



GETTING READY FOR CAMP

An Activity Sheet for Campers



Take a few minutes to fill out this worksheet before camp. You can also give a copy to your camp counsellor, so they understand your needs and likes better. If there's something you're not sure about, you can talk with your counsellor when camp starts!

My favourite activity is:

I'm excited to try:

I'm nervous about trying:

I don't enjoy:

I know I need a break when:



When I need a break, I can:



If I feel bored, I can:



If I don't feel like participating, I will:

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Springboard is an Ontario-based clinic offering personalized care for kids and adults with ADHD, helping them embrace their unique strengths and thrive at every stage of life.





GETTING READY FOR CAMP WITH SPRINGBOARD CLINIC



To make new friends I will:

If I need a snack I will:

If I don't feel well, I can talk to:

Here are 3 things I want my counsellor to know about me:

1

2

3

My Camp Schedule:

Camp starts at:

Camp ends at:

Lunch is at:

Snack time is at:



My reward for trying my best at camp is:

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