

Stepping Stones to BUILDING FRIENDSHIPS

A Guide for Camp Counselors

TABLE OF CONTENTS

Foreword: Gary Forster		8
PART I	INTRODUCTION	
Chapter 1	The Importance of Social Skills	12
Chapter 2	Teaching Social Skills at Camp	14
Chapter 3	Introducing the Stepping Stones Pyramid	18
PART II	THE CAMP COUNSELOR'S ROLE	
Chapter 4	Becoming a Successful Social Skills Coach	22
Chapter 5	Praising and Disciplining Your Campers	26
PART III	GETTING STARTED	
Chapter 6	Introducing the Program	32
Chapter 7	Choosing a Curriculum	35
Part IV	BUILDING FRIENDSHIPS	
Chapter 8	Getting to Know You	38
Chapter 9	Joining In	44
Chapter 10	Communicating and Conversing	52
Chapter 11	Reading Social Signals	62
Chapter 12	Raising Self-Esteem	70
Chapter 13	Coping with Teasing	81
Chapter 14	Managing Stress	95
Chapter 15	Solving Social Problems	102
Chapter 16	Resolving Conflicts	109
Chapter 17	Managing Anger	117
Chapter 18	Putting It All Together	130

PART V CURRICULUMS FOR FRIENDSHIP MEETINGS

Curriculums for Social Skills Friendship Meetings	
Activities for 6- to 12-Year-Olds (One- or Two-Week Camp)	
Day One	134
Day Two	135
Day Three	136
Day Four	137
Day Five	138
Day Six	139
Day Seven	140

Curriculums for Social Skills Friendship Meetings	
Activities for 6- to 12-Year-Olds (Two-Week Camp)	
Day Seven	141
Day Eight	142
Day Nine	143
Day Ten	144
Day Eleven	145
Day Twelve	146
Day Thirteen	147
Day Fourteen	148

Curriculums for Social Skills Friendship Meetings	
Activities for 13- to 16-Year-Olds (One- or Two-Week Camp)	
Day One	149
Day Two	150
Day Three	151
Day Four	152
Day Five	153
Day Six	154
Day Seven	155

Curriculums for Social Skills Friendship Meetings	
Activities for 13- to 16-Year-Olds (Two-Week Camp)	
Day Eight	156
Day Nine	157
Day Ten	158
Day Eleven	159
Day Twelve	160
Day Thirteen	161
Day Fourteen	162