



Sons of Norway
HERITAGE PROGRAMS



IdeaBank1

HOW TO START A HERITAGE DAY CAMP

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Heritage Day Camp

The following is a guideline to assist local lodges in creating their own Heritage Day camp. It is culled from several years experience by Cascade lodge 2-087, Mercer Island, Washington in running a very successful day camp. Remember, use your imagination in adapting these suggestions to your own lodge. Set the fees, hours, etc., that suit your situation. The minimum age of 6, however, is very strongly recommended, as these children have had experience in a school situation in reading, in following instructions, and their attention span is longer than that of younger children.

Length of Camp

1 week, Monday through Friday, 10 a.m. to 2 p.m.

Cost

\$15.00 per member child, \$20.00 per non-member child. (It is nice to offer a discount when more than one child per family attends; also a discount may be offered when a member of the child's family serves on the staff.)

Age

6 and up.

Suggested Daily Schedule

Children should bring a sack lunch with juice provided by the lodge. Children should wear play clothes and bring an old shirt to serve as a painting smock. All craft supplies are provided by the lodge.

10:00 *Rosemaling*

11:00 Language, Songs and Dances 1

2:00 Lunch (outdoors if possible—language lessons can continue here by teaching children names of foods, etc., while they eat. It is also a great time to teach the Norwegian Table Prayer.)

12:30 Needlecraft

1:30 More songs and dances or a Norwegian game.

(As may be seen by the schedule, it is a good idea to alternate “small muscle” activities such as rosemaling and needlecraft, with “big muscle” activities such as dancing, games, etc.)

It is helpful to have a different theme each year for the camp. Some themes that might be interesting are “The Vikings,” “Christmas in Norway,” “Farm Life in Norway,” or “The Seafaring Norwegian.” Some of the songs, crafts, language and other activities can relate to the theme.

Suggested Staff

Camp Chair
Language Teacher
Rosemaling Teacher
Needlecraft Teacher
Song and Dance Teacher

As many teenagers as possible are needed to serve as counselors. (If not enough are available, be sure to get several parents to act as helpers—little fingers sometimes need assistance with crafts.)
BE SURE TO HAVE ENOUGH SUPPLIES SO ALL HELPERS MAY ALSO PARTICIPATE IN THE CRAFTS. THEY ENJOY IT AS MUCH AS THE CAMPERS DO.

Hints for Teaching Crafts

ALL campers should work on the same crafts. Experience has shown that if you offer a variety in each category, i.e., several rosemaling patterns or several needlework patterns, the campers may change their minds on a pattern in the middle of a project and not finish everything. If all work on the same projects, it is easier for helpers and campers.

Rosemaling

This is always the most popular craft. Enlist the aid of the parents prior to camp. Have them sand and paint the background color on the article to be rosemaled—suggestions are a small bowl, plaque or box. The first day of camp, do practice strokes on paper plates. Work on the actual article begins the second day. Although it isn't authentic, acrylic paints work best in a day-camp situation.

Language

As you are dealing with a variety of ages, keep lessons simple, with lots of visual aids, but have resources available for those who wish to learn more. Everyday phrases, words and sentences dealing with your theme are easiest learned.

Songs & Dances

The children learn simple songs and dances quickly and enjoy them greatly. "Per Spelmann" and other song-dances are favorites.

Needlecraft

Even the young campers prove adept at learning *klostersøm*, cross-stitch and other needlework. Keep the project small enough so that most campers can complete it in the five days, but be sure to send home supplies so those not finished at the end of camp may complete their project at home. If you have a resource person available, an exciting craft is drop-spindle spinning. Have extra projects available, as some of the older campers may finish a project in only two or three days. For the younger campers, using plastic canvas and yarn makes for an easy-to-see project.

Cooking	On the final day, it is nice to have someone available to teach <i>lefse</i> , <i>krumkake</i> or other baking to those who have finished all their craft projects.
Notebook	If possible, have printed instructions for the various projects, words to songs, copies of language lessons, etc., so each child may take home a notebook at the end of camp.
Party	VERY IMPORTANT. There should be a party Friday evening or a picnic on Saturday, so the campers may invite their parents and “show off” their crafts, songs and dances.
Staff Qualifications	Besides the necessary skill for teaching the craft or language, the most important qualifications for the staff are patience and praise. Let the campers know you care about them; make them feel they are doing well.
Hints	<p>Be flexible. If more time is needed on one project, “borrow” time from another project.</p> <p>Sometimes a camper or two may not enjoy camp and drop out. Don’t feel you have failed. Not all children will enjoy these activities.</p> <p>Call on your lodge cultural director to assist you in planning your camp. (For district 2, Sherrie Sofie, former district cultural director, compiled a Resource List of Cultural Skills that can be of great assistance.)</p>

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