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Is your camper feeling "nervicited" yet?

North Star Camp <office@northstarcamp.com>
To: ft@northstarcamp.com

Thu, May 1, 2025 at 5:30 PM



Dear {{RecipientFirstName}},

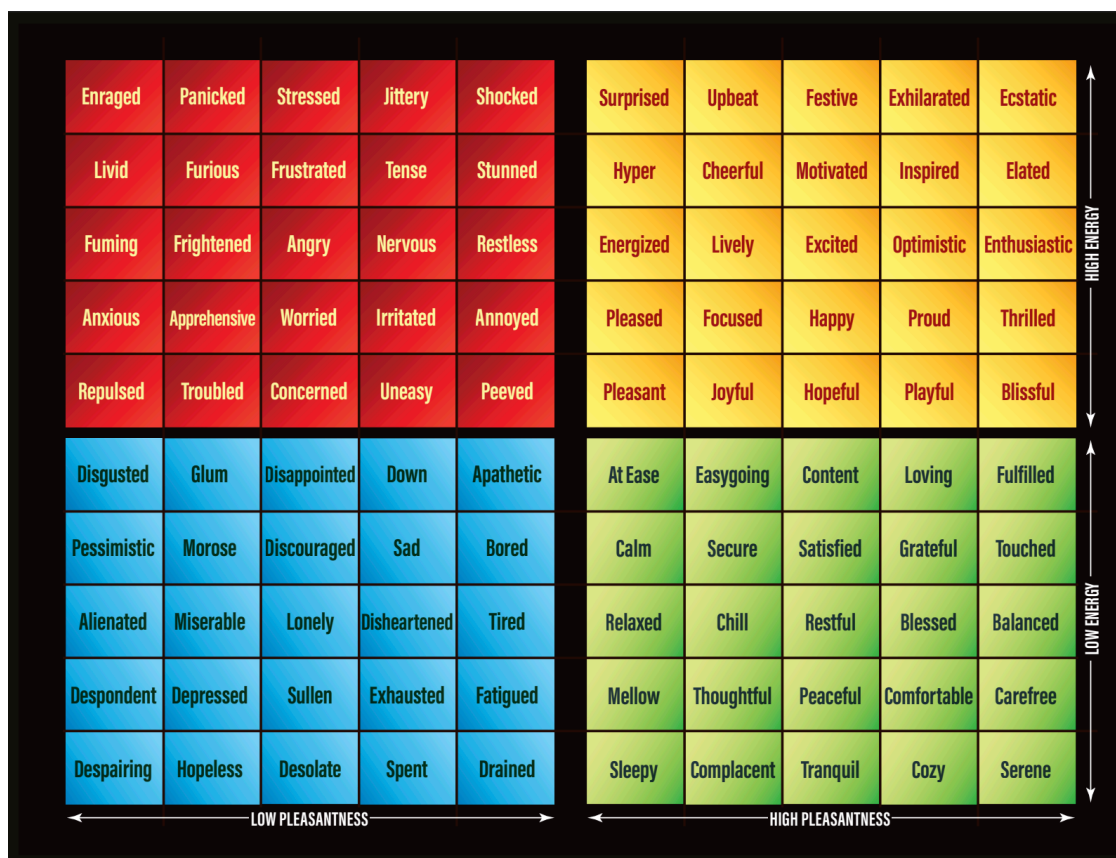
Feeling "nervicited" is a combination of feeling "nervous" and "excited," typically before an important event, like the start of camp! It's not a real word, but it does a great job conveying the mixed emotions of anticipation and apprehension in the lead up to camp.

We recognize that coming to camp for the first time (or the second, third, fourth, or fifth time) can evoke a lot of emotions for both kids and adults! There is no "bad" or "wrong" feeling when it comes to thinking about the upcoming camp experience. At times, we just have to do a better job to understand why it's causing us to feel the way we do and then figure out how to respond in a healthy and productive manner.

The Mood Meter

At camp, we use a great tool to help with this called The Mood Meter. [The Mood Meter](#), was developed by [Dr. Marc Brackett](#) of the Yale Center for Emotional Intelligence and is featured in his book, [Permission to Feel](#). (A favorite book of ours that we recommend to all camp parents! Want to help your child emotionally prepare for camp? Then read this book!)

The Mood Meter helps children recognize and label their emotions using four color-coded quadrants. Campers of all ages can recognize and identify feelings, expand their emotional vocabulary and process their emotions.



When camp is in session, our camp counselors will talk with your camper and engage in "Meaningful Check-ins." Meaningful check-ins are daily conversations to check in on your camper. We expect our campers to engage and share what's going well, what's challenging or bothering them and figure out ways to navigate through it all. To help campers process their emotional feelings, our camp counselors will use the Mood Meter during some of your camper's Meaningful Check-In times. To set your camper up for success, we recommend you start using this tool at home. Doing so can spark meaningful conversations, build emotional awareness and most importantly, just carve out time and space to address their feelings before camp starts.

Use the Mood Meter at home

To use the Mood Meter at home, either [print out the chart](#), or personally, we love just taking a picture of it to keep on our phones! Show the chart to your child and tell them you want to check-in with how they're feeling as they get ready for camp. Ask them how they feel and don't accept responses of, "fine" "good" "not good" "great." Have your camper point or identify real emotional words that stick out to them. As they share, dive into those feelings. Remember, there is no *bad* or *wrong* way to feel. No one has control over their emotions but we do have control over our actions, and we can always choose how to respond. Learning to identify our emotions helps us gain more control over our behaviors.

Preparing for Camp

We have a ton of information for enrolled families on our ["Preparing for Camp"](#) page. When you need a copy of the Camper Packing List, need the details for travel or baggage or want to know more about Visiting Weekend, it's all right there. Bookmark it now and go back as questions arise.

Right now, as you consider the emotional needs of your son, if you need additional tips for ["Helping Your Child Deal with Anxious Feelings Leading Up to Camp."](#) we've got a great guide on our Preparing for Camp for that too!

All medical and transportation forms are due today!

Today, May 1st, is the deadline for all medical and transportation forms. This includes:

- Health History
- Mental Health Wellness and Supports
- Immunization Records
- Immunization Certification
- Authorization and Insurance Card
- Transportation

Last call to get these forms completed before we start reaching out to families early next week with reminders.

**Click here to login to CampInTouch
to complete online North Star Camp forms**

Reach out to us with questions or conversations about your camper. The closer we get to the start of camp, the busier we all get! Reach out today with those questions or to share information to help set everyone up for a successful 81st summer at North Star.

Thanks,

-Andy, Dan, Robyn, Glick and Beth

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Andy Shlensky

North Star Camp for Boys

Call & Text: (715) 462-3254

Andy@NorthStarCamp.com

www.NorthStarCamp.com

Pronouns: he, him, his



"Remember the Scholarship Fund" - www.CampForAllKids.org

