

# Express Yourself

Express Yourself is a 4-day camp that features a creative spin on tradition activities such as an all-day adventure on Blackhawk Island focusing on senses and nature art, performing skits, and creating water games on the swim beach!

## **Traditional Activities:**

Hiking  
Team building  
Canoeing  
Swimming  
Fishing  
Arts and Crafts

## **Featured Activities:**

Scales Scutes Skins  
Circle Dance  
Making Sense of Nature  
Nature Art

## **Evening Activities:**

Amazing Upham Race  
Campfire  
Radical Raptors



UPHAM  
WOODS



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