



# ROCK EAGLE 4-H CENTER

## CAMPFIRE

Independent (Teacher Led)

### Description:

Have your own campfire! Participate in a fun, recreational, and social activity that is always a welcome addition to the Rock Eagle trip.

### Objectives:

1. Provide students with the opportunity to interact socially.
2. Focus on entertainment, recreation, social interaction, and fun!

### Outline:

- I. Introduction
  - A. Flashlight Etiquette
- II. Start with a bang
  - A. Very up-beat and fast
- III. Wind down
- IV. Quiet activities

### Campfire Hints:

The motto of a successful campfire is "Be Prepared". Have a variety of activities ready, including both noisy and quiet ones. Some groups hate singing, so beware! Storytelling, songs, games, and mild ghost stories are some activities to include. You may wish to cover flashlight etiquette before launching into your campfire program. Some stories (i.e. ghost stories) may not be appropriate, especially if students are not use to being away from home.

A campfire ring will be assigned to you prior to your visit. The rings already have build in seating. The campfire will already be built and all you have to do is light it. Mineral spirits will be provided for you to help light the fire. Soaking the wood prior to lighting the fire will keep the flame from flashing quickly when lit, and just burning off the mineral spirits. This helps the fire to last throughout the program. Make sure to hand the mineral spirits to your lead staff the next day. It is okay to leave the wood burning after you are done. Most of the time, the fire will have burned down to a pile of glowing coals by the end of your program. The security guard will come by at a later time to check the fire.



# ROCK EAGLE 4-H CENTER

Here are some other helpful hints!!

- 🔥 Have only adults start or add wood to the fire. Establish areas in which people can sit. Request that they refrain from throwing things into the fire or walking into certain areas.
- 🔥 Work out a system ahead of time so the group knows when to be quiet and when they can be loud. Raising your hand as a signal for the group to be quiet is usually effective.
- 🔥 Intermix stories and songs with skits. Standing or sitting too long allows the audience to get restless.
- 🔥 The light of the campfire may not be bright enough to allow everyone to see hand motions or movement during the program. Do the activities and skits requiring light early in the program, if applicable.
- 🔥 Some of the included material calls for select people to come up from the audience to act or be part of a skit. It is important that the selected participant, whether adult or student, not become the butt of a joke they would not appreciate. The participant should be someone who can enjoy the fun of the situation.
- 🔥 If you need materials for the campfire, bring them from home or school. If roasting marshmallows, you will need to bring sticks for roasting. We do not supply these materials. Please remove any trash, roasting sticks, etc., that you bring to your campfire.
- 🔥 Many people in your group may have had experience as campfire leaders as Boy/Girl Scouts, summer camp counselors, etc., They may have additional ideas to lend to the program.
- 🔥 There is a time, place, and mood for ghost stories. You need to judge the level of comfort your students have with the 'outdoors' at Rock Eagle. Some children may react negatively towards a scary story. A ghost story may come back and "haunt" you if the occupants of your cabin are still wide awake with the lights on at 4 AM. If in doubt, leave them out!!

Don't worry if it starts to rain before your campfire, most of the activities can still be done inside! (OK, maybe not the S'mores, but everything else is pretty easy to convert to indoors).

## Some Campfire Activities, Skits, Songs, etc...

### **Rock Eagle Yell**

**Topic** - welcome, ice breaker

**Materials**--none

**Procedure:**

1. Leader stands where he/she can be seen by everyone.

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## ROCK EAGLE 4-H CENTER

2. Start with hands at sides. When hands are raised above your head, the audience yells one letter at a time until R-O-C-K-E-A-G-L-E is spelled.
3. Raise hands when spelling each letter. Leader tries to fake out audience a few times by not raising hands above head.

### **Two Tribes**

**Topic**--welcome, ice breaker

**Materials**--none

**Procedure:**

1. Divide the class into two halves. Assign a chant to each half. (examples include: Eenie meanie weenie or Uga booga booga).
2. The instructor's two arms now represent each army. When your respective arm is high, the army chants loudly, when your respective arm is low, the army chants softly.
3. Alternate loud and soft until audience sounds yelled out!

### **Boom Chicka Boom**

**Topic**--A loud listen and repeat song.

**Materials**--none

**Procedure:**

Have the students repeat after you:

I said a BOOM CHICKA BOOM (kids repeat)

I said a BOOM CHICKA BOOM (kids repeat)

I said a BOOM CHICKA ROCKA, CHICKA ROCKA CHICKA BOOM (kids repeat)

Ah ha (kids repeat)

Oh yeah (kids repeat)

One more time (kids repeat)

Quiet style (add in new style every time) (kids repeat)

Other styles:

Loud: Raise voice

Boy: Deep voice

Girl: High pitched squeaky voice

Southern: Put on best drawl

Elvis: Wiggle hips

Martian: Nonsense

English: Best plum in mouth voice

Free style: Go wild

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# ROCK EAGLE 4-H CENTER

Operator Style: Hold nose

Janitor Style: Broom Chicka moppa, chicka moppa chicka broom

Underwater Style: quickly raise and lower your finger so it touches your top and bottom lip while humming

- This is not a complete or exclusive list. Any style goes.

## **The Grand Old Duke of York**

**Topic**--An action song from England.

**Materials**--none

**Procedure:**

1. The audience starts seated. On the word "UP" they stand up. On the word "DOWN," they sit down. Sing it a number of times, increasing speed each time.

Oh the Grand Old Duke of York.

He had 10 thousand men.

He marched them "UP" to the top of the hill, and he marched them "DOWN" again.

And when they were "UP" they were up,

And when they're "DOWN" they're down,

And when they're only "HALFWAY UP,"

they were neither "UP" nor "DOWN."

## **The Pickle Story**

**Topic**--participation story

**Materials**--none

**Procedure:**

1. This story has several characters and the audience participates by dividing into groups and acting out assigned parts. The parts are as follows:

KING- this group does the Imperial Margarine sound while putting hands on head to form a crown.

PRINCESS-this group stands up and shakes their hips while saying "Hubba, Hubba, Hubba." GOOD KNIGHT-exclaims "yea!" loudly while thumbs are up in the air.

BAD KNIGHT-exclaims "boo!" loudly while thumbs are pointing downward.

DRAGON-yells "roarrrr!"

PICKLE- stick their tongues out and make vulgar deflating sounds.

The participants stand up and act their roles out any time their character is mentioned in the story.



## ROCK EAGLE 4-H CENTER

Once upon a time, a long time ago (all good fairy tales start out this way), there lived a KING in his KING-dom. This KING had a very beautiful daughter, the PRINCESS. Along with the KING and the PRINCESS, a GOOD KNIGHT lived in this KING-dom. And like in all good fairy tales, there was a BAD KNIGHT who lived in the KING-dom.

Up on a hill past the BAD KNIGHT'S house and the GOOD KNIGHT'S house and past the castle where the KING and the PRINCESS lived was the home of the PICKLE. But just beyond the PICKLE'S house and right outside of the KING-dom was the home of the big, ugly, fire-breathing, garlic smelling DRAGON.

One day the PRINCESS asked the KING if she could go for a walk. The KING said the PRINCESS could if she didn't go too far. The PRINCESS left to go on her walk. She passed the GOOD KNIGHT'S house, the BAD KNIGHT'S house and the PICKLE'S house. Forgetting her promise to her father, the KING, she went so far she made it to where the ugly, fire-breathing, garlic smelling DRAGON lived. The DRAGON grabbed her and held her captive.

Meanwhile, back at the castle, the KING was worried. The KING sent out a search party to find his daughter, the beautiful PRINCESS. The KING promised that whoever found her could have her hand in marriage. The BAD KNIGHT, GOOD KNIGHT, and the PICKLE went out to find her, for they each wanted the PRINCESS' hand in marriage.

The BAD KNIGHT, being such a BAD KNIGHT, went on the search unprepared. When the BAD KNIGHT reached the DRAGON'S cave, the BAD KNIGHT realized he had forgotten his sword. So the DRAGON killed the BAD KNIGHT.

The PICKLE made it to the cave and after a knockdown-drag out fight, the DRAGON killed and ate the PICKLE.

The GOOD KNIGHT, being such a GOOD KNIGHT, brought his sword and killed the DRAGON, saved the PRINCESS and won the PRINCESS' hand in marriage.

The MORAL of the story is that on a GOOD KNIGHT, you may feel like a KING and marry a PRINCESS. But on a BAD KNIGHT, you may meet up with a DRAGON and find yourself in a PICKLE.

### **Rain**

**Topic**--simulating rain

**Getting ready**--A good activity for the end of a campfire

**Materials**--none



# ROCK EAGLE 4-H CENTER

## **Procedure:**

1. As everyone gets quiet, tell them that they must follow your hand signals when you walk past them while going around the campfire ring. Don't make the signal until you walk past them.

*Signals:*

1. Rub thumb against first and second finger.
2. Rub hands together with palms open
3. Snap fingers
4. Slap hands against thighs
5. Stomp feet

To slow down and stop the rain, reverse the signals. Have the group listen to the sounds of the storm.

## **Roasting Marshmallows**

**Topic**--food!

**Getting Ready**--For small groups only, at instructors own expense.

**Materials**--At least 2 marshmallows per student.

BE CAREFUL!!

## **Procedure:**

1. Safety rules should be carefully explained; 3 people around the fire at a time is a safe number. Don't wave the stick around. Blow out burning marshmallows.
2. Graham crackers, smeared with chocolate frosting or Hershey bars, make good sandwiches with toasted marshmallows between.
3. A good marshmallow should be lightly browned, not burnt.

## **The Wish**

**Topic**--closing ceremony

**Getting Ready**--This is a good closing with small groups. It is a good idea to have them come up in cabin groups with their teacher so that they can leave together.

**Materials**--none

## **Procedure:**

1. Have the students become quiet.
2. Choose a few students to come up to the campfire at a time. When they can see the colors red, orange, blue, and yellow, they can make a wish and quietly leave.

## Some Ghost Stories for a Campfire

### **Prisoner Ghost Story**

When this place was a prison in the 1930's, it was quite different from our present prison system. Treatment was harsh by the prison guards and inmates

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## ROCK EAGLE 4-H CENTER

often attempted to escape. Although they may have been tracked by dogs, they usually never made it very far. Usually, they were shot down as they ran.

There were three prisoners who were the meanest of all inmates. Being so, they were all chained together by heavy iron leg clamps and a thick chain. Wherever one went, they all went.

It was impossible to escape the holding cells. Their only chance was on outdoor work details. "The Three", as they came to be called, plotted to make a break. They'd swim the lake, take the lower swamp south so the dogs couldn't scent them.

They waited on the weather. Fog is what they wanted when guards couldn't see them to shoot.

Eventually, it happened! A thick fog blanketed the lake valley. You couldn't even see ten feet in front of you. They were cutting weeds. As they neared the water's edge, they all dove in. The guard did not notice them. In fact, it took at least ten minutes to discover their disappearance. No one thought they would take a lake route seeing as how they were chained together.

"The Three" had made it past the bridge and into the middle of the lake, but they were getting tired. The heavy leg irons slowly pulled each man down into the dark green waters.

The search ended when no traces were found. When all sources were exhausted, no one knew where they'd gone. *But had they?*

The other prisoners weren't so sure. They saw things at night from their cell windows. "The Three" were still out there. Moaning, gurgling, and gasping sounds came from the middle of the lake. "The Three" called out their fate each night!

Eventually, the prison closed. A park was planned and then a 4-H Center.

*Are they still there?* Listen at the bridge and maybe you'll hear "The Three" who call still.....

### **Haunt of the Rock Chapel**

Before this 4-H Center was a place of fun and learning, it was a prison. In the early days of the Georgia Prison System, treatment of prisoners was harsh.

Many of the buildings were actually built by skilled prison labor.

There was a prisoner named Frank H. who constantly bragged on his amazing strength. As the walls of the Rock Chapel were constructed, he bragged, "I can catch the biggest rock you can throw with my left hand."

The bet was set. A large quartz rock was chosen. It took two men to toss it up. He caught it perfectly in his left hand. It shuddered, then crashed, pinning his hand to the wall.



## ROCK EAGLE 4-H CENTER

Blood gushed everywhere and his hand fell into the hollow wall. He soon died from this wound and was buried in an unmarked grave somewhere on the property.

The wall was completed and this chapel became an important part of the center.

Weird sounds began to be heard both within the chapel and outside, not long after the center opened.

It sounded raspy, scratchy... whatever it was, it wanted out! Sometimes, the sound of rock on rock was heard by folks who stayed in cabins 13 and 14.

*The legends say it is the hand of Frank H. and..... IT WANTS OUT !!!*

### **Cabin 54**

During summer camp in 1964, Cabin 54 was like any other cabin. During the day some of the guys discussed the possibility of sneaking out and swimming at Pool II that night. But, when the time came, everyone else was fast asleep. So, only one snuck out, pushing out the screen and out, over the fence and into the night water. It must have felt great! Or was it a flash of stinging, cramping pain. No one will ever know.

The next morning, a camper's bunk was empty in Cabin 54. The Counselor searched and questioned.

The Pool Manager was alerted; then they found him at the bottom.

The campers were sent to breakfast while the drowned one was hauled out and wrapped in an old green army blanket. While they waited for the ambulance, they laid the boy on his bunk and walked out. They were stunned and in shock. No one spoke, it was dead silent in there.

Then they heard an *Uhhhhh*...sound, and rushed into the room. But it was only the body - it had rolled onto the floor. A puddle lay around it. It was hard to believe.

The ambulance arrived and took him away.

Many years have passed, but something has not. Memories.... and the spot on the floor.

Every year on the eve of the boy's death, a *wet spot* forms where the body had lain on the floor.... *30 YEARS AGO!*

### **The Blue Lady**

**Topic**--ghost story

**Getting Ready**--Please make sure you obtain permission from the teachers before you tell a ghost story.

**Materials**--none



# ROCK EAGLE 4-H CENTER

## **Procedure:**

1. Get the kids really quiet.

Many years before Rock Eagle was a 4-H Camp, it was a recreational area. In those days, there were several cabins by the lake where people spent vacation time. One young couple decided to honeymoon here, and rented one of the cabins.

The couple settled into their cabin late one afternoon, and the husband went for a walk. After a very long period of time, the husband had not returned. The wife looked for him and found him sitting beside the lake in a trance. She shook him until he awoke. He was unable to recall what had happened. He could only remember leaving the cabin for his walk.

They were quite upset and went back to the cabin to rest before supper. As the wife prepared the meal, she realized she needed more wood for the fire. Her husband volunteered to get more. This time, the same thing happened--the wife found him by the lake in a trance. They were both very frightened now and curious about what was happening.

The couple went to bed early hoping that the next day would be different. In the middle of the night the wife woke, only to notice that her husband was gone. She became very frightened when she again found him in a trance in the same spot as the other times. When she finally managed to wake him, they ran to the cabin and bolted the doors and windows.

The next few days were uneventful. Nothing unusual occurred. Their lives were happy and serene. One evening the wife put on a blue nightgown that the husband liked very much. The couple went to bed and in the middle of the night the husband woke up to find his wife was gone! He checked by the lake where his wife had always found him. When he arrived, he noticed that the fog on the lake was very thick and that his wife was walking toward the lake in a trance. He was so shocked that he couldn't move as he witnessed the blue of her gown being swallowed by the haze. She was never seen again. Sometimes on foggy nights, if you look over the lake, you can still see a bluish figure hovering over the water like a mist.