

TO: NYC Parks and Recreation Summer Camp Counselors

WHAT: TIP SHEET ON....

**HOW TO PREPARE YOUR CAMPERS FOR THE WORLD HARMONY
RUN EVENT AT THE END OF THE SUMMER**

1. Allow each camper to choose from the attached list of qualities and prepare **artwork** on that theme. This can be done in conjunction with Chapter Three (Feeling and Expressing Harmony through Art) in the *Living in Harmony* activities booklet. The art will be displayed in tents of the same theme during the city-wide event at Flushing Meadow-Corona Park on August 19th.
2. Learn the Harmony **songs**. All the camps will be singing them during the August 19th event. Make your own movements or instruments to play during the song. This is also one of the activities in Chapter Three.
3. The children in the camp will have to take a vote on August 12th – International Youth Day - to choose the one camper who creates the most harmony around themselves by being kind to everyone around them. The chosen child from each camp will receive the **Torch Bearer Award** from the World Harmony Runners on August 19th. To help children understand the basis for their vote it will be important to go through some activities from Chapter Four (The Good Things about Ourselves – Our Virtues) of the *Living in Harmony* activities booklet before the voting day arrives.
4. The campers can help the World Harmony Runners out by choosing a state and taking on all or part of the Runners' mileage from that state as a camp (remaining states and mileage is attached). Keep a **running log** to record the mileage. The running logs from each camp will be posted on August 19th or can be presented by the children to the US Team Harmony Runners on that day. The children can also follow the US Team across the chosen state via the web at <http://www.worldharmonyrun.org/usa/news/2010>. Some activities from Chapter Five (Fitness) are recommended in conjunction with the running.
5. We encourage you to do one chapter from the *Living in Harmony* **activities booklet** each week. The chapters will help your campers understand the meaning of harmony and will hopefully inspire them to make harmony a real part of their lives in their homes, in their schools and at their summer camp.

Qualities
enthusiasm
generosity
oneness
peacefulness
love
goodness
courage
friendship
sweetness
honor
determination
tolerance
creativity
heart-felt
kindness
affection
gratitude
respect
service
dedication
life-breath
peace
sacrifice
wisdom