



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. Jot 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 @ Home



1. If you could be a **dinosaur**, describe what you would want to **look like**.
2. If you could have tea with **one person**, past or present, who would it be?
3. If you had **100 dollars**, what would you do with it?
4. What is your favorite **family tradition**?
5. What was the **best part** of your day?

