



MISSIONARY FAMILIES OF CHRIST – KIDS

FAMILY CAMP

MISSIONARY FAMILIES OF CHRIST MFC KIDS

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Rationale

In our society today, family members are shifting their time from their families to personal careers & interests, resulting in a decline in the quality time spent together. In our technology-driven generation, meaningful communication among family members is decreasing, with both children and parents absorbed in their self-centered lifestyles. These external pressures pose significant challenges to nurturing strong family relationships.

This is precisely why family camps hold immense significance. Family camping is important for several reasons, as it offers numerous benefits for both parents and children. This kind of activity offers a unique opportunity for families to connect with each other. It provides a break from the fast-paced, technology-driven world and offers a chance for personal growth, skill development, and creating cherished memories that can last a lifetime.

Family camps offer a precious opportunity to temporarily set aside competing priorities and come together as families for a few days of quality time, enjoyment, open communication, and the strengthening of bonds among family members. In doing so, we can align ourselves with God's plan for families and allow it to flourish. Hence, these will be the main pillars for the camp - *Bonding (quality family time)*, *Teamwork (communication)*, *Affection (relationship building)*.

Carrier Verse:

“Let love be sincere; hate what is evil, hold on to what is good; love one another with mutual affection; anticipate one another in showing honor.”

Romans 12:9-10

Main Objective

The purpose of this activity is to foster stronger family bonds.

Specific Objectives:

- To reiterate the central role of God within the family structure.
- To cultivate an appreciation among family members for the significance of family and the relationships within it.
- To create a platform where family members can express mutual respect, build stronger relationships, and enhance communication.

Long Term Objectives:

- Make the family camp the start of a life-long process of renewal and transformation within the family.
- Create a positive experience that the participants may look back to and draw strength from throughout their lives.
- Share to them a support environment where they can be sustained in their Christian lives by introducing MFC and MFC Kids.

C.A.M.P. Elements

C - Connection: Camp is a place where family members can connect and bond with each other in a natural setting.

A - Adventure: Camp provides opportunities for exciting adventures and shared experiences that strengthen family bonds.

M - Memories: Camp creates lasting memories that families can cherish and look back on together.

P - Play: Play is powerful not just for children but also for adults. Camp encourages families to play, have fun, and enjoy quality time together in a relaxed and enjoyable environment.

Camp Participants

- Young families with children from 5-12 years old (MFC Kids age groups)
// members and non-members of MFC are all welcome! Toddlers, teens and other members of the family are welcome too!

Suggested Schedule of Activities

1st day (ex. Saturday)

| | |
|--------------------|---|
| 9:00AM – 9:30AM: | Arrival / Registration |
| 9:30AM – 9:45AM: | Kids Praise (Opening Prayer w/ 2-3 dances) |
| 9:45AM – 10:00AM: | Welcome Everyone / Venue & Schedule Orientation / Camp Site Rules & Guidelines |
| 10:00AM – 10:45AM: | Tent Pitching Time / Family Cheer & Yell Making |
| 10:45AM – 11:15AM: | Family Members Introduction / Cheer & Yell Presentation |
| 11:15AM – 12:15PM: | Flag Making |
| 12:15PM – 1:30PM: | Lunch |
| 1:30PM – 1:45PM: | Flag Presentations |

1:45PM – 5:00PM

Family Activities & Games

// kindly choose and check the activities from the appendix

5:00PM – 7:00PM:

Rest / Freshen Up

7:00PM – 8:00PM:

Dinner

8:00PM – 9:00PM:

Family Talent Show / Campfire S'mores Time

9:00PM – 10:00PM:

Individual Family Time / Meaningful Discussion within the Family

10:30PM:

Lights Off

2st day (ex. Sunday)

6:00AM – 7:00AM:

Wake Up / Freshen Up

7:00AM – 7:15AM:

Kids Praise (Opening Prayer w/ 2-3 dances)

7:15AM – 8:15AM:

Breakfast

8:15AM – 8:25AM:

Family Roll Call, Cheer, and Yell

8:25AM – 10:30AM:

Family Activities & Games

// kindly choose and check the activities from the appendix

10:30AM – 11:15PM:

Freshen Up / Prepare for the Holy Mass

11:15AM – 12:15PM:

Holy Mass

12:15PM – 1:30PM:

Boodle Fight Lunch

1:30PM – 1:45PM:

Gather / Processing of the Family Camp / Closing Prayer

1:45PM – 2:30PM:

Group Picture Taking / Photo Op / Pack Up and Clean Up

2:30PM:

Home Sweet Home

Success of the Family Camp

For the Family Camp to be successful, it is important for the team to be prudent of the activities that they will run and execute. The team should study the guidelines and instructions of each activity clearly to have an initial idea of the family groupings, team groupings and other dynamics. The team should also anticipate scenarios that might happen during the family activities to prevent on-the-spot decision makings and dead air.

The team should also keep it mind that it will take a while for the participants to warm up to new faces. The participants will be meeting a lot of people for the first time. Having a warm and friendly Service Team to greet and accommodate them when they arrive will help them feel at ease and welcome.

Service Team Tasks and Responsibilities

Event Head - Oversees the entire event from the preparation stage and execution proper. He leads the service team meetings in all the preparations up until after the event. Has the last say for whatever decision that will be made.



Admin Head – Partner and assistant of the Event head. Takes note of all the major details of the event.

Registration Committee - Takes care of the registration of the participants, name tags and kits, and accommodations (if tents will be provided by the organizers).

Food Committee - Keeps track of food and meals, sets menu for the day, and oversees those who are assigned for cooking and marketing. He collects, budgets, audits, and disburses money for the camp.

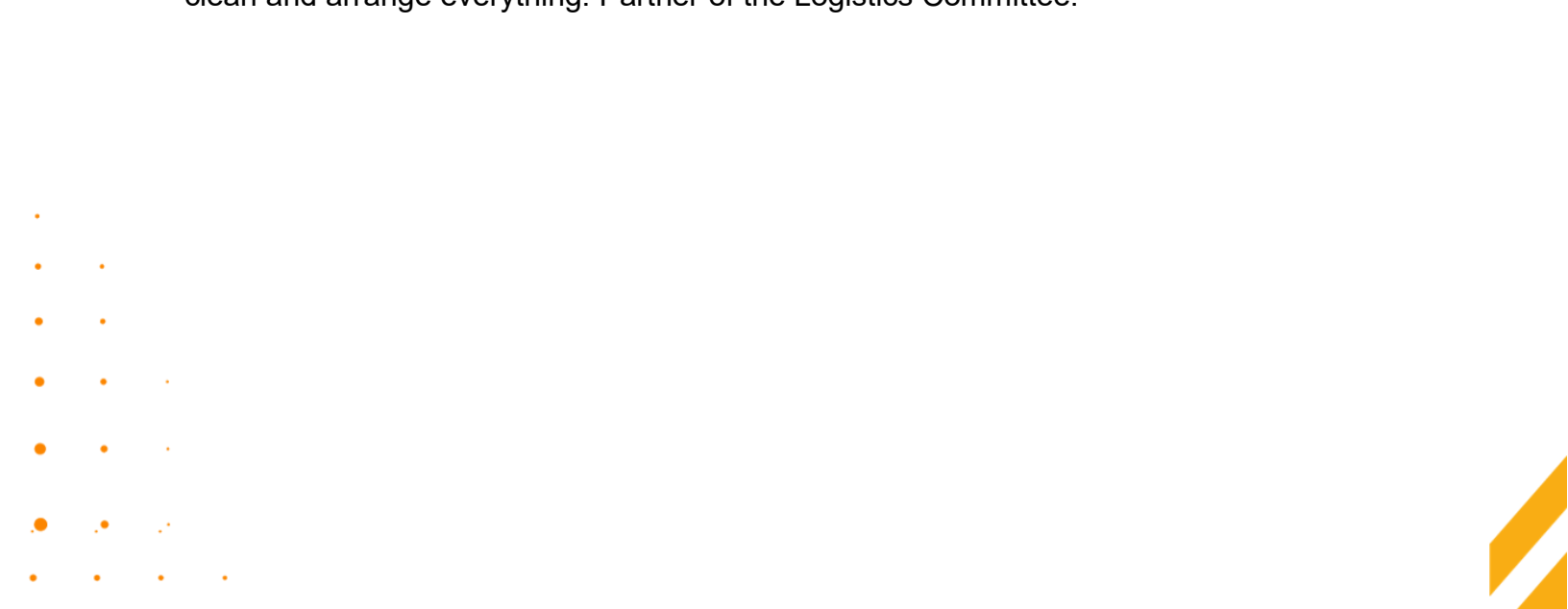
Promo / Marketing Committee - Takes care of the promotion of the family camp via social media platforms, text messaging, and other campaigns necessary. Look for sponsors too (cash or goods) for freebies that can be distributed to the families.

Program Committee - Takes care of the program needs during the camp - camp leader, liturgy, visuals, music, activities and games, materials during the activities (materials that the family will not bring), etc.

- **Camp Leader** - He is the main man/facilitator of the camp. He leads the directions, instructions, and announcements of all the activities during the camp. He is the enforcer and secures the time schedule. He is also in charge of waking up the participants and observes their behavior.
- **Liturgy Head** - Takes care of all the necessary details and materials for the Holy Mass

Logistics Committee - Assists the Event Head in identifying the official venue or camp site. First person in the venue to prepare the site - camp designs (w/ the help of Program), tables, chairs, tools and equipment needed for the camp, sound system, LCD projector, and other logistical needs of the event.

General Services Committee - They make sure that the venue is safe at all times. They make sure that the whole venue is clean as well. The last team to leave the venue to clean and arrange everything. Partner of the Logistics Committee.



APPENDIX: ACTIVITIES AND GAMES

Appendix of family activities and games to choose from

FAMILY FLAG

Creating a family flag can be a fun and meaningful activity that helps your family come together to represent your unique identity and values. Creating a family flag is a creative and collaborative activity that can foster a sense of belonging and pride within your family. It's a visual representation of your family's uniqueness and shared experiences.

Here's how you can go about making a family flag:

Materials Needed:

- Large piece of fabric (e.g., a plain white or light-colored bedsheet)
- Drawing and coloring materials
- Stencils (optional)
- Fabric markers or paints
- Brushes (if using paint)
- Water and containers for mixing colors (if using paint)
- Pencils and erasers (if sketching designs)
- A space to work, preferably outdoors or in a well-ventilated area
- Any additional decorative items you might want (e.g., sequins, fabric scraps, embroidery thread)

Steps:

1. **Gather Your Family:** Invite all family members to participate in the flag-making project. Explain the purpose and significance of creating a family flag, emphasizing that it's a collaborative effort to represent your family's identity and values.
2. **Brainstorm Ideas:** Have a discussion about what symbols, colors, and themes are important to your family. Consider your family's history, interests, values, and shared experiences. This brainstorming session will help you come up with design ideas for the flag.
3. **Sketch the Design:** Once you have some ideas, sketch out possible flag designs on a piece of paper. Family members can take turns drawing or contribute to a collective design. Don't worry if you're not an artist; the goal is to express your family's unique identity.
4. **Choose Colors:** Select the colors you want to use on your flag. These colors should have meaning for your family or represent your family's personality. For example, you might choose green for growth and harmony or blue for unity and peace.

5. **Create the Flag:** Lay out your large piece of fabric on a flat surface. Use fabric markers or paints to draw and paint your chosen design onto the fabric. If needed, use stencils to create more precise shapes. Make sure to leave some space for each family member to contribute their unique touch.
6. **Personal Contributions:** Encourage each family member to add their own personal touch to the flag. This could include handprints, fingerprints, or drawings that represent their individuality.
7. **Let It Dry:** Allow the flag to dry completely according to the instructions on the fabric markers or paint you used. This may involve setting the paint with an iron.
8. **Final Touches:** Once the flag is dry, consider adding any additional decorative items, such as fabric scraps, sequins, or embroidery, to enhance its visual appeal.
9. **Celebrate:** Gather your family to admire your finished family flag. Talk about the symbols, colors, and designs that represent your family's identity and values. This can be a great opportunity to reinforce your family's unity and shared history.

After the presentation...


10. **Display Your Family Flag:** Find a special place to display your family flag, whether it's inside your home, in your garden, or at a family gathering space. Make sure it's visible and easily accessible for all family members to see and appreciate.

FAMILY TALENT SHOW (during the first night)

Have each family member showcase a talent, whether it's singing, dancing, or a unique skill. Encourage support and applause from the rest of the family. This is better with campfire s'mores and bonfire present during the show!

FAMILY DISCUSSIONS (during the first night)

Have meaningful conversations within the family about topics like family goals, dreams, and aspirations.



Important note to the service team: it's the discretion of service team to decide on how the family groupings, team groupings, and dynamics should go.

BLANKET VOLLEYBALL

Use a blanket as the "net" and play volleyball with a soft ball. The catch is that each team can only hold the edges of the blanket to hit the ball.

Materials:

Blankets for the teams
Balls (one small, one medium, one large)

Steps

1. This game closely resembles volleyball, but with a twist – teams will employ their blankets instead of their hands to toss the ball.
 2. Every player on the team must grip the blanket's edges using their hands, and the team should devise a strategy for effectively tossing and catching the ball with their blankets while competing against the other team.
- Round 1 - small ball (tennis ball); race to 3 points
Round 2 - medium ball (volleyball); race to 3 points
Round 3 - big ball (basketball); race to 3 points
3. Winner in this game is determined by the team with the highest score at the end of the match.

BALLOON CATERPILLAR

Materials:

Balloons equal to the number of players (minus 1 piece)


Steps:

1. Teams must travel from point A to point B while maintaining balloons squeezed between them.
2. Their primary objective is to ensure that none of the balloons drop during the challenge.
3. Participants are prohibited from making direct contact with the balloons or their fellow team members.
4. If at any point a balloon falls or if any team member violates the rules, they must restart the challenge from point A.

WATER PONG

Materials:

Water cups equal to the number of members per team
Table





Pail of water
Extra cups

Steps:

1. Following the game master's "go" signal, the first team member of each team will collect water from the large container and use it to fill the first empty cup, which contains a ping pong ball, arranged on the table.
2. After successfully filling the first cup and causing the ball to float, the player will then gently blow the ping pong ball forward to the next cup, which only contains a small amount of water and is not completely filled yet.
3. Subsequent team members will follow suit, repeating the same process.
4. The team that completes the task in the shortest amount of time emerges as the winner.

FLICK THE CALAMANSI

Materials:

Bottles with 1 calamansi on top for each team (preferably 1.5 liter water bottles filled with water)

Steps:


1. Starting at a designated distance, the first player from each team must spin around six times before proceeding toward the calamansi and attempting to flick it.
2. The objective is to displace the calamansi fruit from the top of the bottle so that the following team members can repeat the same process. There should be someone to put the calamansi back every after player's turn.
3. The team that successfully completes this challenge in the shortest time wins.

EGG TOSS

Materials:

Eggs

Steps:

1. Each family is tasked with selecting their top two players to represent them in the game.
 2. These chosen partners are then provided with an egg each for their participation, with the primary objective being to prevent the egg from breaking during the toss.
 3. The game commences with partners tossing the eggs to each other from a specified distance. The difficulty level increases as the distance between partners is extended after successfully completing each toss without breaking the egg.
 4. Should an egg break either during the catch or upon falling to the ground, the respective partner representatives are eliminated from the game.
 5. The winning partner is determined by the "last person standing" principle, where the player who manages to play the longest without breaking their egg emerges as the winner.
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HANDFUL OF CANDY

Materials:

Different kinds of Candies (each participants should hold at least 7)

Steps:

1. Have each group sit down and form a circle facing each other.
2. Explain that they are not allowed to talk to one another except during their time to strategize.
3. Hand the candies to the participants. Each having at least 7.
4. Explain that when you say 'Ready', everyone should have their candies behind their backs.
5. 'Set', they should place any number of candies to their front with a closed fist. No one should see the candies inside of their hands.
6. 'Go', everyone opens their hands and shows the candies.
7. The facilitator will say a number and that number should be equal to the number of candies shown in front in per team.
8. Getting the correct number of candies awards the team a point.
9. The 1st to have 7 points, wins.
10. Make the game easy at first by saying low numbers. Then level it up to bigger and bigger numbers (make sure the number is still within the total number of candies per group). Then make an equation (Ex. $14 + 3 \times 2 - 1 = 33$ candies). For a harder round, use a story in a fairy tale or Bible (Ex. The number of dwarves of Snow White + the number of Blind Mice in a Nursery Rhyme x the number of wishes in Aladdin).

HULA HOOP CIRCLE

Materials:

Hula hoop

Steps:

1. Participants should assemble in a circular formation while interlocking their hands together.
2. The objective of this game is to pass a hula hoop around the circle without disengaging their interconnected hands.
3. The team that successfully completes this task in the shortest amount of time will be declared the winner.

Other Useful resources:

- <https://www.innovativeteambuilding.co.uk/>
- <https://www.youtube.com/watch?v=yEHvKMJ3i0A>
- <https://www.youtube.com/watch?v=Nystqm6ihFU>