

Level 1: TO CAMP COPE-A-LOT



Sometime before the next Cope-A-Lot contest, take a moment to insert your response here.



When it's time for the contest, you can use your Go-To-Gadget to help you remember. That way you'll be sure to win GameTime!



Prep for Level 2 at Camp Cope-A-Lot

Level 2 at Camp will be about thoughts and feelings. For this GTG activity, tell us about a time when you really enjoyed yourself. Tell us about the situation, what you were thinking at that time, and how you felt.

Example: Here's Mike's example of when he felt good:



"If it were me, I'd talk about when I visited my friend's house and we went to the movies. I felt really happy and remember thinking 'I'm lucky to have such a good friend.'"



Situation	Thought	Feeling
When I visited my friend's house and we went to the movies.	I'm lucky to have such a good friend.	I felt really happy.

Below, write about the time you felt good.

Now put the situation, what you were thinking, and how you were feeling in the boxes below.

Situation	Thought	Feeling