

# Activity Descriptions

## DAY TIME ACTIVITY OPTIONS

### Aerial Silks

#### **Minimum age requirement: 5<sup>th</sup> grade**

Aerial Silks are long sections of fabric suspended from a cable. In this class participants are taught the basics of Aerial Silks. Participants will use the silks to do some warm up stretches, and then move onto more advanced poses as the class progresses. Participants will work in pairs to support one another by spotting each other during the activity.

### Animal Tracking

#### **Best suited for 3<sup>rd</sup> – 8<sup>th</sup> grade**

In this activity participants learn about what signs and tracks animals leave behind and what we can learn about those animals from their tracks. Participants will also learn about how different animals walk, and will visit our tracking station and other locations around camp to look for animal tracks.

### Apple Baking & Cidering

#### **Great for all ages**

Participants will make a tasty snack by coring an apple, and adding brown sugar, cinnamon sugar, and raisins to the center. The apple is wrapped in foil and placed in a fire to melt the sugar and soften the apple. While participants are waiting for their apples they can use our cider press to make some fresh apple cider to go with their snack. Apple baking and apple cidering can be run together or independently of one another.

### Archaeology

#### **Best suited for 3<sup>rd</sup> – 5<sup>th</sup> grade**

In this activity everyone participates in a sample archaeological dig to learn about artifacts and what they might be able to tell us about how people lived in the past. Participants also get to explore the Camp Mason property and learn about previous residents of the area through artifacts such as stone fences, a house foundation, and a lime kiln.

### Archery

#### **Minimum age requirement: 3<sup>rd</sup> grade**

At our archery range Participants learn about safety rules, the parts of the bow, and proper shooting techniques. Each participant gets multiple attempts to score a bull's eye.

### Arts & Crafts

#### **Great for all ages**

Participants get to pick from a variety of available arts & craft projects. Examples of potential projects include: painting sun catchers, leather stamping, sand art, and fuse beads.

### ASE

#### **Minimum age requirement: 5<sup>th</sup> grade**

Some call it "low ropes", some the "challenge course"; we call it ASE or Action Socialization Experience. In this activity participants work together to overcome a series of obstacles and challenges. The challenges will start out easy and get harder as the group progresses. They then analyze their strategies and discuss how they worked as a team.

### Axe Throwing

#### **Minimum Age Requirement: 5<sup>th</sup> grade**

At our axe throwing range participants learn about safety rules and proper throwing technique. Each participant gets multiple attempts at throwing an axe and hitting a wooden target.

### Beaver Pond Hike

#### **Best suited for 5<sup>th</sup> grade and up**

Participants take a 1.5 mile hike to a beaver pond. The group will make stops along the way to do activities and have discussions that highlight some of the unique adaptations of beavers. This activity can be run as a class with activities and information about beavers, or it can just be a guided hike.

### Black Bear

#### **Best suited for 3<sup>rd</sup> grade and up**

This activity is an exercise in group communication skills and works much like the game “telephone”. Participants must pass along instructions on how to replicate a structure built from tinker toys. The catch is that only one group member is allowed to see the structure and only one group member is allowed to create the replica structure. In the end, they see the results of their work and debrief the experience.

### Boating and Canoeing

#### **Canoeing – Minimum age requirement: 4<sup>th</sup> grade**

#### **Row Boating – Great for all ages, younger children will need an adult in the boat with them**

After discussing safety, participants paddle a canoe or row a rowboat on beautiful Lake Mason. They learn basic strokes and how to cooperate with others in their boat to get where they want to go.

### Candle Making

#### **Best suited for 3<sup>rd</sup> grade and up**

Participants get to make their own candles by repeatedly dipping a wick into melted wax and then into a bucket of water. The candles can also be molded and twisted into various shapes.

### Christmas Tree Farm Hike

#### **Best suited for 5<sup>th</sup> grade and up**

Join one of our instructors on a guided hike on one of Camp Mason’s beautiful hiking trails. Along the way participants will get to explore an abandoned Christmas tree farm that’s on the property.

### Climbing Wall

#### **Great for all ages**

Our 40 foot climbing wall with seven different sections of varying difficulty is a great place for participants to challenge themselves and gain self-confidence. Participants get an introduction to the sport of wall climbing, learn climbing commands and basic technique, and cheer each other on.

### Crate Stacking

#### **Minimum age requirement: 5<sup>th</sup> grade**

Participants stacks crates while climbing them, requiring balance. The goal is for the participant to climb as high as they can without the crates toppling over. Teammates assist by handing the participant crates and providing encouragement.

### Disc Golf

#### **Best suited for 3<sup>rd</sup> grade and up**

Participants learn the basics of disc golf then play a round on our 9-hole course. Think of this activity as golf, but with a frisbee instead of a ball and club. At each hole participants tee off and try to get their disc in the basket using the fewest throws possible.

### Eco Art

#### **Great for all ages**

This activity is a wonderful combination of art and nature. Participants look at and analyze works by multiple artists then gather natural materials to create a work of art themselves.

### Firecracker

#### **Minimum age requirement: 5<sup>th</sup> grade**

This activity requires each participant to trust the group to help them across a horizontal ladder suspended in the air. With only one cable running through the middle of the ladder rungs, the only way to keep the rungs stable for the climber is for the participants on the ground to hold onto ropes that are attached to the rungs in the air.

### Fire Tower Hike

#### **Best suited for 5<sup>th</sup> grade and up**

Participants hike to the edge of Camp Mason's property then join up with the Appalachian Trail to head up to a fire tower still used by the State Forest Service. The view from the ridge is spectacular and this is a perfect spot to talk about local geology and glaciations. This 8 mile hike takes about a half day to complete but shortening the hike is possible by taking a bus part of the way. The shorter hike can be accomplished in an hour and a half.

### Fishing

#### **Great for all ages (younger children will require adult supervision)**

In this activity participants will learn the basics of fishing. The instructor will discuss basic safety, and teach participants how to bait a hook, cast, and remove a fish from a hook. Participants will then get to spend the remainder of the activity fishing in Lake Mason.

### Flying Squirrel

#### **Age requirement: 3<sup>rd</sup> – 4<sup>th</sup> grade**

Participants will put on a full body harness and be attached to a rope. The rest of the group will hoist the participant into the air by pulling on the other end of the rope. The participant can choose how high they'd like to go, enjoy the view, and then the group will slowly lower the participant back to the ground.

### Forest Ecology

#### **Best suited for 4<sup>th</sup> – 8<sup>th</sup> grade**

Participants enhance their observation skills while learning about the forest ecosystem and interdependence through discussion, games, and hands-on activities. Additional topics may include predator-prey relationships, tree identification, decomposition and more. This activity includes a hike on one of camp's beautiful trails.

### Free Time on Courts

### **Great for all ages**

Spend some time on the courts at Camp Mason, where participants are free to choose between hockey, basketball, soccer, volleyball, gaga, and/or tether ball. There will be no Camp Mason instructor assigned to this activity.

### Full High Ropes

#### **Minimum age requirement: 7<sup>th</sup> grade, this activity requires a 2 hour time block**

Participants will navigate 3 different challenges that are suspended 30 feet up in the trees, and complete their experience by going down the Zipline. This activity builds trust and teamwork between the participant and their partner who guides them and provides encouragement from the ground.

### Geocaching

#### **Best suited for 5<sup>th</sup> grade and up**

Participants learn about how GPS works, its applications, and how to use a GPS receiver. They then participate in the sport of geocaching, a “modern treasure hunt” which takes them to caches hidden throughout the camp.

### Geology Hike

#### **Best suited for 5<sup>th</sup> – 8<sup>th</sup> grade**

This activity takes place in beautiful Van Campen’s Glen, a short drive from Camp Mason. Participants will take a hike through a hemlock ravine while learning about the local history, erosion, and plate tectonics that can be seen in the rock formations at the Glen.

### Giant Swing

#### **Minimum age requirement: 5<sup>th</sup> grade and up**

The giant swing is exactly what it sounds like, a giant swing. Participants are attached to both the swing and a hoisting rope. They are hoisted into the air by their peers, and then release themselves from the hoisting rope to swing through the air. A lot of teamwork is involved in order to give each person in the group a chance to swing.

### Hiking

#### **Great for all ages**

Camp Mason has a variety of hiking trails that range from beginner to intermediate. Participants can enjoy the outdoors on a guided hike with one of our instructors. Instructors can simply guide the way while the group enjoys the scenery, or the instructor can provide some information about various topics such as geology, plant/tree identification, local history of the area etc. Talk to a Program Director about the type of hike that is best suited for your group.

### Leap of Faith

#### **Minimum age requirement: 7<sup>th</sup> grade and up**

Participants will begin by climbing up a tree to a platform. There, they will find a rope attached to a ball by the tree, where they can adjust the distance of a ball as close or as far away from the platform as they feel comfortable. Next, the participant will leap off of the platform and try to hit the ball. The objective of this element is to try and hit the ball as well as face your fears and take that leap of faith!

### Low Ropes Circuit Course

### **Great for all ages**

Participants will start by learning proper spotting technique and splitting into small groups of 3-4 before entering the course. Once in the course everyone will have an opportunity to navigate various challenges that include walking on cables, crossing a bridge with wooden planks, traversing a cargo net, and so much more. All elements are 3-4 feet off the ground, and chaperones are required to help spot younger participants.

### Mid-Range Adventure Course

#### **Great for all ages (best suited for K-5<sup>th</sup> grade)**

Participants will navigate their way through a variety of challenges that are 12 – 15 feet off the ground. Participants will start by climbing up a cargo net and complete their experience by zip lining back to the ground. This is a great activity for participants who have never done a high ropes course before, or are a little nervous about heights.

### New Games

#### **Great for all ages**

In this activity participants have fun and get to know one another through large group games. A variety of 10-15 minute long games will be provided for everyone to enjoy. Participants will get to play classic games such as tag, modern games with a twist like rock paper scissors entourage, and silly camp games that no one has ever played before!

### Outdoor Cooking

#### **Best suited for 3<sup>rd</sup> grade and up**

In outdoor cooking everyone gets to sit around a campfire and enjoy a tasty treat. The instructor will go over fire safety, and help participants prepare and cook a snack. At the end everyone gets to sample the snack that's been made.

### Pioneer Living

#### **Best suited for 5<sup>th</sup> – 8<sup>th</sup> grade**

Participants spend time discussing and doing hands on activities to learn what life may have been like for the early settlers while they make their way to our replica homestead cabin. Once they arrive there will be time to explore the cabin and participate in several tasks such as leather stamping and cooking over a fire.

### Pond Ecology

#### **Great for all ages, academic knowledge best suited for 5<sup>th</sup> – 8<sup>th</sup> grade**

In this hands-on activity participants explore the pond and learn about the organisms that live there. The activity will start with a discussion about the pond, the types of organisms participants may find, and the best places in the pond to look for the organisms. Participants will then spend some time exploring the pond and catching organisms. Finally, participants will try to identify the organisms they find and have a discussions about the adaptations that allow the organisms to successfully survive in their ecosystem. This activity can be run with an academic focus or as “critter catching” with less emphasis on the pond ecosystem and adaptation, and more emphasis on simply exploring and having fun.

### Predator Prey

### **Best suited for 5<sup>th</sup> – 8<sup>th</sup> grade**

This is an activity in which participants create and carry out a predator prey relationship through a game of tag. Participants will become a specific predator or prey animal and then within the round, they need to collect the appropriate amount of food and water for their given animal. After each round participants come together to see which animals survived, which didn't, and have a discussion about how the predator prey relationship might impact an ecosystem.

### Pretzel Baking

#### **Great for all ages**

In this activity everyone is given a portion of pretzel dough to mold into any shape they'd like. Once the pretzel has been shaped participants brush their pretzel with butter and sprinkle it with either salt, sugar, or cinnamon sugar. The pretzels are placed in the oven to bake for about 10 -15 minutes. Once they've cooled everyone can enjoy their tasty treat.

### Rick's Rocks

#### **Minimum age requirement: 7<sup>th</sup> grade**

Just a five minute bus ride from camp, Rick's Rocks is a cliff with several climbing routes ranging from beginner to advanced. Participants get an introduction to the sport of rock climbing, learn climbing commands and basic technique, and cheer each other on. The top of the cliff affords beautiful views of the area.

### Riflery

#### **Minimum age requirement: 5<sup>th</sup> grade**

After learning about the safety rules and range procedures participants get a chance to shoot a .22 caliber single shot rifle. Participants also learn about the parts of a rifle, proper handling of rifles, and shooting technique.

### Scavenger Hunt

#### **Best suited for K – 3<sup>rd</sup> grade**

An instructor will hand out a list of scavenger hunt items and paper bags to each participant. The group will go on a walk through camp and collect as many items as they can find. At the end of the activity each person can share what they found with the rest of the group.

### Service Project

#### **Best suited for 5<sup>th</sup> grade and up**

Participants will engage in a meaningful project that impacts camp and/or the guests that visit. Please speak to a Program Director about the projects that may be available to you during your stay. Past projects have included: raking leaves, trail maintenance, sign making, and construction projects.

### Skate Park

#### **Minimum age requirement: 3<sup>rd</sup> grade**

Instructors will go over the rules, and help participants put on all of their safety equipment before sending everyone into the skate park to have fun. All participants are required to wear knee pads, elbow pads, wrist guards, and a helmet. Camp will provide all of the equipment needed for this activity.

### Stream Ecology

**Great for all ages, academic knowledge best suited for 5<sup>th</sup> – 8<sup>th</sup> grade**

In this hands-on activity participants explore the stream and learn about the organisms that live there. The activity will start with a discussion about the stream, the types of organisms participants may find, and the best places in the stream to look for the organisms. Participants will then spend some time exploring the stream and catching organisms. Finally, participants will try to identify the organisms they find and have a discussion about the adaptations that allow the organisms to successfully survive in their ecosystem. This activity can be run with an academic focus or as “critter catching” with less emphasis on the stream ecosystem and adaptation, and more emphasis on simply exploring and having fun.

Sustainability

**Best suited for 4<sup>th</sup> – 8<sup>th</sup> grade**

Participants will learn about some of the various topics surrounding sustainability through group discussion and hands-on learning activities. Participants will also spend some time thinking about ways that they can have a positive impact on the environment in their own homes. Potential topics include: food production, composting, and gardening. Content can focus on many different aspects of sustainability. Talk to a Program Director about what topic(s) of sustainability your group would like to cover.

Survival

**Great for all ages**

Participants discuss basic human needs and items they’d want to have in a survival situation. They then work together to build a survival shelter and/or learn basic fire building.

Swimming

**Great for all ages, Available Memorial Day to Labor Day**

Cool off on a hot day by enjoying the Camp Mason swimming pool. Participants can even go down our slide after taking a swim assessment to ensure the safety of all of our guests.

Tie Dye

**Great for all ages**

Bring a white shirt or buy a white Camp Mason t-shirt to tie dye. An instructor will help participants fold, tie, and apply dye to their shirt to create a unique pattern. Once the dye has been applied the shirt will be wrapped in newspaper and placed in a plastic bag. Participants will be given instructions on how to rinse and wash the shirt at home so the design becomes permanent.

Total Team

**Best suited for 3<sup>rd</sup> – 4<sup>th</sup> grade**

In this activity participants work together to overcome a series of obstacles and challenges. They then come together to discuss how they worked as a team. This activity is very similar to ASE and is a great alternative to ASE if the participants are not yet in 5<sup>th</sup> grade.

Vertical Playpen

**Minimum age requirement: 5<sup>th</sup> grade**

In this activity participants work in pairs to climb a series of elements: a rope ladder, some 4X4 beams, and a set of wooden blocks or tires. This requires cooperation and teamwork as well as lots of support and encouragement from the rest of the group.

Wetlands

**Great for all ages, academic knowledge best suited for 5<sup>th</sup> – 8<sup>th</sup> grade**

In this activity participants will learn what defines a wetland and how to identify one. Participants will collect data and run a series of experiments to decide where they think camp's wetland begins and ends. Participants will also discuss the effects humans can have on wetlands and debate related environmental issues. This activity can be run with an academic focus or as more of a short hike with a focus on having fun and exploring.

Wilder Woozy

**Minimum age requirement: 7<sup>th</sup> grade**

Two participants climb up a tree and stand facing each other on two separate wires that start close together and get further apart. The goal is for the participants to see how far down the wires they can go before they fall, by leaning inwards on each other for support. This element requires high levels of trust and communication between the two climbers, and between the climbers and the rest of the group holding the safety ropes.

Zipline

**Minimum age requirement: 5<sup>th</sup> grade**

Participants climb up a 30 foot rope ladder to our Zipline platform. The instructor on the platform will attach the participant to the Zipline, and go over the Zipline commands before allowing them to zip through the trees. The rest of the group will need to work together to help disconnect the participant from the Zipline so the next person can take their turn.

**EVENING PROGRAMS**

Alpha Beta

**Best suited for 5<sup>th</sup> grade and up**

This activity begins with a discussion about what makes up a culture. After the discussion participants will be broken into two separate groups or cultures. Each group has a set of cultural norms to learn, and then participants will role play what it's like to live in that culture. Throughout the activity instructors will send people from each group to visit the other culture and make observations. Both groups are trying to figure out what the other group's cultural norms might be. At the end of the activity both groups will come together to debrief their experiences. Each group will explain their own culture and share the inferences they made based on their observation of the other groups culture. The group will then discuss how this activity might apply to everyday life.

Astronomy Hike

**Best suited for 5<sup>th</sup> grade and up**

Participants take a short hike and stop intermittently to participate in activities that cover the various concepts of astronomy. Topics may include: planets, moon phases, Greek/Roman mythology, and constellations. If it's a clear night participants will be able to spend some time stargazing on our field.

Campfire

**Camp Mason run Campfire – Best suited for K – 6<sup>th</sup> grade**

There are a few options when it comes to having a campfire. Option 1: Participants can light their own campfire and enjoy the evening with their group. Option 2: A Camp Mason staff member can help participants light their fire, and the group can enjoy the evening. If camp staff light the fire, the group is responsible for putting it out before they go to bed. Option 3: Join the Camp Mason staff in singing

songs and performing skits around the campfire. S'mores can be added to the experience at a cost of \$1 per person. With this option the camp staff will take care of lighting the fire and putting it out, all the group has to do is show up and have fun! Someone must be present at all times while a fire is burning.

### Dutch Auction

#### **Great for all ages**

Participants are broken up into teams by cabin, and are asked to go fill one pillowcase full of stuff. However, the following rules must be followed: the items must fit in the pillow case, the items cannot be alive, and if the item isn't yours you must ask permission before putting it in the pillow case. The items will not be taken away and everything will be returned to the correct owner at the end of the activity. Once all of the teams have arrived in the meeting location the real fun begins! For more information about this activity please speak to a Program Director.

### Night Hike

#### **Best suited for 5<sup>th</sup> grade and up**

Participants take a short hike and stop intermittently to participate in activities that explore the senses. As humans we strongly rely on our sense of sight, but many nocturnal animals don't. Participants will experience what it's like to rely on their other senses and learn about adaptations of nocturnal animals through the use of hands-on/experiential activities. We don't allow flashlights on our night hikes, as many of the activities rely on the development of our night vision. This activity can have a strong academic focus on senses and nocturnal animal adaptations, or can have more of a focus on stepping outside of your comfort zone and becoming more comfortable in the woods at night.