



CAMPS ON TRACKS

ESTD 2011

Rewards – TRACKS BINGO

This TRACKS BINGO game was created by Michelle, Adam, and Carolyn, Inclusion & TRACKS Coordinators for the City of London Summer Camps.

Rules and Prizes

- You may complete as many squares a week as you would like but you must complete at least one square per week.
- You must document each square you do in some way (photos, with inclusion coordinator present, with another coordinator present)
- If you try a square but you do not meet the challenge... try again and keep trying!
- Team Inclusion will give your whole camp/ site a party, once you have completed the entire card!
- We encourage creativity in completing the squares however it is up to the inclusion coordinator to determine if the squares challenge has been met.
- If you feel your site cannot complete one of the bingo challenges, please contact your inclusion coordinator for an alternate activity
- For visual appeal, you may make a large bingo board, but you are responsible for its creation.

T R A C K S

1 Try again day	2 Congratula tions day	3 TRACKS Fairy	4 Game time!	5 Story time!	6 Bucket Fillers
7 3 Strikes you're ...in!	8 Counsellors for the Day	9 Assist Families in Need	10 Show your talents	11 Assist your community	12 Program Cheer
13 Right Thing Game	14 New Game	15 High 5 Hallway	16 Gratitude Graffiti	17 Cheerful Chains	18 Positive Post-its
19 Reading Buddies	20 Penpals	21 Let Me Be the Teacher!	22 TRACKS Champions	23 Pay it Forward	24 Spin It
25 Special Guest!	26 Lunchtime Buddies	27 The Anything Game	28 We Appreciate You Day	29 Inclusion Poster	30 Parasport Day



Instructions for each square:

1 Try Again Day!

Nobody is allowed to give up! Even if it's a difficult activity, or an activity that you don't like, make sure you try it again and participate, because even if 1 person sits out, you won't be able to get this square!

2 Congratulations day!

Set a goal for your program. As a group, you must congratulate one another that many times throughout the day! Note: you cannot just say "congratulations" or "good job", it must be specific. For example: "I really like how you designed your drum Cynthia, it looks awesome!"

3 TRACKS fairy

One of the counsellors will start out as the TRACKS fairy. When they see someone do an example of TRACKS they will secretly congratulate the person for doing so, ex. "Great job assisting Johnny doing up his shoe lace", and will give them the fairy. Now that person has to be on the look out for someone to give the fairy too. Do this all day, and see if everyone in your program can get the fairy at least once! Make sure to keep it a secret if you have the fairy so that people are surprised when you catch them in the act!

4 Game time!

Choose an ability awareness game to play, to learn what it is like to have different abilities. Debrief after.

5 Story time!

Choose a TRACKS story to read, and talk about it after.



6 Bucket fillers

On Monday, everyone makes a bucket. Throughout the week congratulate other participants on what their doing/how awesome their being by filling their buckets!

7 1,2,3 strikes you're...IN!?

Have a whole day where you don't play any games that get people "out"

8 Counsellors for the day!

Have a whole day where the participants get to explain all the game rules! Counsellors will tell you what game you're playing next, but they will choose a participants to show everyone else how to play it!

9 Assist families in need

Plan a food drive at your program to assist other families in London

10 Show your talents!

Plan a program talent show that gives everyone the opportunity to show and appreciate one's another's' talents and abilities!

11 Assist your community

Plan and participate in a litter chase at your program's community park or playground



12 Camp/Playground Cheer

Congratulate your selves on being an awesome program by making up your very own program cheer!

13 Right Thing Game

Do you know what is the right thing? Play the *Right Thing* game, where your counsellors will ask you questions about what the right thing is, and you can earn points for your team by answering it correctly.

- Examples of questions:
 - You're playing grounders on the playground, but you notice someone in your program is just sitting on the side. What is the right thing to do?
 - Your counsellor says it's time to get out of the swimming pool, but you really want to keep swimming. What is the right thing to do?

14 New Game

Try a new game that your program has never played before. It might be hard to learn, but encourage each other to try again and keep trying!

15 High Five Hallway

Designate a hallway in your camp/ playground to be the *High Five Hallway* for the week. Add friendly words all around the hallway. Whenever, individuals are walking in the hallway, they must high five! Do this for at least two days of the week



16 Gratitude Graffiti

This activity helps participants congratulate themselves. Using mural paper or chalk, have participants write or draw what they are grateful for or what they are really good at. If participants are comfortable, encourage children to explain what they are grateful for/ good at to the group or to you/ other counselors

17 Cheerful Chains

Have participants write on a piece of construction paper one thing they are really good at and draw a picture of that one thing. Roll the paper and connect them to make a chain. Hang the chain up at your program!

18 Positive Post-its

Have participants write positive messages or draw happy pictures on post-its and then take the participants around the site to post the notes all around the program

19 Reading Buddies

Pair your older participants with your youngest participants. Have your older participants read a story to your youngest participants. Encourage your older participants to talk about the book with the younger participants. You can show participants how to do this. E.g., “what’s happening on this page?”; “What do you think is going to happen next?”; etc.

20 Penpals

Pair one of your older and younger participants. Together, they will write a letter to pairs at another site. The older participants should assist the younger participants to write a letter that expresses what both of them wish to say.



21 Let *Me* Be the Teacher

We all have terrific campers/ participants with amazing talents. For this bingo square, some of your participants must teach a new skill to a group of other participants. This skill can be anything, but the teaching participants are responsible for teaching the other participants the skill. The counsellor should prompt the participants but should not take over the instruction

22 TRACKS Champions

For this square, campers must be on the lookout for the right thing. Designate a small-medium sized (5-12) group of TRACKS Champions. For the day (or week!) these participants must congratulate participants they see following the program rules. These TRACKS Champions can give out stickers for participants they see following the rules. The counsellor should model and prompt how to congratulate participants (saying specifically what the participant has done). I.e., if “Eat Safe” was a program rule, any time participants are sitting while eating, asking their counsellor to check their lunch, etc., they are doing the right thing!

23 Pay it Forward

Have one of your groups/ a small number of participants start with the instructions to spread kind actions around the program. Each participant who starts must do 3 kind actions (assisting, showing, another element of TRACKS) for a different person. After the person has helped another participant, the helper should tell the helped participant to also try to help 3 people today. Staff need to facilitate these behaviours.



24 Spin It!

For this square, counselors must put a new spin on an old game by combining it with an ability awareness activity. At least two groups must play. If you need help creating a game, contact your inclusion coordinator. Following game play, debrief the activity.

Some examples include:

- Hungry Hungry Hippos/ Nightlock with gardening gloves
- Crab soccer
- Seated volleyball
- Blindfold soccer-baseball

25 Special Guest!

Have a special guest come in to speak or lead an activity concerning ability awareness.

Sources include:

- Thames Valley Children Centre
- Special Olympics Canada
- Paralympics Canada



26 Lunchtime Buddies

Pair younger and older participants together at lunchtime encourage your older participants to have conversations with the younger participants and to get to know them. Also encourage older participants to tell/show younger participants the right thing to do. This activity should be done for at least one lunch time.

27 The Anything Game

Have a group of participants create their own game using any materials they wish to. Assist participants to write the rules down. Once rules have been established, have the group show the game to another group of participants.

28 We Appreciate You Day

Show gratitude to your custodian, BA, or FPS! Write them a lovely card – or many lovely cards and pictures. And say thank you!!

29 Inclusion Poster

Create an inclusion poster. Have kids each give a word/ sentence of what it means to belong at the program or in general. What does inclusion and belonging mean to you?

Make these statements into a pretty poster

30 Parasport Day

Plan an entire theme day around parasports. Use the resources below and find out what up! <http://www.parasportontario.ca/default.aspx>
www.education.paralympic.ca

