



Activity: Camp Connection Clips

eluna

RESOURCE CENTER

Objective

This activity is inspired by the youth sports community and can be easily adapted for a variety of purposes and settings. The goal for this activity is to foster a sense of belonging and collective care and presence within a group of people. This activity provides a simple yet powerful way to spark connection amongst one another and remind us that we are seen, supported, and not alone.



Instructions

- Choose a clothespin and decorate it with words of encouragement, affirmations, or personal support and other fun embellishments (patterns, stickers, rhinestones, etc.)
- Once the clip is decorated, attach it to your lanyard, bag, or other visible place on your person.
- Then, when you feel ready and nudged to do so, you can offer your clip to someone. This can be done silently or with intention and can be placed on their lanyard, bag, or clothes.
- IMPORTANT: If you receive a clip (this is called "Getting Clipped"), take a moment to reflect on the message and remember that you are seen, supported, and valued.

Supplies

- Colored clothespins
- Sharpies
- Embellishments – stickers, rhinestones, etc

Prompt ideas

- You are not alone.
- You got this.
- You are important.
- Keep going.
- I am glad you are here.
- You are loved.
- You belong.

Thank you, Jessica Porté & Kelly Petersohn, from Camp Erin, for developing & sharing this activity!