

CAMP STARCREST
PRESENTS

5-DAY

AT-HOME

CAMP

CHALLENGE

Overview

First of all thank you for taking the time to challenge your family to take the 5-Day At-Home Camp Challenge! We are so excited to see your family's progress.

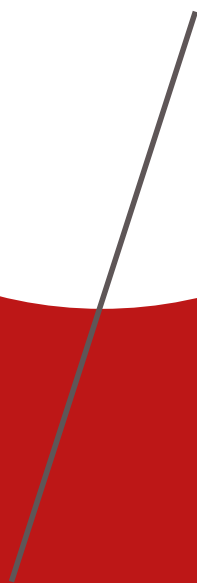
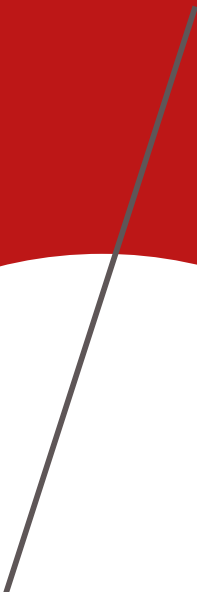
In short, Camp StarCrest is a co-ed summer camp in Southern California with academic (fun-u), art, aquatics, adventure, and athletic activities.

Our camp centers around our **5-Star Values: Seek, Support, Spirit, Service, and Skill**. This 5-Day At-Home challenge is going to incorporate those values so **your family can have fun, build confidence, and have camp spirit even at home!**

Remember you can do as many or as little of the challenges you want, **THIS IS YOUR CAMP!**

**DON'T FORGET TO SHARE YOUR PHOTOS
WITH US ON INSTAGRAM
@CAMPSTARCREST TO BE FEATURED!**

01



01

Seek

"Means looking for knowledge everywhere,
looking for friends that are there."

Today we are going to look at the things around us differently. Challenge yourself to be grateful for everything around you and think how can I learn from this object?

THE CHALLENGES

ART: Take a picture of something you see everyday. Take another picture from a different angle. How did that change your perspective?

ATHLETICS: Take your favorite sport/ activity and *seek* out a fun fact about the subject.

ADVENTURE: Journal or make a collage about all the places you have been and what you've learned. Bonus points for places you want to go!

FUN-U: Write a story about a science experiment gone wrong and how, the scientist's friends helped them solve the problem.

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Day 1: Checklist

- ART: Take a picture of something you see everyday. Take another picture from a different angle.

NOTES:

- ATHLETICS: Take your favorite sport/ activity and *seek* out a fun fact about the subject.

NOTES:

- ADVENTURE: Journal or make a collage about all the places you have been and what you've learned.

NOTES:

- FUN-U: Write a story about a science experiment gone wrong and how, the scientist's friends helped them solve the problem.

NOTES:

02



S U P P O R T

02

Support

"Means helping friends along the way,
Staying true to what you say."

Today we are showing support to the people and things that are around us. Let's also remember to support ourselves during this journey and to stay positive whenever we can.

THE CHALLENGES

ART: Make something artistic (a drawing, painting, coloring page, etc.) for a friend or family member.

ATHLETICS: Teach a friend or a family member a new skill

ADVENTURE: Find an additional chore, cleaning, or nice things to do around the house to help out your parents.

FUN-U: Think of and/ or make an invention that would help the lives of others.

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Day 2: Checklist

- ART: Make something artistic (a drawing, painting, coloring page, etc.) for a friend or family member.

NOTES:

- ATHLETICS: Teach a friend of a family member a new skill

NOTES:

- ADVENTURE: Find an additional chore, cleaning, or nice things to do around the house to help out your parents.

NOTES:

- FUN-U: Think of and/ or make an invention that would help the lives of others

NOTES:

03



03

Spirit

"Means acting silly when the time is right,
your inner-you will shine so bright."

Today we are acting silly and messy (as much you allow). Camp is a great place for kids to be themselves, the only other place like that is home!

THE CHALLENGES

ART: Put on a play! Write a scene, pick the costumes, and act it out.
Pick partners or do one-person plays!

ATHLETICS: Create a wacky sport with household items

ADVENTURE: Make a silly scavenger hunt!

FUN-U: Make up a wacky camp song and teach it to friends and family
OR learn a song from others

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Day 3: Checklist

- ART: Put on a play! Write a scene, pick the costumes, and act it out. Pick partners or do one-person plays!

NOTES:

- ATHLETICS: Create a wacky sport with household items

NOTES:

- ADVENTURE: Make a silly scavenger hunt!

NOTES:

- FUN-U: Make up a wacky camp song and teach it to friends and family OR learn a song from others

NOTES:

04



04

Service

"Means thinking of others before you, putting your all in everything you do."

Today we are focusing on those that are less fortunate than us. Always remember that it's important to think of others because you are not the only person sharing this earth!

THE CHALLENGES

ART: Make someone's day by making a card letting them know that you care about them!

ATHLETICS: Practice a skill that you can teach to someone less fortunate than you, teach them whenever you have the chance!

ADVENTURE: Clean up trash (with gloves) around your neighborhood and/or park.

FUN-U: Read a book to someone or film yourself reading your favorite book

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Day 4: Checklist

- ART: Make someone's day by making a card letting them know that you care about them!

NOTES:

- ATHLETICS: Practice a skill that you can teach to someone less fortunate than you.

NOTES:

- ADVENTURE: Clean up trash (with gloves) around your neighborhood and/or park.

NOTES:

- FUN-U: Read a book to someone or film yourself reading your favorite book

NOTES:

05



05

Skill

"Means trying your best at something unknown, perfecting techniques you already own."

Today we are learning new skills and practicing old. It's essential to be life-long learners that are always searching for something new. This is how our society improves!

THE CHALLENGES

ART: Practice one artistic skill that you already know, then learn another one! Ex. Painting with paint then watercolor

ATHLETICS: Try a sport outside of your comfort zone. Ex. Yoga or tennis

ADVENTURE: Go on a hike or nature walk and try and figure out the types of plants.

FUN-U: Think of the science you learned in school and come up with an experiment using that lesson.

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Day 5: Checklist

- ART: Practice one artistic skill that you already know, then learn another one! Ex. Painting with paint then watercolor

NOTES:

- ATHLETICS: Try a sport outside of your comfort zone. Ex. Yoga or tennis

NOTES:

- ADVENTURE: Go on a hike or nature walk and try and figure out the types of plants.

NOTES:

- FUN-U: Think of the science you learned in school and come up with an experiment using that lesson.

NOTES:

YOU

DID

IT!

**CONGRATULATIONS! We are so proud and
impressed!**

**Since you've completed the challenge we would like
to welcome you into the Camp StarCrest Family!**

**Be sure to follow us on Instagram @CampStarCrest
for camp challenges, contests, spirit, and more!**