



KID'S CAMP

KIRENGETE

NOV 26TH-DEC 1ST

Biking | Camping | Fishing | Hiking |
Kayaking | Pottery | Soccer |
Swimming | Zip Lining |
White Water Rafting |

Register Online At:

www.bigleague.co.ke
+254 (0)790257825





CAMP KIRENGETE

CAMP SCHEDULE:

MORNING

	26/11/2018	27/11/2018	28/11/2018	29/11/2018	30/11/2018	01/12/2018
EARLY TO RISE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00AM	TRAVEL TIME	LIGHTS ON 5.50AM				
		EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE
			CLEAN UP	CLEAN UP	CLEAN UP	CLEAN UP
		BREAKFAST 7.30AM				
		Devotion (who am I)	Devotion (why am I like this)	Devotion (what happened)	Devotion (why on earth am I here)	Devotion (what am I saying)
		Guess who / My emoji/laugh aloud	Think again / My emoji/laugh aloud	Would you rather / My emoji/laugh aloud	Brain teasers / My emoji/laugh aloud	Did you Know / My emoji/laugh aloud
SESSION 2 - 9AM - 10AM						TRAVEL TIME
	My Personality	Finding myself (Being Authentic)	Family tree / Birth order	Purpose	SELF TALK	
		FISHING / POTTERY	HIKING	FARM TOUR	OPTIONAL ACTIVITIES/CYCLING	
		BREAK - 10.15AM - 10.30AM				
GADGET WORLD - TRY SOMETHING NEW						
SESSION 3 - 10.30AM - 12.30PM	GENIUS/GIFT	GORY	GLAMOUR	GEM	GODLY	
	RUBIKS CUBE/ CODING/ PHOTOGRAPH Y/ FILM	RUBIKS CUBE/ CODING/ PHOTOGRAPH Y/ FILM	RUBIKS CUBE/ CODING/ PHOTOGRAPH Y/ FILM	RUBIKS CUBE/ CODING/ PHOTOGRAPH Y/ FILM	RUBIKS CUBE/ CODING/ PHOTOGRAPHY/ FILM	
LUNCH 12.30PM						





CAMP KIRENGETE

AFTERNOON:

SPECIALITY ACTIVITIES 2.00 - 4.30PM				
	SOCCER	SWIMMING	JUMPROPE	MUSIC
MONDAY	SOCCER	SWIMMING	JUMPROPE	MUSIC
TUESDAY	SOCCER	SWIMMING	JUMPROPE	MUSIC
WEDNESDAY	SOCCER	SWIMMING	JUMPROPE	MUSIC
THURSDAY	SOCCER	SWIMMING	JUMPROPE	MUSIC
FRIDAY	SOCCER	SWIMMING	JUMPROPE	MUSIC
BREAK				

EVENING:

GROUP SESSION 5:30PM - 6.30PM				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Things I like/hate. love language, communication style	Journaling & Learning to dream	I choose	Finding my voice	SUMMARY
GROUP SESSION 6:30PM - 8.30PM				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Me (Group Discussion)	My story (Group Discussion)	My space (Group Discussion)	My failure (Group Discussion)	Bonfire Fiesta
DOWNTIME				
LIGHTS OFF - 9.15PM				





CAMP KIRENGETE

CAMP MENU:

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast		French Toast + Sausage + Chocolate	Yoghurt + Cup Muffins + Orange	Donut/ Buttered Bread + Chipolata+ Chocolate	Baked Beans + Bread + Smokie + Chocolate	Sweet Potato + Eggs Your Style Of Choice + Sausage + Juice + Chocolate + Ratatouille + Lyonnaise Potatoes
Tea		Juice + Snack(Lemon Cake)	Chocolate + Snack(Pancake)	Juice + Snack(Shortcake)	Juice + Snack	
Lunch		Shepherd's Pie + Kales+ Fruit Salad	Mushrooms Casserole + Chapati + Fruit Skewers	Penne Pasta/Rice + Chick Peas In Yoghurt Sauce + Buttered Spinach + Fruit Cuts	Mini Burgers + Salad +Fruit Cuts	
Tea	Juice + Cookies + Popcorn	Tea + Snack	Juice + Snack(Cookies + Peanuts)	Juice + Snack()	Tea + Snack	
Dinner	Spaghetti & Meatballs + Cream Spinach + Fruit Cuts	Veggie Pilau + Goat Stew + Sauté Cabbage + Banana	Mexican Rice + Beef Goulash + Sukuma + Cabbage + Banana Fritters	Pounded Corn + Fish Fillet + Kales + Fruit Cuts	BBQ Night (Chicken Tikka + Roast Potatoes + Grilled Potatoes + Choma Sausage + Marshmallows	





CAMP KIRENGETE

CAMP KIRENGETE CIRRICULLUM.

The camp's rich content will leave the campers renewed through the discussions, fun and self-awareness exercises.

Exercise.

Each day begins early with a run and various types of exercises. Campers learn the invaluable importance of exercise in improving one's quality of life and the hindrances to consistent regular exercise.

Clean Up.

Campers learn the various types of personal hygiene that is, Clothes hygiene, Menstrual hygiene (For Girls), Environmental hygiene, Emotional hygiene, and Mental hygiene. Through a series of fun assignments the campers will begin their day cleaning up and having competitive fun as they take care of all things hygiene.

Daily Devotions

In reference to the greatest book ever written, campers get joy and comfort from the bible as they get to explore five distinct topics,

- Who am I – who the creature is in relation to the creator?
- Why am I like this – What are we like and why?
- What happened – Understanding my life: the good & the bad?
- Why on earth am I here –Why was I created or born?
- What am I saying – How to pray effectively & the most important prayer.

Brain Teasers & Icebreakers.

Incorporated each day before and after group activities, this fun mental exercises help keep the brain working better, longer and improve mental retention. Ice breakers will help campers loosen up to one another and open doors to building friendships.





CAMP KIRENGETE

Cognitive & Developmental Psychology.

Through the help of our trained professional psychological counsellors, campers get to learn about themselves in depth and get well acquainted to emotional intelligence through a 1 hour practical experience each day. Topics explored will be

- My Personality – Personality Test & Assessment. Love Language & Communication Style.
- Finding Myself. - The Johari Window Exercise.
- My history – Family Tree and Birth Order.
- Purpose – Gifting's Test & Writing Goals.
- Self-talk – Voices from Without vs the Voices from Within.

Reflections.

For 30min each day the children shall learn the art of reflection and silence through journaling. The following shall be the topics for scribbling.

- Things I love and hate & Questions to completely know myself.
- My dream.
- Past & Present choices and their effect on me.
- Finding my voice.
- Summary ... I feel (Describe this Emoji's game)

Group Reflections.

A verbal group report of what Campers learned during their specialty afternoon sports and art hobby activities of the previous day.





CAMP KIRENGETE

SPECIALTY ACTIVITIES

SOCCER

Sports and the field creates an important learning environment for children and thus besides being a great footballer your campers go through our 5-step programme dubbed: **S.O.C.C.E.R**

S - Socialize

O - Ouches

C - Communication

C - Co-operation

E - Envision

R - Recapping Rules and Repetition



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CAMP KIRENGETE

GADGET WORLD

Kid's and gadgets seem inseparable these days. Campers learn how to harness the power of technology, namely computers, smart phones and tablets, to build instead of addict and to constructively utilize one of his or her most prized possessions, time. By being part of G world, they access the G's of gadgets leading to greatness.



Just to mention a few of the G's

- **Genius** – All about education, Lots of learning takes place here namely coding, coding, coding. The use of various programmes to carry out tasks.
- **Gift** – Fun, fun, fun! Lots of fun activities: stories, puzzles, music, phonics, arithmetic, role-play, art.
- **Gory** - Is all about gadget addiction and long-term effects modern gadgets can have on a kid's brain as well as their overall development.
- **Godly** - children learn values / virtues through tech.
- **Glamour**- my relationship with gadgets.
- **Gem** - Kids learn to navigate the World Wide Web avoiding possible internet dangers and using it for the good of others.





CAMP KIRENGETE

SWIMMING.

Big league kids learn to swim through the waters of youth in their best styles, without drowning under the waters of wrong choices, peer pressure and entitlement.

They learn to swim against the tide of bullying, low self-esteem, personal challenges and social vices.

Professional coaches take them through the various styles,

- ✓ Front Crawl/Freestyle.
- ✓ Backstroke.
- ✓ Breaststroke.
- ✓ Butterfly.

Life coaches take them through same life –styles.

- **Freestyle**- *Propelling yourself forward*
 - Find your authentic self, being comfortable in your own skin through learning self-awareness and emotional intelligence.
- **Backstroke** – *All about the Back*
 - Only fools don't change their minds. We learn when, why and how to change our mind while making informed choices. Exploring your history and lessons from the past we carry to the future.
- **Breaststroke** – *No head under water*
 - Bad attitudes, un-kind words, guilt, fear and sadness are never allowed to go over our heads. Head above water.
- **Butterfly**- *Give yourself time*
 - We dream, plan and work then fly.

Campers perfect dolphin, whip and flutter kicks, while kicking out average, laziness and bad Memories.



MUSIC



Learning to play an instrument can help your child fine-tune her ear and enhance skills needed for education and social interaction.

- It develops physical skills
- It cultivates social skills.
- It refines discipline and patience.
- It boosts self-esteem.
- It introduces children to other cultures.

Big league kids learn music hand in hand with life skills. Our life skill lessons emulate the 8 or 7 musical notes.

Doh –

"Do it or not. There is no try." When what you want to do really matters, never say, "I'll try".

Reh –

Reasons, pillars of the mind. There are reasons and there are excuses.

Mih –

Who are you, when no one's looking?

Fah -

Fail or face.

Soh -

When you sow you soar. Sow an act it becomes a habit, character, and destiny.

Lah -

Laughter the best medicine. Music brings joy, tap from it.

Tih -

TIME our most valuable asset.



CAMP KIRENGETE



JUMPROPE

This programme's objective is to equip the young people with skills that mimic skipping the jump rope.

- 1) Anticipate the rope - Anticipate new challenges and possibilities.
- 2) Wait for the right time to jump in - Timing is everything, Do the right thing at the right time.
- 3) Jump - Jump over obstacles along one's life path
- 4) Anticipate next jump - Forget past success good or bad focus on the future.
- 5) Do it all over again - The power of routine, consistency and repetition in achieving success.

This is a four step programme that stems from the acronym word **ROPE**.

- **R – Relate**, Children are taught to develop social skills such as setting boundaries, empathy, good manners, sharing, and team work.
- **O – Obey**, Obedience to all in authority is paramount, obedience to the principles of living and rules of engaging in life is key to success. Children will learn the 4 O'S Obtain knowledge, Objectivity and Observation.
- **P – Plan**, children learn how to plan and take action towards their personal goals.
- **E- Execute**, A plan without execution is useless. Tools are given to enable the youngsters get up and simply do.





CAMP KIRENGETE

FUN HOBBY ACTIVITIES TO CHOOSE FROM.

Campers will be encouraged to break away from the normal familiar hobbies and try something new, under supervision. Some hobbies will be restricted by age and may not apply to all. Activities will include:-

-  **Fishing**
-  **Cycling**
-  **Pottery**
-  **Kayaking**
-  **Zip-lining**
-  **Hiking**
-  **White water rafting**
-  **Bungie jumping.**



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