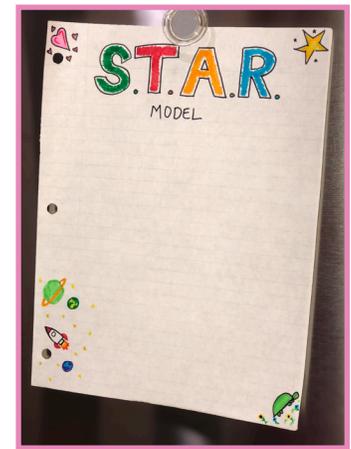


LET'S CAMP!

ACTIVITY: S.T.A.R. MODEL TRACKER

At The Painted Turtle, we follow a philosophy that we call the **S.T.A.R. model**, which stands for **S**tay safe, **T**ry new things, **A**lways build up, and **R**espect yourself, others, and the environment.

Being a S.T.A.R. allows us to be our best selves, get the most out of Camp activities, and be the best friend we can to keep everyone included. When you are a S.T.A.R., everyone wins!



Materials Needed:

- Paper
- Anything to write with: crayons, pens, markers, paint, etc
- Optional: Stickers or decorations
- Your imagination

Instructions:

Create a “canvas” that you can use to write down any time you practice the S.T.A.R. Model. Your canvas can be a simple piece of paper that says “S.T.A.R. Model Tracker” and is pinned to your fridge. You can also grab some cardboard and create a frame for your tracker, adding as many decorations as you’d like. Create individual or family trackers and challenge yourself to see how quickly you can fill one up. As you complete your tracker (AMAZING!), consider making more: one for the week, for the month, for the year! For this project, let your imagination run wild.

How the S.T.A.R. Model tracker works:

Any time you find yourself practicing the S.T.A.R. Model, add it to your tracker. Over time, you’ll be able to see all the times you’ve practiced the S.T.A.R. Model, which serves as a great reminder of the things you’ve done as well! For another layer of creativity, each of the letters in S.T.A.R. can be a different color, corresponding to that part of the S.T.A.R. Model. For example, if you decide that you want to have a green letter S, every time you practice staying safe, you can add it in green writing. This will show you which part of the S.T.A.R. Model you’ve been practicing the most!

Stay Connected!

To share your amazing creation, take a photo, then send it to dearcamp@thepaintedturtle.org or tag us on social media! Feel free to also share photos of you practicing the S.T.A.R. model wherever you are. **For more Camp activities, visit www.thepaintedturtle.org/virtual-camp/**