**WHAT IS CAMP NOAH?**
Camp Noah is a locally hosted event for elementary-age children whose communities have been impacted by disaster. Camp Noah provides a safe, caring and fun environment where children build resiliency skills within the familiarity of their own communities, using a proven curriculum designed to help children process their disaster and/or trauma experience through creative activities and play.

Camp Noah celebrates every child as special. In this safe and supportive setting, children are encouraged to face their fears, grieve their losses, identify and share their unique gifts and talents, and plan for an amazing future.

**A (BRIEF) CAMP NOAH HISTORY:**
Over the past 20 years, Camp Noah has been hosted in 29 states and Puerto Rico. What originally began as a response to flooding in the Red River Valley (North Dakota and Minnesota) in 1997 has grown into a nationally acclaimed resiliency and preparedness program for children whose communities have been impacted by natural and human-caused disasters.

Since 1997, 300 camps with over 4,750 adult volunteers have served nearly 14,000 elementary-age children. Camp Noah has a very small but dedicated staff, based in Minnesota.

**WHY SHOULD CHILDREN ATTEND CAMP NOAH?**
Disaster changes lives—especially for children. And whatever type of disaster or trauma they have experienced, children often need support to process what has happened. A study published by the American Academy of Pediatrics, “The Psychosocial Implications of Disaster or Terrorism on Children,” states: “If children are helped to learn to cope with this stress, their symptoms subside. We can help our children live with this fear, adjust to it, and plan for the future rather than remain paralyzed in fear” (2005).

In a recent survey, 96% of campers surveyed learned two or more resiliency skills during Camp Noah, and 99% of campers said they had fun! Also, 99% of parents surveyed said they would recommend Camp Noah to other parents. One parent commented, “Talking with other children who went through the same experience as them helps them feel they are not alone, which is a huge feat.”

**HOW DOES CAMP NOAH HELP CHILDREN?**
During Camp Noah, a team of Certified Camp Staff accompanies campers through an intentional process that enables the children to process their disaster and/or trauma experiences and gives them the space and time necessary to tell their stories and build resiliency skills. Campers participate in small groups, large group time (including music, skits and puppet shows), crafts, and recreation time.

And—Camp Noah is FUN! Here are several comments from recent campers: “I love it! I wish I could go 62 times!” “It was REAAAAALLLLLLY awesome.” “This camp is all about fun!” One camper told us: “I had a really good time and I learned I am special just the way I am and nothing can change that.” Another said, “This was the best week of my whole life so far!” “I loved it!” is a frequent comment from campers. Camp Noah provides a space for kids to be kids.
What do children receive at Camp Noah?
Every child receives 30 hours of therapeutic play-focused creative activities with a ratio of 3-4 children for every Certified Camp Staff member. Meals and snacks are provided. In addition, all campers receive a paintable ark, a Camp Noah t-shirt, a fully-equipped Camp Noah Preparedness Backpack, all the supplies necessary to complete the creative activities during camp, a handmade fleece blanket, and multiple craft items.

Where is Camp Noah located?
A Camp Noah event is hosted wherever it is needed, in disaster-impacted communities across the country. Camp Noah can also be done as a preparedness camp to equip children with the resiliency skills that will help them successfully respond to challenges in the future. Locations often include churches, schools, summer camps, youth service organizations, and community centers.

Who can come to Camp Noah?
Camp Noah is open to all elementary-age children (in or completed Kindergarten through in or completed 5th grade) in the community being served who would benefit from learning resiliency and disaster preparedness skills—in other words, EVERY CHILD!

How is Camp Noah structured?
The Camp Noah curriculum consists of ten 3-hour sessions. Each session builds on the previous ones. Sessions include a variety of activities, including small groups, large group time (including music, skits and puppet shows), crafts, and recreation. Camp Noah is often held as a five-day day camp, but can also happen after school, over a series of weeks, during school breaks (fall, winter, spring), or on five Saturdays. Regardless of WHEN a camp happens and its particular schedule, every child receives the same Camp Noah resiliency building programming.

How is Camp Noah staffed?
A team of Certified Camp Staff members facilitates all Camp Noah curriculum activities. This group of trained, background checked adults may be recruited locally, regionally, or nationally. Each Camp has a local Site Coordinator. Additional local volunteers serve meals and snacks, provide transportation, and support the camp in a variety of ways.

How is Camp Noah supported?
Camp Noah is owned and operated on a national basis by Lutheran Social Service of Minnesota (LSSMN). Camp Noah is funded through local, regional and national partnerships, grants and fundraising efforts, and contributions from individuals.

How can I learn more about Camp Noah?
To learn more about Camp Noah and how you can be involved in this program, visit our website: www.campnoah.org. You can also contact the Camp Noah office at 1.800.987.0061 or email us at campnoah@lssmn.org.
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!”