

# Welcome to Horizons Summer Camp!



We are so excited you are here!

# Here is what you need for camp:



Backpack!



Water



Snacks

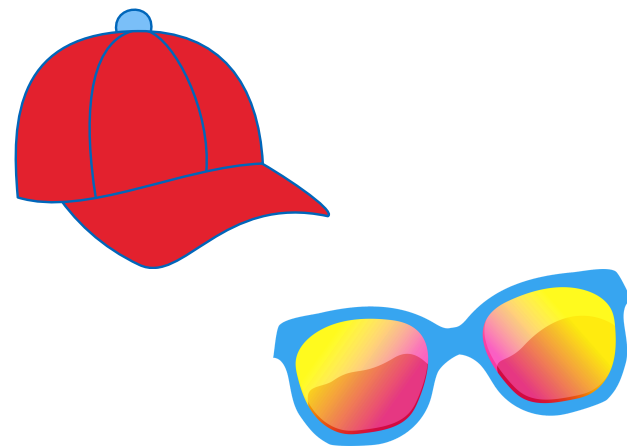
**\*Nut free Please!**



Swimsuit +  
Towel



Bug Spray  
+  
Sunscreen



Hat +  
Sunglasses

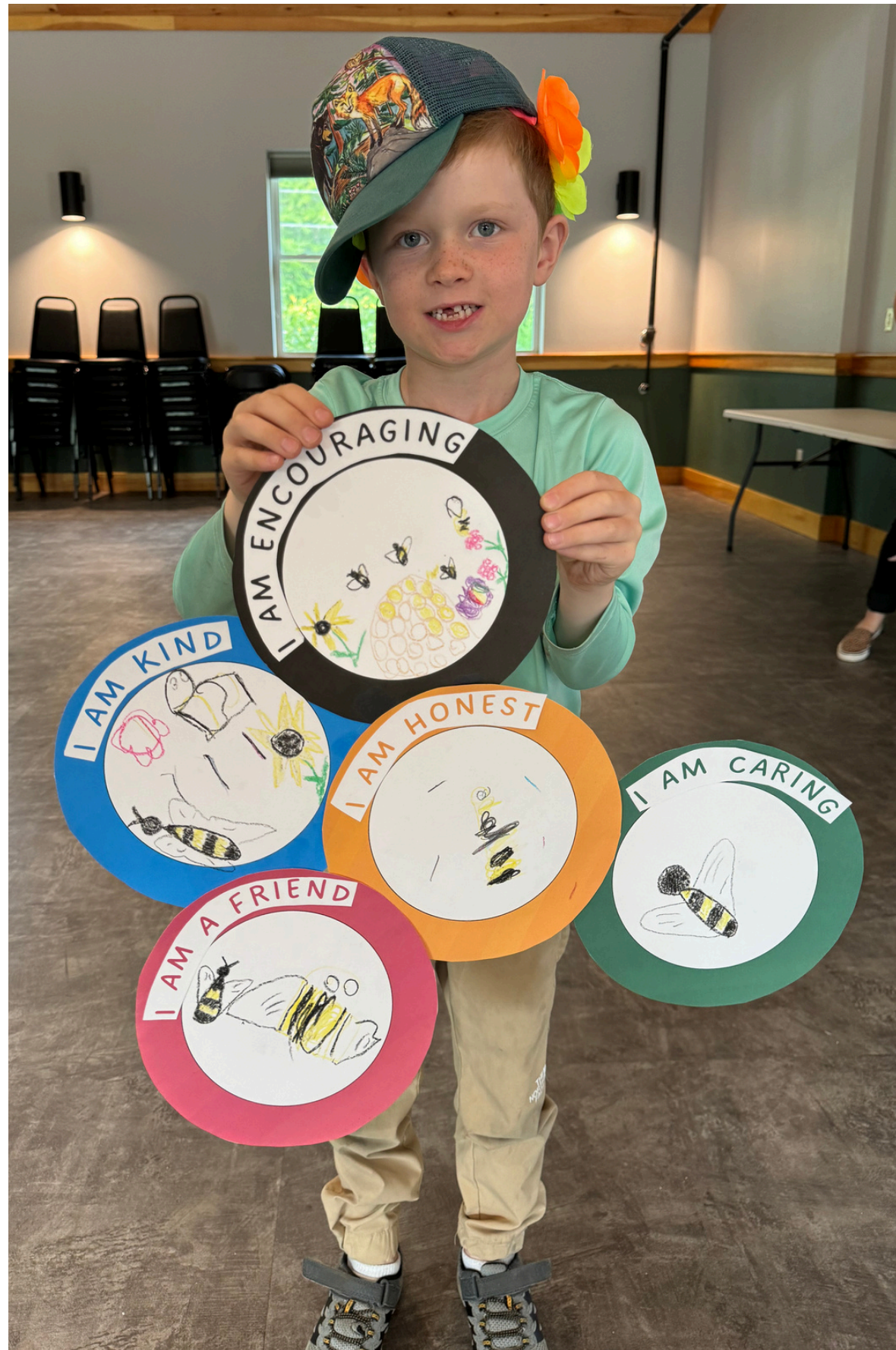


Shoes I can play,  
run, be outside in!



Extra clothes

# CAMP EXPECTATIONS



I WILL HAVE A **SAFE BODY** AT CAMP.

I WILL USE **KIND WORDS**.

IF I WANT TO GO SOMEWHERE OR DO SOMETHING,  
**I WILL ASK.**

IF I NEED A SNACK, QUIET SPACE, OR TO COOL DOWN I  
**WILL TELL MY CAMP BUDDY** AND WE'LL GO INTO THE  
QUIET SPACE.

I WILL BE A GOOD **LISTENER** AT SUMMER CAMP!

First, you will arrive to camp at the Adaptive Outdoor Education Center and meet up with your camp buddy!

**675 Old Portland Rd., Brunswick, ME**

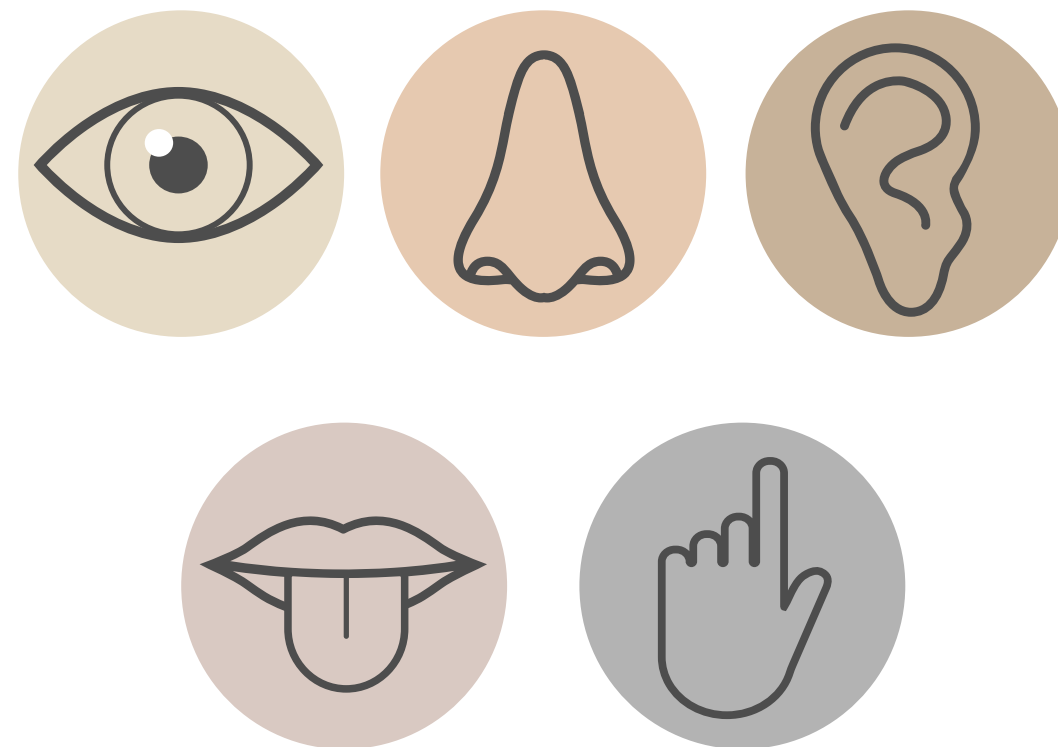


Then, you will grab your fanny pack and head out on a walk through the Enchanted Forest.

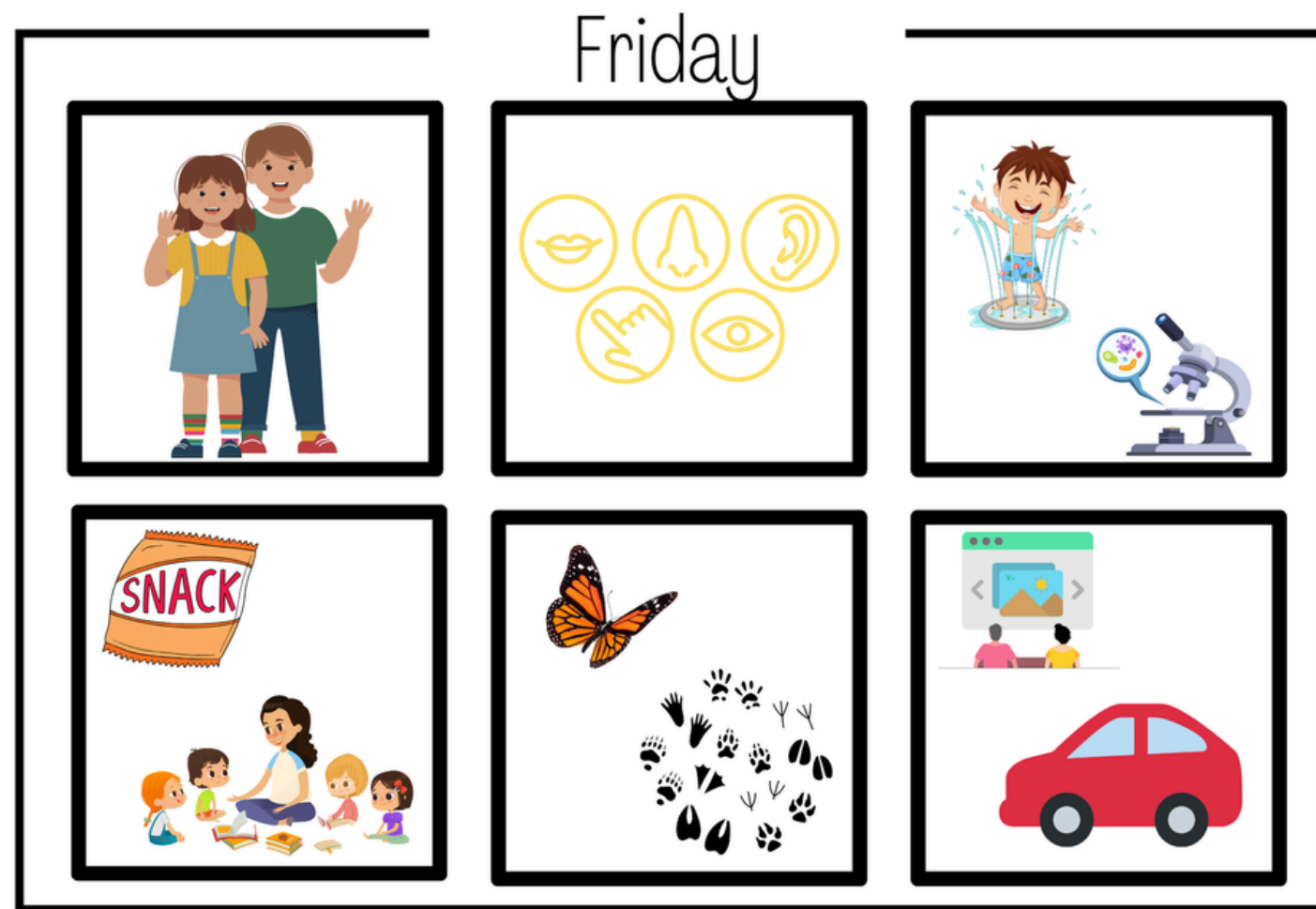


While you're walking through the Enchanted Forest trail you will check in with your senses -

Do you **feel** the wind or the sun? What do you **see**? What can you **hear**? Do you **smell** anything?



After the noticing walk, we will all meet together to talk about what the camp activities are for the day!



\*\* If it is a rainy day, we will meet inside instead. \*\*

Now that we know our schedule for the day it's time to have a lot of fun!



If you ever feel like you need a snack, quiet space or to cool down please tell your camp buddy!

It's ok to take a break!



Once we are done with the days activities, we will begin to wrap up. This means helping with clean up, putting toys away, and waiting for pick up.



Now the camp day is over and it's time to go home.  
You'll leave your fanny pack at camp, grab your backpack, and  
head home.

