunscreen, fill water bottle, walk to next activity

Here are some things campers can do during rest hour (no electronics!):

- Nap
- Listen to stories read by a counselor
- Read a book or magazine
- Read items in the cabin Christian Science literature bin (Bibles, writings of Mary Baker Eddy, hymnal, children's Bible stories, Sentinel magazines, etc.)
- Draw
- Write in a journal or notebook
- Write a letter home
- Do crossword puzzles, word games, or sudoku
- Make a friendship bracelet
- Play cards
- Listen to the sounds of nature
- Pray
- Play with a stuffed animal
- Solve a rubix cube...

Packing Suggestion for Rest Time:

- Book
- Sketch pad and/or notebook
- Writing utensils- pen, pencil, color pencils, eraser
- Pre-addressed envelopes and stationary
- 1-2 favorite stuffed animals