



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
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