

The G.I.R.L.'s Guide to CAMP *Graham*



Nature and Property Activities for Troops and Groups



and so the adventure begins

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Welcome to Camp Graham! We are so excited that your group is taking a trip to our flagship camp in Vance County. The G.I.R.L.'s Guide to Camp Graham has lots of helpful information for planning your trip, activity suggestions, and helpful reminders. This information is here to help you start planning your trip, so feel free to use it as a starting point and expand on the ideas in the pages to come.

Camp Graham sits on 155 acres of forest, lake coves and fields to explore. This space provides many open spaces for large group activities as well as wooded trails around the lake. Whether it is being used for weekend camping, service units events, or summer resident camp, Camp Graham has something for everyone!

Our property is home to a beautiful lake and surrounding woods – take a hike and look for beavers and fish by the lake, birds in the trees, and blueberries in the woods. If boating is more your speed, our lake offers opportunities for canoeing, kayaking, sailing, and paddle boarding. For those looking for a swim, the swimming areas within the H Dock can be used when the weather conditions allow. The archery range is perfect for beginning or experienced archers, with moveable targets that can help to increase the level of difficulty. Our low ropes course provides an opportunity for troops and groups to work as a team on mental and physical challenges and initiative games. There are a variety of hiking trails used to explore the woods surrounding camp. To top it all off, we have a staff house for year-round camping, outdoor shelter for arts & crafts, a gaga ball pit, and a fishing dock.

We can't wait for you to come to Camp Graham and explore all that it has to offer. If you have any questions, please feel free to reach out to us using the contact information below.

Happy Camping!

Camp & Outdoor Program Team:
outdoorprogram@nccoastalpines.org
1-800-284-4475

Camp Graham Ranger:
252-213-0230



Certification Activities

At Camp Graham, there are several activities that will require a certified instructor for your girls to participate. This is a brief overview of the certification requirements – please be sure to refer to Safety Activity Checkpoints for full requirements and recommendations. To request activity instructors/facilitators, please submit the following online form: <https://gsnccp.wufoo.com/forms/q111j6uo0txy011/>.

Outdoor Skills Training:

Each troop staying overnight or cooking outdoors at Camp Graham must have a volunteer who has completed the Let's Go Camping course, including the online and in-person portions. For day use at Camp Graham, it is recommended that each troop has a volunteer who has completed the online trainings Let's Go Outside and Let's Go Exploring.

Watercraft:

The waterfront must be reserved separately for your group to participate in watercraft activities.

- Canoeing – Must have a certified facilitator with American Red Cross Small Craft Safety Canoe/Kayak. Required ratio of certified facilitators to participants is 1:12, plus an additional adult watcher/helper.
- Kayaking - Must have a certified facilitator with American Red Cross Small Craft Safety Canoe/Kayak. Required ratio of certified facilitators to participants is 1:10, plus an additional adult watcher/helper.
- Paddle Boarding - Must have a certified facilitator with American Red Cross Small Craft Safety plus Paddle Boarding experience. Required ratio of certified facilitators to participants is 1:5.
- Sailing: Must have a certified facilitator with American Red Cross Small Craft Safety Sailing. Required ratio of certified facilitators to participants is 1:8, plus an additional adult watcher/helper. You will want to have at least 4 hours for Sailing.

Fishing:

Fishing can be done from the T-Dock that sits near the swinging bridge at Camp Graham.

- Must have a certified instructor with American Red Cross Basic Water Rescue. Required ratio of certified instructors to participants is 1:10.

Swimming:

The waterfront must be reserved separately for your group to participate in swimming.

- Swimming in the lake is allowed in the designated areas of the H-dock as long as the water temperature is 70 degrees or higher. There must be certified lifeguards with waterfront certification and watchers to follow the ratio chart below.

Number of Swimmers	Lifeguards	Watchers
1–10	1 adult (see exception for pools above)	1*
11–25	1 adult (see exception for pools above)	2*
26–35	2 persons, at least 1 is an adult; others may be 16 years of age or older.	3*
36–50	2 persons, at least 1 is an adult; others may be 16 years of age or older.	4*

Archery:

The archery range must be reserved separately for your group to participate in archery.

- Must have an instructor certified by USA Archery with a minimum Level 1 certification. Required ratio of facilitators to participants is 1:10.



Nature Hike

There are several fun trails at Camp Graham, and you can create an epic hike by alternating routes for even more time on the trail! This trail gives you several options to explore. You can follow it straight back past the Unit Shelter in Kay Mac and explore the beach or you can walk through the unit and explore the beach and beaver dam and/or cross the swinging bridge back into main camp.

Here's one of our favorite routes:

The trail head begins behind the Ranger's shop. The trail is in the middle of a heavily wooded area. As you walk, look for signs of nests and dens in the trees and on the ground.

Pay attention to what's living in the trees- What insect do you think makes those huge webs in the branches? Count the number of fallen trees- What could have caused them to fall? Why are these trees important to the habitat of the lake? Explore some of the stumps along the trail. What insects and plants can you identify?

As the trail opens into Kay Mac, the primitive camp unit, decide which way you would like to explore.

- To hike down to the beach, continue past the unit shelter and follow the trail straight back. Be mindful of poison ivy and prickly stems. DO NOT touch or play with the low course elements as they are not permissible to be used by unauthorized individuals. As you continue down the trail, note changes in temperature, sounds, and vegetation. When you reach the beach, check out the trees that appear to be dead but have new branches growing from them. How do the plants and tree on the beach differ from those on the trail? Look for changes in the elevation of the land as well signs of animals and types of shells.
- To explore the beaver dam and Kay Mac beach area, turn right and walk through the platforms towards the clearing that leads to the swinging bridge. To the right of the entrance to the bridge is the beaver dam. Depending on water levels, you can walk around and explore the channel. Please be mindful not to disturb the dam or the area surrounding the dam. Have some nets? The beach on this side of the cove is a great area to pond dip. Explore the flat areas towards the main lake; just be aware of the prickly vines.
- Once you cross the swinging bridge, take an immediate right and head up the trail towards the CIT Hut. Look up in the trees; you may see a wild turkey! Look for evidence of the control burning at camp. Why would we purposely burn the plants and trees? As pass the CIT Hut and enter the road, the Ranger's shop will be straight ahead on the left.

Completion of this hike can range from approximately 30 minutes to several hours. This estimate can alter greatly depending upon the age of your girls, the number of finds along your way, and stops you make for activities or hydration. If you're looking for something shorter, just pick part of the trail to hike!



Nature Scavenger Hunt

This is a great scavenger hunt to do while on a hike. Take a walk around property and see how many things you can find!

- Something red
- Something orange
- Something yellow
- Something green
- Something blue
- Something purple
- Something brown
- Something black
- Something white
- 3 leaves of different shapes
- A leaf that is 2 different colors
- A tree that's too big to hug
- A tree you can fit your hand around
- Signs of an animal home
- Something that will grow
- Something that is decomposing
- A cloud that looks like something else



Web of Life

Activity Time: 20 minutes

Materials: web of life cards (optional), ball of yarn

This activity is a great way to get girls making connections between the many parts of Kerr Lake’s ecosystem. You are invited to print the accompanying cards on cardstock for this activity, but can have just as much fun asking girls to think of and choose a “character” for themselves. These instructions are written for minimal use of materials, so cards are not a requirement. We recommend doing this activity near the Lake or following a hike in that area.

Gather the group into a circle.

Ask the girls to share:

- What/who makes up your community? (family/friends/organizations/buildings/etc)
- How are communities in nature different?
- What things might make up the community of Kerr Lake?

Go around the circle and have each girl choose a role or “character” that is part of Kerr Lake’s community. Give the girls time to decide why their character is important to that community. (*note: with younger girls, you can assign these roles*)

Have one of the girls to volunteer their plant or animal for a starting point and give that girl one end of the yarn.

Ask the rest of the group if they think their plant or creature is related in some way to the first character. Choose one of the girls to explain her connection to the first, and then have the first girl toss the yarn to her, making sure to continue to hold her end of the yarn.

Continue by connecting a character to the second girl, then the third, and so on. Each girl will hold onto the yarn, and toss the ball of yarn to the connecting girl. Continue until everyone is connected by yarn – at the end, everyone should eventually have a portion of the yarn in her grasp.

Have one girl give a light tug on the string; anyone who can feel that tug on their yarn should also begin to lightly tug. It won’t be long before everyone is lightly tugging. Talk about how this relationship represents the interconnectedness in the Kerr Lake community, but all habitats (including humans). One part affects the whole.

Now have the group nominate a character to become extinct. Once they choose a species, have that person drop the string. Then have the girls tug their string once more, beginning with a volunteer and spreading out to all those who feel the tug. Any students who did not feel the tug should drop their string. Repeat the process of extinction until you see visible results. Have the group discuss:

- What is an ecosystem and how are things are related within one?
- What are some of the effects of extinction?
- Do humans fit into the web? Why or why not?
- How does this web affect Kerr Lake?

Lake	Fish	Hot Sun	Grass	Fox
Black Walnut Tree	Osprey	Wildflower	Black Rat Snake	Loblolly Pine
Deer	Holly Tree	Eastern Box Turtle	Clover	Great Blue Heron



GO PLAY!

We want to encourage girls to play with nature, not just in nature. Creating opportunities for unstructured play will allow girls direct access to real nature while allowing girl to explore, discover and create their own activity. Check out these ideas for unstructured nature play as well as group games. These ideas are sure to get your girls up, outside, and having fun in the outdoors!

Build shelters, fairy or gnome houses, bridges, castles, mazes, and art pieces out of natural materials

Create your own games, run through fields and grassy areas or lay down and cloud watch

Pretend to be animals and make up stories and acting them out.

We want to be stewards of our environment, so encourage girls to only use nonliving materials found on the ground. Be sure to check areas for safety hazards prior to allowing girls to use the space for free play. Once play is finished, remember to Leave No Trace by returning all materials to their original locations.



Group & Field Games

GaGa Ball:

Gaga Ball is a form of dodgeball that is played in a "pit." The GaGa Ball pit at Camp Graham can be found in the encampment field behind the Tie Dye Hut. You will find a ball and rules in the cabinet under the shelter.

The game's roots originated in Israel. The word 'Ga' means Hit or Touch, so 'Ga-Ga' means Hit-Hit. There are several variations on exactly how the game is played, but we find these rules to be the most common and fair, while keeping the game competitive and fun:

- To start, everyone in the pit must be touching the wall.
- Someone tosses the ball in the center of the pit, and it must bounce twice on the ground. As it bounces, everyone can say "Ga" for each bounce. After the second bounce ("Ga-Ga"), the ball is live.
- Slap-hit the ball with your hand, aiming it at another player's leg at the knee or below. If the ball hits or touches anyone at the knee or below, that player is out and must exit the pit. At any time, if a player makes any type of contact with the ball at the knee or below, that player is out.
- Anytime the ball goes out of the pit, the last person the ball touched is out.
- You can only hit the ball one time until it either touches another player or the wall, then you are able to hit it again. You can bounce the ball against the wall to position it if necessary; and, you can move around anywhere inside the pit during the game.
- The game ends when the last person is eliminated or, to speed up the end of the game, the last few players can be given a count-down for a tie game. Once the game is over, everyone else re-enters the pit to start a new game.
- You can add variations to the game such as playing with more than one ball, play in teams, expand the 'hit' area to above the knee, catching the ball to eliminate the person that hit it, and any other variation you can come up with! A suggestion to keep girls engaged is to play rotation instead of elimination. This is done by allowing a certain number of players in the pit, and forming a line for the rest that want to play. Then, as one person gets out, the next person in line goes into the game. This way, everyone that wants to play should get a chance during a short period of time.



Train Game

Everyone will get into groups of 7-8, or one large group if less than 7-8, and facilitator will ask them to get into a train formation. Then the facilitator will teach them that in order to stay on rhythm for the entire game, the whole group all together will need to say “Chugga Chugga Chugga Chugga CHOO CHOO”. Every camper will turn to face one direction. They will then place both hands on the person’s shoulders directly in front of them. Next they will be instructed to start moving around in a train formation while keeping this beat.

While the train is in constant motion, the facilitator will add in cues that they have to perform. Examples:

- ⇒ Rotate: the whole train turns around and heads in the opposite direction.
- ⇒ Caboose: the person in the back of the train runs to the front
- ⇒ Switch: the person in the front of the train and in the back of the train switch positions
- ⇒ 4’s: the person in the 2 position and the 4 position switch spots
- ⇒ Jump: the whole train must jump in place three times
- ⇒ Break: the entire train stops where they are and dances

The game continues on until the facilitator decides to stop.



Energy Ball

An energy ball is an imaginary ball (about the size of a soccer ball) that gets passed around a circle of seated players using specific commands. In this game, if you happen to make a mistake, you are not out, but merely need to correct your mistake and continue the game.

First someone creates the Energy Ball. It can arrive like a present in a box, be baked like a cake, inflated like a tire, etc. Be creative and invent your own method. Next, review the commands for how to pass the ball around the circle.

- Pass- using their right hand to pass to the left or their left hand to pass to the right, player crosses over the midpoint of their body saying “pass” and then illustrating with their hands the direction the ball will travel. Pass can only be used to keep the moving ball in the same direction it is presently traveling.
- Bink- players hold their forearm straight up, to form a wall that the ball hits, bounces off and continues in the opposite direction.
- Bounce- this command skips a person, make a chopping motion with one hand to bounce the energy ball at the feet of your neighbor (skipping them) and have it arrive at the next player in that direction.
- Over- this command allows a player on one side of the circle to pass the Energy Ball across the circle to a player on the other side. Using both hands (like they are throwing a ball) a player points towards the intended receiver and says “over”
- The Schwa!- One of the greatest Energy Ball moves of all time, behind the back (basketball like) pass that reverses direction and skips a person. If the Energy Ball is approaching from the left, a player would take their right hand, swing it around to the right, and behind their back (reversing the direction of the ball and skipping a person), while saying as theatrically as possible, “Schwaaaaaaaaahhhhh!”

Now set the Energy Ball in motion and see how far you can send it without making a mistake. Or, try creating new commands to move the ball, such as standing to twirl or the entire group doing “the wave.”



Campfire & Songs

No camping trip would be complete without a campfire! Campfires can include songs, skits, poems, performances, ceremonies, or any variety of activities. Of course, don't forget the s'mores!

At Camp Graham, there are fire circles with log benches in each unit, behind the Staff House, CIT Hut and in the field between Trail Blazer and Archery. The main fire circle is located at waterfront behind the boathouse. At each fire circle, make sure there is a water bucket full of water, a rake or shovel, and an appropriate amount of firewood. These items should be checked in the daylight.

Some campfires have a set flow, while others are free flowing. The most important thing is to give girls the opportunity to participate in some way. With larger groups, it is a good idea to have a sign up for songs and skits to help manage the group, allowing everyone who wants to perform the opportunity to do so. It works well to start with loud, exciting songs and skits at the beginning, and work to quieter songs and skits at the end.

BEAN SONG

My dog Lima likes to roam
One day Lima left his home
He came back quite unclean
Where oh where had Lima been
Lima bean
Lima bean
Where oh where has Lima been

Repeat with different bean names for the dog.

Coffee
Bertie Bott's every flavor
Jelly

LITTLE PIECE OF TIN

I'm a little piece of tin
(Make a square with your fingers and thumbs)
No body know where I have been
Got four wheels and running board
(Hold up four fingers, then make a wave motion)
I'm a four door, I am a ford
(Hold up four fingers then point to yourself)
Honk Honk *(pretend to push a car horn)*
Rattle Rattle *(shake)*
Crash Beep Beep *(clap, then touch nose twice)*
(Repeat 3 times)
HONK! HONK!

THE MOOSE SONG

There was a great big moose
He liked to drink a lot of juice
There was a great big moose
He liked to drink a lot of juice

Chorus:
Sing way-ay ay oh
Way o way o way o way o
Way o way o
Way o way o way o way o

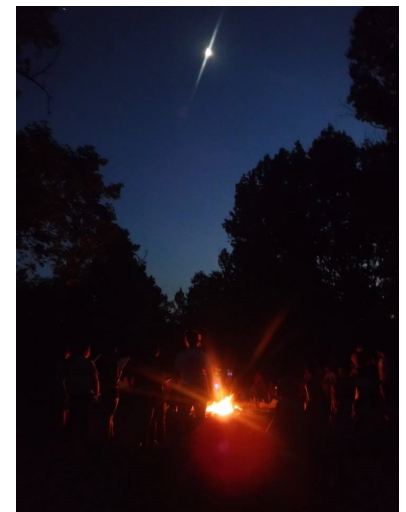
The moose's name was Fred
He liked to drink his juice in bed
The moose's name was Fred
He liked to drink his juice in bed

Chorus

He drank his juice with care
But he spilled it everywhere
He drank his juice with care
But he spilled it everywhere

Chorus

Now he's a sticky moose
But he's a moose
That's full of juice
On the loose



Wish Boat Ceremony

A traditional way to end campfires at Camp Graham is with a wish boat ceremony. Wish boats are vessels that float your wishes to the water fairies for them to grant your request. They are a simple construction, a piece of tree bark with a candle that is attached with play dough or clay. When the candle flame is extinguished, the fairies have your wish. This is usually done down at the waterfront but can also be done in a unit a round a fire circle.

Materials Needed:

- A piece of tree bark for each girl (from off the ground and not the tree)
- Small stick candles
- Play dough or clay
- Lighter

⇒ Begin the ceremony by explaining how the water fairies receive wishes and/or singing the Wish Boat song

⇒ Release the girls in smaller groups to come to the water's edge; instruct them to bring their piece of tree bark

* If you chose to do your campfire in your unit, have girls come up to the fire ring

⇒ Give each girl a small piece of play dough/clay and a candle. Have girls press into the smooth side of her bark and insert the candle into the play dough/clay and light the wick

⇒ Have girls make a silent wish and float their wish boats into the water. Be sure that the girls do not enter the water and that boats are floated into the shallow end of the H Dock so that they can be collected later.

* If you are using the fire circle in your unit, have the girls place their boats inside of the fire ring

⇒ Once everyone has had the opportunity to make a wish, close out the campfire with a final song like Green Trees or



WISHBOAT SONG

Who can sail when there is no wind,
With no oars to be rowing?
Who can sail far away from a friend,
With no tears a flowing?

I can sail when there is no wind,
With no oars to be rowing.
But I can't sail far away from a friend,
With no tears a flowing.

We'll send out our wishes out o'er the sea,
In little boats all a glowing,
We'll make a wish for you and me,
With our love a flowing.

And as our wishboats drift away
A wish I am making for you,
I hope to see you again some day,
And may your wish come true.

GREEN TREES

Green trees around us,
Bright stars above,
Friends all around us
In a world filled with love.
Taps sounding softly,
Hearts beating true,
As we are saying,
Good night to you.

TAPS

Day is done,
Gone the sun,
From the lake,
From the hills,
From the sky,
All is well,
Safely rest,
God is night.



Flag Ceremony

The flag pole at Camp Graham is located in the grassy area in front of the Trading Post. There is a mailbox beside the steps of the Camp Office with the flag and sashes. Flag ceremonies are a wonderful way to incorporate a long-held tradition into your camping trip to signify the start of the program day.

There is no one way to do a flag ceremony. Things that can be included:

- Pledge of Allegiance
- Girl Scout Promise
- A Girl Scout Song or Poem

Flag Ceremony Etiquette:

- Red sashes can be used, but are not necessary. If used, tie on the left side in a square knot.
- Remove items from your hands
- It is not required to remove hats and other head wear
- Girls should make a horseshoe around the flag pole
- Silence is maintained during the ceremony
- Take the flag down before sunset
- Above all, a flag ceremony shows respect for the flag and our country. If you're showing respect, then you are doing it correctly.



Flag Ceremony Calls:

Opening Flag Ceremony

- Girl Scouts, Attention (This signals everyone to stand.)
- Color Guard, Advance (This signals the color guard to advance with the flags.)
- Color Guard, Post the Colors (The Flag Bearer attaches the flag to the rope and quickly hoist the flag; the American flag is raised first.)
- Color Guard, Honor your Colors (The Color Guard salutes the Flag and then returns to attention.)
- Please join me in the Pledge of Allegiance. . .
- Please join me in the Girl Scout Promise. . .
- Color Guard Dismissed (The Color Guard walks away from flagpole.)
- Girl scouts dismissed

Closing Flag Ceremony

- Girl Scouts, Attention (This signals everyone to stand.)
- Color Guard, Advance (This signals the color bearers and guards to advance to the flags.)
- Color Guard, Honor your Colors (The Color Guard salutes the Flag and then returns to attention.)
- Color Guard, Retrieve the Colors (The Flag Bearer lowers the flag slowly and with dignity. The Color Bearers fold the flag.)
- Color Guard Dismissed (The Color Guard carries the folded flag to an appropriate place.
- Girl scouts dismissed

Nature Wind Chimes

Time: 45 minutes-1 hour

Materials:

- Pine cones
- sticks
- Rocks
- Twine
- Hot glue gun and glue sticks
- Any other natural materials that you would like to add. Remember to only gather what was already on the ground.
- Optional Materials: wooden beads and metal shapes or chime tubes



Instructions:

- Take the girls for a short walk to collect the natural items for their chimes.
- To get started take two sticks and tie them with the twine in the center (or just use one long stick).
- Have the girls arrange their items in the order they want them on their wind chimes. The chime in the picture has nine different wind chime strands. Two on each of the four spokes and one in the middle
- To create the strands, take a piece of twine making sure each strand is about the same length and a little longer than you want them to hang, because as you tie the items to the twine it gets shorter
 - * For the beads, string bead through the twine and then back through again so that it stays in a specific spot rather than just falling toward the bottom.
 - * For rocks, tie the twine around it and tie a knot. Add a little glue at the knot and under the twine on the opposite side to secure the rocks.
 - * To attach the pine cones, tie them on with another piece of twine.
 - * Attach optional items using these methods as well.
- Make sure that whatever is on the bottom of each strand is tied with a knot. After each strand is finished tie it to the stick. Add a dab of hot glue on the knot and tie again to secure it.

Duct Tape Sit-Upons

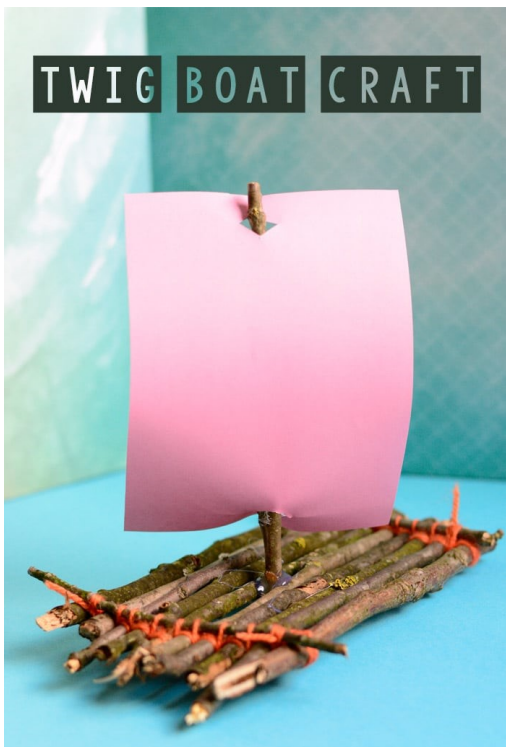
Time: 20-45 minutes

Materials:

- Cloth shopping bag
- Plastic shopping bags or polyester fiberfill
- Duct Tape in various colors and patterns

Instructions:

- Take one plastic bag and stuff it with 15-20 other plastic bags. Try sitting on it. Need more stuffing? Add more bags. An alternative is to fill the plastic bag with polyester fiberfill. Once you have the thickness you prefer, tie your plastic bag in a knot and stuff it into your cloth shopping bag.
- You can choose to keep the handles on your cloth bag to make it easier to carry when hiking. Not interested in toting it with you? You can cut the handles off or tuck them inside the bag.
- Now it's time to start with the decorating! Start by covering the seams of the cloth bag with duct tape, folding the tape over the edges to help waterproof it. When taping the top of the bag, cut pieces of tape to fit around the bag's handles.
- Once the edges are sealed, use strips of duct tape to decorate the outside of your sit-upon.
- You can use all one color, make a pattern, or get as creative as you wish!



Time: 20-30 minutes

Materials:

- Twigs and small branches, approx. 10
- Yarn
- Glue gun
- Paper or leaf for sail

Start by picking out twigs that are straight, more or less. Cut them to be about the same length. The example uses 10 but use as many as you would like to make your boat look nice. Take one twig and tie yarn on one end. Tie another string of yarn on the other end. Now take another twig and wrap the yarn around both twigs – doing an 8 – going around the first twig, making a loop around the second one, going around the first one again and second one. Do the same on the other side. If there's leftover yarn sticking out leave it there, you'll need it (but no worries if it's not, you can always tie in new string).

Now it's time to reinforce the boat with two new twigs. "Stitch" them onto the boat along the yarn. Heat up the glue gun. Place a twig in the middle of the boat and apply a generous amount of hot glue.

Once the glue dries, add sail you cut out of paper (or leaf). Finally, its time to put your boat to the test. See if you can get your boat to float in the lake. Who knows, if the wind is right, it just might set sail!



Questions and Assistance

For questions or assistance with the resources provided in this guide, please email the Camp Program and Outdoor Education Team at outdoorprogram@nccoastalpines.org. We hope that you enjoy your time in the outdoors at Camp Graham!