

🌟 Family Activity: Creative Goal-Setting for Camp & Beyond

At Appel Farm, we believe creative growth happens **year-round**. Whether it's painting, singing, acting, or trying something brand new, creativity helps young people grow in confidence, courage, and connection. Let's bring that energy into your home with a fun, reflective family activity:

🎨 The Creative Goals Tree

(Great for your fridge or a wall at home!)

What You'll Need:

- A large piece of paper
- Markers, crayons, or colored pencils
- Optional: stickers, craft supplies, glitter, etc.

Step 1: Draw a Tree

Draw a tree with a strong trunk and lots of branches. This is your **Creative Growth Tree!**

Step 2: Add the Trunk Goals

As a family, write shared creative values or hopes in the trunk—like “try new things,” “express myself,” “make friends through art,” or “take risks.”

Step 3: Add the Branches

Each person chooses a few **process-based creative goals** and adds them to branches using leaves, fruit, or ornaments. These could be simple and age-specific:

- **Young kids:**
 - Use every color in the box
 - Try making music with pots and pans
 - Create a new character for imaginary play

- **Tweens:**
 - Fill one page in a sketchbook each week
 - Try writing a poem about something I care about
 - Make something without worrying if it's "good"

- **Teens:**
 - Share something I made with someone else
 - Collaborate on a creative project with a friend
 - Try a new art form I've never done before

Step 4: Reflect Together

Talk as a family about how creative energy can help with other goals—like:

- **School:** "When I write songs, it helps me focus better on writing assignments."
- **Friendship:** "I can make new friends by joining a theatre group or sharing my art."
- **Personal growth:** "Being creative helps me manage stress and express big feelings."