

TEEN CAMP WEEKLY THEMES

WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR	WEEK FIVE
Social and Self Management Skills	Food Skills	Sports and Education	Health, Wellness, and Personal Appearance Skills	Emergency Services & Auto Maintenance Skills
<p>EMPHASIS: Develop and maintain healthy friendships and family relationships</p> <p>Etiquette skills & appropriate behaviors</p> <p>Time management</p> <p>Financial management</p> <p>Goal setting</p> <p>Career exploration</p>	<p>EMPHASIS: Plan and shop for health foods</p> <p>Reading food labels</p> <p>Preparing a meal</p> <p>Using kitchen appliances and utensils</p> <p>Safe food storage</p>	<p>EMPHASIS: Teen fitness</p> <p>VB courts ESU</p> <p>Gym time; Bowling</p> <p>Behind the scenes of a sports camp</p> <p>Tour of ESU</p> <p>Cyber schooling</p> <p>School Teacher visit</p> <p>Research education online</p>	<p>EMPHASIS: Laundry, reading clothing care labels, folding clothes</p> <p>Ironing</p> <p>Basic sewing skills</p> <p>Personal hygiene/grooming</p> <p>Personal safety/basic first aid</p> <p>Exercise and physical fitness</p>	<p>EMPHASIS: Safety</p> <p>Monroe county control center CPR/First Aid</p> <p>It's important for your child to know how often their car should be serviced and how to change a tire in an emergency</p>
WEEK SIX	WEEK SEVEN	WEEK EIGHT	WEEK NINE	WEEK TEN
Citizenship and Community Involvement Skills	Personal Healthcare Knowledge/ Holistic Introduction	Our World and Society	Our Community	Teen Choice!
<p>EMPHASIS: Community Service</p> <p>*Volunteer and support the community</p> <p>Comply with laws Learn to drive, maintain a car, purchase insurance</p> <p>Map reading, being familiar with surroundings</p>	<p>EMPHASIS: Self-Diagnose simple illnesses</p> <p>Know how to check his or her own temperature, and know which over-the-counter medications to take for which symptoms</p> <p>Alternative medicine</p> <p>Chiropractor</p> <p>Massage therapist</p> <p>Acupuncture</p> <p>Research alternative medicines</p>	<p>EMPHASIS: Diversity and Inclusion</p> <p>Teens will learn about each other's cultures through foods, traditions and more.</p> <p>Includes Team Challenges that will tie in summer learnings</p>	<p>EMPHASIS: Service to Others</p> <p>We will meet local heroes from all areas</p> <p>Ranging from Law Enforcement to Military to Social Workers</p>	<p>EMPHASIS: Responsible Independence</p> <p>Teens will choose favorites of the summer.</p> <p>Includes a BBQ with all the fix in's.</p>