

## Proceedings: 7<sup>th</sup> Summer Leadership Camp

### Foreword

This 7<sup>th</sup> Summer Leadership Camp have considered to address the issue on Bullying. It has been very alarming to the many children both in elementary and high school graders to victims of being a bully and bullied.. In one of the schools where most of the kids of Gugma sa Kabataan were enrolled have experienced bullying leading to physical injury and dropped out. The worst effect of being bullied it motivated to suicide.

There were 39 campers together with 3 staff. MALISA HOME, a center for girls who were trafficked have joined this 2018 camp. It was held at MAPAWA NATURE PARK on April 23-27, 2018 with the theme "Overcoming Bullying." The end goal is for the kids to acquire life shaping skill communicating, handling emotion, conflict and make decisions. At the end of the camp the kids were able to"

1. Have a deeper knowledge on bullying;
2. Recognized and affirmed their capabilities in handling conflict situations
3. Express emotions in a more mature and creative way; and
4. Deepen the perspective on bullying from the legal, Biblical and psycho-social

The five days activities has provided the knowledge on the motivating factors on bullying and its effect. From the sociological, psychological, Biblical and legal perspective, the kids acquired knowledge and skill to be victorious in overcoming bullying. Play therapy was used to disclose themselves who they are, recognized and affirmed their capabilities and communicate their emotions in a creative and relaxing way. The kids were group into 6 families who have learned to be cooperative, worked as team, to follow rules, share their gifts as a leader, a follower, creative, caring and responsible to look after their group members.

Again, this Summer camp was made possible because of the abundant love of our benefactors from Germany, our members of the Board through the leadership of Dr. Stefan Wolfenstetter. Also, to the girls of MALISA HOME who added color to the faith journey of the children of Gugma sa Kabataan. Inc

## OUTPUT

### Orientation on House rules

Orientation on the House rules is very important for the campers to know. The camp site is very friendly that every child would like to explore. House rules was place on the wall for everyone to be reminded.

- Attend all camp activities
- Megaphone will be used to assemble for all activities
- Be punctual
- Inform your Ate's and Kuya's on your needs and concerns
- Observe "buddy buddy" system
- Nobody is allowed to go out alone.
- Restricted hours is from 9:30 p.m. to 5:00 in the morning
- Only one is allowed to use the bathroom
- Magic word is RESPECT
- Observe Clean As You GO
- Campers are divided into 6 families. Each family has 5-6 members with Big Kuya and Ate. Each group has a vegetable name



### Horse Riding

Two big horses were provided for the children and staff to enjoy riding. It was an opportunity to learn to overcome anxiety, fear to trust and courage. Some kids were able to learn the command of the horse to walk without the help of the trainer .



**Morning Meditation -Shibashi**  
Erica Kaye Mante  
-Bachelor in Elementary Education

Everybody has to go to the oval for the 5:30 morning meditation called “Shibashi” . It is an 18 body movements which Chinese meditate for wellness, breathing and movements. Instrumental music was played as body moves. The meditation ends by saying “thank You’ and “good morning to everyone.”

- Breath
- Opening the Hearts
- Painting the Rainbow
- Separating the clouds
- Floating silk
- Rowing the Boat
- Touching the sun
- Rustling the wind
- Waving clouds
- Scoping the Ocean
- Spread wings of Dove
- Pushing the waves
- Dragon
- Wild Geese
- Windmill
- Bouncing the Ball
- Gathering the Fragrance



### Evening Prayer

At the end of the day every family group gathered to close the evening with a prayer. The prayer expressed concern for their biological families, victims of bullying both the bully and bullied kids, and to be peacemakers

### Play Therapies

- Color your Life

Abegail Gallamora, B.S Psychology

Everyone was given a blank caricature of a male and female child. Crayons were provided for every child to choose from. Each child choose a color or colors that he/she has meaning in his/her life. Two circles were formed -inner and outer holding their painted caricature. Outer circle move around facing the inner circle. Colors identified were primary and secondary. Colors identified were:

- Red is for love, family, care, brave, blessing, happiness, respect, health, strong, Process and faith
  - Green is nature, love, hope, peaceful, reflective, rust, passion, optimistic, life care, thankful
  - Orange is light, humility, unity, happiness, joy, courage, hope and blessing
  - Brown is strong, religious, freedom, love, trials, life, challenges, failure
  - Blue is tears, sadness, alone, water, peace, emotion, success, joy strong, future, priority
  - Black is fear, love, sin, punishment, sad down, destruction, challenges

Though black was considered by the majority as negative color of their lives two kids look at it positively as a challenge and love. Like the darkness of the night, gives us night rest, able to see the shining stars.



- Pick up a Drinking Straw  
Abegail Galalmora-Facilitator

Each family group was given a bunch of drinking straw. Each member will op scattered straw. Participant will pick it up without moving/disturbing other straw. When straw moved next players turns.

Who got the most and the least straw? The campers who got the most number of drinking straw pointed out that careful planning, focus and teamwork were to be considered most in solving problem and in making decisions. The child who got the least drinking straw expressed disturbance, nervous, lack of focus, far of not being able to solve the problem and confused on what to do.

The purpose of the therapy was to develop the skill in solving problem and in making decisions.



● Animal Power  
Minda Domingo

The kids were divided into two. Group 1 chose the animal they like most. They have to portray their power. Group 2 bought the animals because of their capabilities.

Animals portrayed:

- Dog is trainable, brave, helpful, best friend
- Cat is brave, lovable and can defend themselves
- Horse shows perseverance, hardworking, trust worthy, most marginalized
- Rabbit is a listener, approachable and cute
- Monkey is wild, strong and entertaining
- Dove is friendly, courageous and sensitive
- Goat is analytical
- Carabao is hardworking and shows humility
- Pig gives all

Like these animals, they have their own uniqueness and power. In handling conflicting situations we have the power to be able to know the power of knowing what is right and wrong, choosing good and bad. We make decisions by analyzing, critical to our situations.

