



## Camp Connections Goals and Objectives 2020

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Please **circle 2-3** goals with the corresponding objectives you would like your child to work on during this year's camp. If you select goal 2 or 4, also please fill out the objective line.

1. Will learn and utilize coping skills
  - a. Will learn about coping skills and how to use coping skills appropriately
  - b. Will utilize coping skills appropriately and when needed to avoid increased negative feelings
    - i. Deep breathing
    - ii. Mindfulness
  - c. Will use learned coping skills and relaxation techniques to aid in regulations negative emotions
    - i. Asking for a break
    - ii. Counting
2. Will manage anger appropriately and will learn about anger management techniques
  - a. Will manage anger in an age appropriate fashion instead of becoming aggressive or \_\_\_\_\_
  - b. Will learn about the important of using anger management techniques instead of becoming aggressive or \_\_\_\_\_
3. Will engage in and improve overall social skills (communication, play, etc) with peers, and engage in positive peer interactions
  - a. Will engage in starting, engaging, and participating in conversations with peers
  - b. Will maintain eye contact when engaging in conversations with teachers and peers
  - c. Will have positive peer interactions by demonstrating
    - i. Positive communication
    - ii. Appropriate Play
    - iii. Maintaining boundaries
4. Will increase safety awareness in the camp and community settings
  - a. Will demonstrate safety awareness by decreasing \_\_\_\_\_ behaviors.
  - b. Will learn about the importance of maintaining safe behaviors during camp and in the community settings

Form Completed by: \_\_\_\_\_

Date: \_\_\_\_\_