



FORT McCOY CYS YOUTH CENTER

# Summer Camp Weekly Themes



JUNE 8 - 12

**THEME: Minute to Win It**

You've got one minute to win it! Who is the fastest of them all? Minute to Win It is an international game show franchise where contestants take part in a series of 60-second challenges that use objects that are commonly available around the house.

**FIELD TRIP** Horseback riding at the Red Ridge Ranch in Mauston and a trip to the Outlet Mall at the Dells

**PIZZA FROM AROUND THE WORLD** Hungary's Langos Pizza

RESILIENCE SKILL OF THE WEEK  
*Hunting the Good Stuff*  
Counteract the negativity bias, create positive emotion, and notice and analyze what is good.

JUNE 15 - 19

**THEME: Pay It Forward**

Martin Luther King, Jr. once said "Life's most persistent and urgent question is: What are you doing for others?" Youth will work on a variety of fun community service activities. We will be mentoring younger children, doing community clean ups, visiting the elderly, and doing a myriad of other service projects! Be the change you want to see in the world!

**FIELD TRIP** Loggers Game in La Crosse

**PIZZA FROM AROUND THE WORLD** Japan's Okonomiyaki Pizza

RESILIENCE SKILL OF THE WEEK  
*Problem Solving*  
Accurately identify what caused the problem and identify solution strategies.

JUNE 22 - 26

**THEME: Water World**

Let's get wet and wild! Youth will splash into summer with fun water games and activities. This week we will have a variety of water play and water themed activities to cool off from the summer heat!

**FIELD TRIP** Noah's Ark in Wisconsin Dells

**PIZZA FROM AROUND THE WORLD** Italy's Neapolitan Pizza

RESILIENCE SKILL OF THE WEEK  
*Avoid Thinking Traps*  
Identify and correct counterproductive patterns in thinking through the use of Mental Cues and Critical Questions.

JUNE 29 - JULY 3

**THEME: Let's Get Stringy**

Let's be creative! Have you ever found anything on Pinterest that you just had to create? This week will be the week for that. We will be working on a variety of projects using string art.

**FIELD TRIP** Marine Art Museum in Winona

**PIZZA FROM AROUND THE WORLD** Germany's Flammkuchen Pizza

RESILIENCE SKILL OF THE WEEK  
*Mental Games*  
Change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand.

JULY 6 - 10

**THEME: Workforce Prep**

This week is a pre-employment training designed to teach essential workplace readiness skills and professional etiquette. Youth will focus on such topics as career exploration, financial literacy, conflict resolution, resume/cover letter development and opportunities to continue education and social growth.

**FIELD TRIP** We will broaden our workforce skills with a presenter and finish with a ride on Wild Thing Boat Trip in Wisconsin Dells.

**PIZZA FROM AROUND THE WORLD** India's Tikka Pizza

RESILIENCE SKILL OF THE WEEK  
*Assertive Communication*  
Communicate clearly and with respect. Use the IDEAL model to communicate in a confident, clear, and controlled manner.

JULY 13 - 17

**THEME: Diplomas to Degrees**

What do colleges require? Let's find out! Youth will tour colleges and use resilience skills to consider career and colleges choices. They will also consider finance options to pay for college.

**FIELD TRIP** University of Wisconsin-Eau Claire; Western Wisconsin Technical College in Lacrosse and University of Wisconsin-Platteville in Baraboo.

**PIZZA FROM AROUND THE WORLD** Korea's Kimchi Porkbelly Pizza

RESILIENCE SKILL OF THE WEEK  
*Goal Setting*  
Understand the key components of the Goal Setting process and practice the skill so it can be used independently to plan for achieving personal and career goals.

For additional details, please call 608-388-4373



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JULY 20 - 24

**THEME: Veterinary Science**

Who let the Dogs out!! Veterinary Science deals with the causes, diagnosis, and treatment of diseases and injuries of animals, especially domestic animals. Youth will explore of a variety of activities such as learning how to suture and diagnose animals. Youth will also work on animal toys and treats to donate to the animal shelter.

**FIELD TRIP** Morgan Side Vet Clinic in Sparta and Chasing Daylight Animal Shelter in Tomah.

**PIZZA FROM AROUND THE WORLD** Thailand's Spicy Peanut-Free Sauce Pizza (substituted with Sunbutter)

RESILIENCE SKILL OF THE WEEK  
*Real-Time Resilience*  
Shut down counterproductive thinking to enable greater concentration and focus on the task at hand.

JULY 27 - 31

**THEME: Just Do It!**

This week will test your fitness skills, sportsmanship, teamwork and ability to let loose and have some fun! Monster ball, dodge ball, toga, relays, blind fold obstacle course, team challenge games, and drop the ball are just a few of the game challenges youth will face.

**FIELD TRIP** Mt. Olympus in the Wisconsin Dells

**PIZZA FROM AROUND THE WORLD** Turkey's Spiced Lamb

RESILIENCE SKILL OF THE WEEK  
*ATC*  
Identify your Thoughts about an Activating Event and the Consequences of those Thoughts

AUGUST 3 - 7

**THEME: Survivalist**

Can you be the Ultimate Survivor? Youth will learn a variety of survival skills. Youth will be putting up tents, outdoor games, charades, learning about nutrition and hydration, extreme temperatures and even cooking over a fire!

**FIELD TRIP** Kickapoo Valley Reserve Survival Course

**PIZZA FROM AROUND THE WORLD** Mexico's Grilled Nacho Pizza

RESILIENCE SKILL OF THE WEEK  
*Character Strengths - Using Your Strengths with Others*  
Identify strengths in yourself and in others to improve teamwork, overcome challenges and be the most effective leader you can be.

AUGUST 10 - 14

**THEME: Photography**

Let's get picture perfect! Taking on a photography project is a great way to get yourself out of a photography rut and to bring some focus to your picture-taking. Youth will learn about cameras and different types of Photography. Youth will enjoy a variety of fun projects!

**FIELD TRIP** Madison Zoo photography challenge

**PIZZA FROM AROUND THE WORLD** Ethiopia's Missir Wot Pizza

RESILIENCE SKILL OF THE WEEK  
*Put It In Perspective*  
Stop catastrophic thinking, reduce anxiety, and improve problem solving by capturing the Worst Case Thoughts, generating Best Case Thoughts, and identifying Most Likely outcomes of a situation.

AUGUST 17 - 21

**THEME: Chopped**

So you think you can cook? I challenge you! Each day you will choose a new cooking challenge. You will be given a list of ingredients and a list of cooking supplies you may use (and only use), but no recipe. You will have 2 hours to research, cook, clean up, and present to the judges. Your team work skills will be challenged. At the end of the week the winning team will be announced.

**PIZZA FROM AROUND THE WORLD** Greece's Greek Pizza

RESILIENCE SKILL OF THE WEEK  
*Active Constructive Responding*  
Respond to others' good news in a way that strengthens relationships.

AUGUST 24 - 28

**THEME: Ready and Resilient**

Let's Bounce! Resilience was defined by most as the ability to recover from setbacks, adapt well to change, and keep going in the face of adversity. This week youth will learn how to bounce back from life's adversity as well as enjoy a variety of fun challenges. Say it With Music will also be visiting!

**PIZZA FROM AROUND THE WORLD** United State's American Pizza

RESILIENCE SKILL OF THE WEEK  
*Assertive Communication - Knowing Yourself*  
Identify Character Strengths in yourself in order to recognize what is right with you.

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