

BORN
TO BE
BRAVE

True Girl



CAMP
Staycation



This year you can experience the camp high with your children, providing long term family impact. **Reserve your campsite for the main event on July 24th.**

PARENT'S GUIDE

WEEK 2:

Happy Trails

HIT THE TRAIL YOUR OWN WAY

To appreciate that God created each of us with a unique personality. Every one of God's children has been given different interests, abilities, and desires. That means you and each of your children will approach challenges and opportunities differently. And that you'll discover unique opportunities to use your gifts in service to God and others.

SETTING: Take a walk around town or a park, or hit a trail on foot, bike, horse or ATV

GETTING YOUR HEART READY: Did you know that no two zebras have the same stripes? And in a forest of a million trees, no two leaves are exactly the same? Infinite uniqueness exists in God's creation, even among things that on the surface seem pretty much the same. So it is with us.

We're each unique because God created us that way. And since God created our uniqueness, it must be both good and purposeful. Let's spend some time pondering those two things.

We should start at the very beginning. Open your Bible and read **Genesis 1 through Genesis 2:2**—the story of creation.

Notice the word that's repeated over and over again to describe what God thought of His work—good! Well, except for the day on which he made us. On that day—the sixth one—He didn't say what He made was good. He said it was very good. That's worth noting!

Ephesians 2:10 NLT echoes this declaration. It reads,

"For we are God's masterpiece . . . created anew . . . to do the good things He planned for us long ago."

- » According to the Merriam-Webster Dictionary,
- A MASTERPIECE** is "a work done with extraordinary skill; a supreme intellectual or artistic achievement".

- Add to that definition the fact that we're talking about God's skill, and this means we are a supreme intellectual and artistic achievement! That's very good, indeed.



No two masterpieces are alike. And how God created you is likely very different from the way he made each of your children. That is also very good, but complicated.

The implication is that what sets one heart ablaze will pour water on another's campfire.

A challenge or situation that excites you may stress and frustrate your child. Identifying which personality types exist in your family will bless you with a better understanding of one another. And that will set you up for success in all of life.

The following family impact activity will give you insight into your own personality and that of your child. You'll communicate more effectively and celebrate your discovery as you plan out and embark on this adventure together.

FAMILY IMPACT ACTIVITY

Your challenge this week is to hit the trails! Why? Because what would camp be without some trail rides, hikes, or walks? You'll use this family impact activity to consider each individual's personality using some type of assessment tool. When you hit the trails, you'll likely see the differences pop out and it will give you a great opportunity to discuss them and learn together.

Watch the video of True Girl lead teacher Staci hitting the trail with Alex from Born to Be Brave. They'll show you some simple and fun ideas for your adventure. Check it out on either the True Girl or Born to Be Brave youtube channels.

HIT THE
TRAIL >>
YOUR OWN WAY!



WHAT YOU'LL NEED:

- A Bible
- A little sense of adventure
- Walking shoes, horses, ATVs – depending on what type of trail experience you decide to pursue

THERE ARE THREE GOALS DURING THIS FAMILY IMPACT ACTIVITY:

- 1** The first is for you to re-discover or explore for the first time...the unique personality types of each member of your family so that you can ultimately each feel more understood and better equipped to communicate effectively.
- 2** The second goal is time spent together exploring the outdoors in a way that suits you. Take a walk downtown, hit the trails for a hike or ride – anything that you find enjoyable. Hit the trail your own way!
- 3** The third is to talk with your child about their unique, God-given talents and how they may provide your child with unique opportunities to honor God through service to Him and others.

HERE'S HOW YOU CAN EXPLORE THE PERSONALITY TYPES BEFORE YOU PLAN YOUR ADVENTURE:

Perhaps you've done this before...great, you're all set to go to the planning. If not, there are plenty of online personality assessments that you can take. We recommend you google "free DiSC personality test." Have each family member take the test and then plan this family impact activity based on your observations.

We're all different shapes, sizes, and appearances, possessing our own minds and senses. But, in general, we'll fall into one of the four personality types based on the DISC test. Gary Smalley and John Trent used to help children understand what the outcome of the test meant for them by giving each personality type an animal to represent it so it could be easily understood. We've included them below.

"Lions"

DETERMINED
COMPETITIVE **LIKES TO LEAD**
DECISIVE **RISK TAKER**
WILL NOT GIVE UP EASILY



Do you have an overconfident, argumentative child who hates routine? What may appear to be defiance could be that you have a problem solver, risk taking, decisive, future entrepreneur. Give this little man or woman a job where they can see results and you will get a highly motivated youngster going to work. Keep in mind their biggest fear is being taken advantage of.

"Otters"

INFLUENCING **LOVES PEOPLE**
ENTHUSIASTIC **PERSUADING**
CHANGES MIND QUICKLY **TRUSTING**



Is your child the class clown who doesn't take things seriously? Do they appear not to be listening? Are they wanting to be liked and popular with his or her friends? Do they talk a lot and are very expressive with their gestures and facial expressions? If so, you may have one of the most inspiring and influencing loyal youngsters on the block. These young men and women have a great desire to see everyone happy and bring the party to you. Be careful though, if they don't succeed and feel rejected, they can shut down.

"Golden Retrievers"

STEADY **ENJOYS GROUPS** **LOYAL**
PEOPLE PLEASING **PATIENT**
VERY KIND AND RESPECTING



Does your child seem to be a pushover? Are they fearful of change? Do they get their feelings hurt easily or are they sensitive to criticism? If so, you have the compliant youngster that will help you keep the peace. These kiddos are loyal team players who you can depend on to get conflict resolved quickly. They are patient and empathetic in their relationships and will do their best to have everyone get along. Loss of security is their biggest fear so introduce change early.

"Beavers"

ORGANIZED **INDEPENDENT** **DEEP THINKER**
LIKES DETAILS AND FACTS **CONSCIENTIOUS**



Is the owner's manual a go-to resource for your highly detailed child? Are their toys aligned and neatly placed on the shelf? Do they tend to over analyze situations but seem to keep their feelings to themselves? If so, you may have the next Albert Einstein living under your roof. These engineer types will be on their game to prove what you say to be true or not to be true. They are anchored in reality through an even-tempered analysis. Be prepared if and when you criticize, they know why they did what they did and will expect a reason for the criticism.

In reality, each of us is a unique blend of all four of those personality types.

PLAN YOUR "HIT THE TRAIL" EXPERIENCE.

You can do this on your own...or invite the family in the decision making. (The second will bring the personalities out right away!) However you do it, plan an adventure to "hit the trails" in a way that perfectly suits your family. Of course, that could be complicated if you have a child who scores high on I/Otter and wants to just be let loose to experience adventure with others...and another who is a high C/Beaver who desires a thorough plan and would rather do things slowly (and possibly more independently). That's why this adventure is just the one to help you see your personalities and discuss them.

We asked several boys and girls to share some of their most memorable trail outings. They reported everything from "hiking a trail" to "riding horses or ATVs" to "a walk downtown."

WHEN YOU'VE COMPLETED YOUR OUTING:

Post photos on social media, being sure to tag Born to be Brave (facebook) and True Girl (facebook or instagram) or email us a photo of you with permission to share it on our social media pages. If you've completed the Tie Dye Party from Week 1, be sure you're wearing your camp shirt and/or doing one of the Camp Staycation family impact activities.

You will be entered to win our **Ooey Goey Ultimate Graham Prize** worth over \$500!



Conversation Questions:

You can have this conversation before you hike, during your trail experience, or after it. Just be sure you do it.

This is the real power of our Camp Staycation experiences.

Read the story of creation to your children and share your thoughts. Consider asking your children some questions to get them thinking.

- What is your favorite part of the creation story?
- What do you think was God's favorite creation? Why?
- Do you think God created anything accidentally or without purpose?
- Is there something about yourself that you don't like?
- Where do you see yourself in the creation story?

Read **Ephesians 2:10** in a version that declares your child to be a masterpiece. Explain that no two masterpieces are alike. You could share the test results with them at this point and go over the strengths and challenges of each personality represented.

ASK YOUR CHILD:

- What do you think God has given you as a strength? (Be prepared to share what you believe your child's gifts are)
- What do you think God has given me as a strength?
- What are some things you like to do to help others?
- How are we different from one another?
- How can we appreciate our differences?

PRAY:

End your Camp Staycation family impact activity in prayer. Ask the Lord to help you see yourselves as He sees you, love the parts of you that sometimes don't seem so loveable, recognize the strengths and talents He's given each person in the family, and believe that all of those things about you are "very good."



SNEAK PEEK
AT YOUR
NEXT
FAMILY IMPACT ACTIVITY:

Get ready for a full-throttle backyard game night challenge! As you compete, you'll discover how God wants all of us to "run the race" of life in a way that honors Him. Help your child see that just like we have to be disciplined to win physical competitions, we must also be determined to have spiritual and emotional victory in our lives.



Reserve your spot by the campfire now at mytruegirl.com/camp