



Conducting Cabin Chat at Home

What is cabin chat? Cabin Chat is a time at the end of each day for our campers to **come together and reflect on their day or week** and connect with their cabin mates. Cabin chat is a great way to **come together as a family unit and connect**. At Victory Junction, it's a very powerful way to debrief the day, and allow campers to have a moment to **speak from their experience**, and also **listen to perspectives** of other individuals.

Tips, Tricks, and Helpful Hints:

Set aside time for cabin chat whether it is 10 minutes before bed or over dinner with your family. Cabin chat is a time to be together and connect.

Limit distractions – Agree to put phones away, turn off the TV, and be present with each other during cabin chat.

Have a talking stick (stuffed animal, favorite object, etc.) - at camp we pass around an electric candle. When you have the candle, it is your turn to share. If you do not have the candle, it's your time to listen to others speaking.

Challenge by choice – At Victory Junction, we want everyone to participate in whatever way they are comfortable. This should be true where ever we are. Share as much or as little as you are comfortable with.

Feel free to invite others to join your Cabin Chat. Family members and friends can be fun. You could even call, FaceTime, or Zoom to make share the experience with someone.

An alternative way to conduct Cabin Chat is by starting a journal. Write down the questions that are asked, and record your responses in your very own journal.

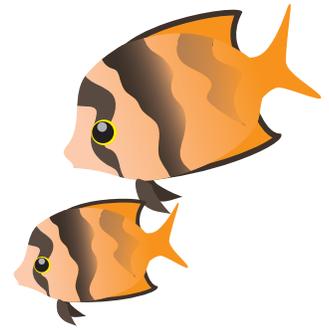
Join us from home!

Follow along with us this summer on social media! @victoryjunction

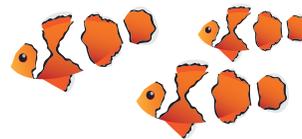


Share photos and videos of your camp cheers, dance moves, games and crafts, using the hashtag #VJatHome





Cabin Chat: Week 1 - Under the Sea



1. Talk about your **Rose, Thorn, and Bud**

Rose- Favorite part of the day?

Thorn- Something that you experienced today that challenged you?

Bud- What do you look forward to tomorrow?

2. What is your favorite thing about **YOU?**
3. You're a deep-sea creature that hasn't been discovered yet, **what would you look like?**
4. If you were stranded on an island for **1 month**, what **3 things** would you want with you?
5. What is one way you can make some **camp magic at home?**

