

SUNRISE COMMUNITY FARM CENTER, LLC

Rainbow Camp Program Description

Dear Parents & Participants,

At Sunrise Community Farm Center our mission is to empower all ages through sustainable, inclusive community farming. We foster a sense of belonging where every individual feels valued and discovers their unique contribution to a thriving community. By embracing the primary elements of partnership, we cultivate essential life skills and inspire meaningful engagement with the world around us.

In summer camps, our program aims to build skills for life using the farm as a model environment!

Rainbows: Skills we offer Opportunities to Build

For children who are at least 5 years old and stoked about animals, nature, teamwork, and individual responsibility and creativity, Rainbow Camp offers a well-rounded learning experience. The program goals are to:

Build partnership with nature and each other with activities that:

1. Foster independent self-care and self-management, and
2. Care for People, Plants, and Animals basic needs, and
3. Practice individual expression (community, social, and creative), and
4. Improve social skills and communication, and
5. Practice group responsibilities in the community of a sustainable community farm.

Build Partnership with Nature & Each Other

Campers will partner with our Mentors and each other by practicing the CRAFTS of Partnership:
Communication: Learn people and nature communication styles and practice recognizing meaningful behaviors.

Respect: Understand that people respect caring leadership and those who respect their needs.

Acknowledgement: Learn and appreciate generosity and clear communication.

Friendship: Develop bonds with our Mentors and friends through this generosity, clear communication, and acknowledgement.

Trust: Build trust with each other through respect, friendship, and consistency.

Setting Good Boundaries: Learn what is an appropriate boundary and how to set them under the guidance of our Mentors.

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Activity Elements & Examples we Offer

1) *Foster Independent Self-Care and Self-Management*

We practice independent self care and management through personal responsibility, friendship, clear communication, and creative expression.

Example Activities: I'm a Star, Barn Scavenger Hunts, Coloring & Crafts, bracelet-making, Dramatic Plays, Drumming, personal care, farm-to-table, scavenger hunts, pond-time/water play, farm animal activities, horse grooming / riding, etc.

2) *Care for People, Plants, and Animals Basic Needs*

We practice caring for the basic needs of animals and people (which are very similar!), and how nature meets our needs and how we can work with garden plants and wild nature.

Example Activities: Small Animal care, In-Common Games, Create-your-animal-crafts, nature exploration, animal enrichment, wilderness journals, acknowledgement & homemade gifts, Mentor-interest and camper-interest based activities, horse grooming, riding instruction, etc.

3) *Practice Individual Expression*

Individual expression is how we learn to communicate, which is a vital skill in our growing society! At camp we have a multitude of opportunities to practice different ways of communicating, performing and creating art, and learning about different communication styles using animals, plants, our community of Mentors, and all of nature as a rich source of examples and teachers.

Example Activities: Simon Says, animal behavior games, wilderness & animal observation, partnership creation, dramatic plays, visual arts, fort building, etc.

4) *Improve Social Skills & Communication*

Kiddos in summer camp have structured activities around making, maintaining, repairing, and deepening relationships.

Example Activities: Communication / Gesturing Games, communication with animals, introduction to riding aids and horse communication, Animal Behavior Games, groups based around friendship and camaraderie, and guidance from our Mentors.

5) *Practice Responsibilities on a Community Farm*

As a community we have rules so that everyone stays and feels safe and has fun! We participate in the farm first by learning how our actions affect others, and then we engage in farm activities, interact with animals, and participate in group activities to practice the CRAFTS and reflect on our impacts through our actions.

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Examples: Small Animal enrichment, community gardening, games and crafts with Rainbows, Trail rides, Fun Friday afternoon activities, learning through demonstrations and storytelling, group clean-up, etc.

Sincerely,
Sunrise Community Farm Center