



CAMP NOAH

Building Resiliency. Restoring Hope. Changing Lives.

Themes and Noah's Wise Words

The Camp Noah curriculum is a process. Each session builds on the previous session(s) to help campers develop resiliency skills and cope with what has happened in their lives.

Day 1/Sessions 1 & 2



Theme: I Am Somebody Special (Life Before the Ark)

Key resiliency skills: develop a sense of self worth • understand oneself as unique and special • understand we are each an important part of a diverse community • laughter, play, creativity

Noah's Wise Words:

**"I am somebody special! There's no one else like me!
I like the way I am! This is who I want to be!"**

Day 2/Sessions 3 & 4



Theme: Storm Stories (Getting Onto the Ark, The Storm Begins)

Key resiliency skills: telling one's story • listening and empathy • dealing with anxiety • identifying support systems • preparedness skills • relaxation techniques

Noah's Wise Words:

**"When a storm comes, I am not scared.
Want to know why? Because I am prepared!"**

Day 3/Sessions 5 & 6



Theme: Why Am I Feeling This Way? (Life After the Storm)

Key resiliency skills: identifying and naming feelings • processing grief and loss • empathy • understanding real vs. imagined fears • coping strategies

Noah's Wise Words:

**"No matter how I feel today,
I'm looking forward to a brighter day."**

Day 4/Sessions 7 & 8



Theme: I Can Do That (On Dry Ground)

Key resiliency skills: identifying oneself as a survivor • identifying unique gifts and talents • developing teamwork skills • understanding diversity

Noah's Wise Words:

**"When things are tough, I learn a lot —
About who I am and what I've got!"**

Day 5/Sessions 9 & 10



Theme: Can I Help You? (Life After the Ark)

Key resiliency skills: nurturing a sense of hope for the future • identifying future goals • identifying community support systems • developing an action plan to "give back" • teaching gratitude

Noah's Wise Words:

**"My future is bright! Filled with sunbeams!
I have hope! I have dreams!"**

Elementary Curriculum

Second Edition
Lutheran Social Service of Minnesota
www.campnoah.org

© 2012 by Lutheran Social Service of Minnesota
All Rights Reserved.

Use of this curriculum without the express written permission of
Camp Noah at Lutheran Social Service of MN is prohibited.



Lutheran Social Service of Minnesota serves all people regardless of race, color, creed, religion, national origin, sex, sexual orientation, disability or age.

www.campnoah.org

2375 Como Ave. Saint Paul, MN 55108
1.800.987.0061
campnoah@lssmn.org