

Bedtime like Brigadoon



At camp, we love spending the time just before bed together, reflecting on the day, thinking about what we loved, what we appreciated, and what we did well. We thought you might like to see some of the questions we ask our campers at the end of the day to try and make the days a bit more meaningful and to help them to learn from what they experienced.

Feel free to pick and choose, every cabin group's bedtime routine would look different at camp, as well! You might often see cabin groups do Apples and Onions/Roses, Buds and Thorns and 1-2 other reflection questions.

Onions, Apples, and Oranges

Onions: The parts of the day that were hard (not "the worst," but the parts that were hard)

Apples: The best parts of the day

Oranges: What you're looking forward to tomorrow

The rules

- We start with onions to get them out of the way, so we can end on a positive note
- The rules: You must have more apples than onions!

Thorns, Roses, and Buds (The rules: same as above!)

- Thorns: The parts of the day that were hard
- Roses: The best parts of the day
- Buds: What you're looking forward to tomorrow

Some more daily reflection questions:

- What did you do well today?
- What are you proud of yourself for today?
- What's something that you did today that you wouldn't have been able to do a month ago? A year ago?
- When did you see someone doing something kind today?
- What did you do which was kind for someone else today?
- What's something new you learned today?
- What's something new you tried today?
- What was the best moment of today?
- What made you smile most today?
- What's something you did today that was hard?
- When did you laugh hardest today?
- Who did you help today?
- What was the best thing you ate today?
- What was the hardest rule to follow today?
- If you could have changed one thing about your day, what would it have been?