

Mountain T.O.P.

Team Training Materials

Summer 2019



Mountain T.O.P.
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Table of Contents

Welcome Letter	3
Session 1: Meet Mountain T.O.P. - Outline	4
Session 1: Meet Mountain T.O.P. - Content	5-6
• 4 Needs & Partnership discussion	
• 5 Focus Areas activity	
Session 2: The “What” & “Why” - Outline	7
Session 2: The “What” & “Why” - Content	8-10
• Week at a Glance activity	
• Special Characteristics activity	
• Community-building game	
• Worship	
Session 3: Service Project & Day Camp Specifics - Outline	11
Session 3: Service Project & Day Camp Specifics - Content	12-21
• Group introduction	
• Service Project: Types of projects, Stewardship philosophy, Tool Zoo, Interacting with families	
• Day Camp: Outcomes discussion, Lingo Bingo, Bible story skit, Interacting with youth, Prayer Journals	
Appendix	22-46

Welcome to Training!

Welcome to the Team Training Materials. With the help of our Board of Directors, Mountain T.O.P. is sharing a curriculum-based training guide. We are excited to provide you with a three-part training guide that will introduce your group to the basics of Mountain T.O.P., what to expect in a camp week, and what Service Project and Day Camp are all about.

Training is so important to a successful mission experience. Groups who are prepared and trained have much better experiences in camp. This isn't simply because they know what to expect, but they have a better understanding about **why** and **how** Mountain T.O.P. does what we do. Sure the *what* is important—what will we be doing, what will the week look like—and it will be covered in these sessions, but having a grasp on the *why* and the *how* will significantly shape the frame of mind and heart that participants arrive with. Furthermore, we **honor those we are serving** when we choose to invest in learning who they are, what their context is, and what assets they bring to the table.

The team training sessions are divided into three parts and are designed to be flexible. You could lead these sessions during a few youth group meetings or over the course of a weekend retreat. Many of the small activities can be adapted based on the experience level and age of your group. These sessions will introduce the basics of Mountain T.O.P., while still leaving room for returners to contribute their insight and find ways to make this year's trip different from prior years. If you have many returners, start these sessions with a conversation about to pursue more depth—step up and take advantage of leadership opportunities or commit to praying that the Lord would reveal himself in new ways.

Since this is the second year of this material, we covet your feedback. Tell us what worked, and what did not work. We look forward to hearing your experiences with this interactive-style training. Please be in touch with any questions or concerns along the way. We are here to help you in any way that we can.

With courage,

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Session 1: Session outline

Meet Mountain T.O.P.

Purpose of session 1:

Learn about the basics about Mountain T.O.P.'s philosophy of ministry. Introduction to the 4 Needs, what poverty is and looks like, and the 5 Focus Areas.

Importance of session 1:

Helps youth to understand the why and how Mountain T.O.P. meets the expressed the needs of those with whom we work. This helps them to have a humble approach to service and poverty in our service area. When we understand the area and the people we are working with, we can extend greater compassion, do more thoughtful work, and be helpful instead of hurtful.

Materials needed for session 1:

- Projector/computer/speakers - to show videos
- "Foundations of Mountain T.O.P." handout (see appendix)
- Station handouts
- Bible

Session schedule:

- Welcome: 5 minutes
- 4 Needs & Partnership Discussion: 10-15 minutes
- 5 Focus Areas stations activity: 1 hour
- Debrief & closing: 5-10 min

Total time: about 1.5 hours

Session 1: Meet Mountain T.O.P.

Welcome:

Introduce the session to the group; include the purpose and importance of the session, and why training is important to the Mountain T.O.P. process.

4 Needs & Partnership Discussion:

Share video with participants: ["Official Mountain TOP Promo HD"](#)

Discuss:

- What were some of the needs of the Cumberland Plateau mentioned in the video?
What are the 4 types of needs that Mountain T.O.P. meets?
What is an example of each of those 4 types of needs?
- Share "Foundations of Mountain T.O.P." handout with participants.
- What does it mean for Mountain T.O.P. to be a partnership ministry? What is the difference between doing something "for" someone and doing something "with" someone?
- Ask everyone to imagine being in a soup kitchen. What does it look like? What does it feel like to be there, either being served or serving. Who else is there with you? Now, ask everyone to imagine being at a potluck. What does it look like? What does it feel like to be there, seeing everyone contribute a dish or a skill to make that event happen? What do these two places teach about the service we're about to participate in? Which format is more effective? More dignifying? Honors everyone involved?
- Reflection question (answers don't have to be shared aloud): What do the 4 types needs look like in your life?

5 Focus Areas activity

This activity will help participants understand Mountain T.O.P.'s 5 focus areas and why they are important, as well as giving more context for the Cumberland Plateau area in which they will be working.

This activity has 4 parts or stations; participants will rotate through the stations in small groups. They will spend about 10-15 minutes at each station.

Station 1: Eliminate Substandard Housing

Read through handout ("Eliminate Substandard Housing") and discuss.

Station 2: Health & Community Development

Watch video ["Beersheba Springs Medical Clinic 2017"](#) & discuss the following questions:

- How would your life be different if you couldn't afford to go to the doctor when you were sick?
- What types of needs does the clinic meet?
- How has the medical clinic changed the community?
- How far do you drive to see a medical professional? How would your life be different if

you had to drive 30 minutes (or 60 minutes, over an hour) to see a doctor?

Station 3: Education

Read statistics about education and youth in Grundy County, then look up statistics for the county in which you live ("Education").

Station 4: Leadership

Look up scriptures listed below. Discuss with your group what the Bible has to say about leadership. Why do you think leadership is one of Mountain T.O.P.'s focus areas? Have returning participants share their experiences about what type of leadership moments are available during a typical day in camp.

- Hebrews 13:7
- Matthew 20:25-28
- 1 Timothy 3:1-3
- 1 Timothy 4:12
- John 13:13-15

Debrief & Closing

- What was one thing you learned from these stations? Did anything surprise you?
- How will your service at Mountain T.O.P. have an impact on these focus areas?

Close in prayer, asking God to help you keep an open mind and heart as you prepare to meet needs at Mountain T.O.P. and wherever you go.

Session 2: Outline

The "what" & "why" of a week at Mountain T.O.P.

Purpose of session 2:

Learn about unique characteristics of Mountain T.O.P.'s program. Introduction to the aspects of a Mountain T.O.P. camp week/experience that are different than other places.

Importance of session 2:

Helps youth to understand specifics about the Mountain T.O.P. experience and why each element is important to the overall experience. This helps them to have appropriate expectations prior to their week at camp.

Materials needed for session 2:

- "Week at a Glance" & "Special Characteristics of a Mountain T.O.P. Week" - copies for each person (use the handout appropriate for the program you're attending)
- Pens/Pencils/Markers
- Chart paper
- Notecards & post-it notes
- Bibles
- Lyrics for "Beautiful Things"

Session schedule:

- Welcome: 2 minutes
- Week at a glance: 10 minutes
- Special Characteristics of Mountain T.O.P. Week handout: 15 to 20 minutes
- Present posters: 25 minutes
- Community-building game: 40 minutes
- Worship/devotional time: 30 minutes

Total time: 2 hours

Session 2:

The "what" & "why" of a week at Mountain T.O.P.

Welcome:

Introduce the session to the group; include the purpose and importance of the session.

Week at a glance activity:

This activity will allow newcomers to get acquainted with what a week at Mountain T.O.P. looks like, and allow returners to share their experiences with the group.

Pass out the "The Week at a Glance" document to each person.

Instructions:

- Put question marks next to words or phrases you have questions about
- Put stars next to words or phrases you think are important
- Put exclamation points next to the things you are excited about (this is a chance for returners to share a little, and new participants to find something specific to get excited about).

Give them a few minutes to read and make notes. Once they've done so, ask them to share with the group. Ask returners to help answer any questions that newcomers might have.

Special Characteristics activity

This activity helps youth understand what makes Mountain T.O.P. unique and how the different elements will help them grow and develop throughout the week.

Directions:

1. Hand out "Special Characteristics of a Mountain T.O.P. Week."
2. Break into small groups and assign 1-2 characteristics to each group.
3. Have each group read and discuss their assigned characteristic(s).
4. Each group will make a poster or some kind of visual representation of their characteristic to share with the whole group.
5. Groups will take turns presenting posters (about 3 minutes per group).

Community-building game: Around the Clock

As we've seen from the characteristics we've just presented on, building community and getting to know each other in new ways is an important aspect of Mountain T.O.P. This game will help us to get to know the members of our group a little better.

Hand out a writing utensil and notecard to each participant, and instruct them to draw a clock

with all 12 numbers on it. Make sure they have enough room to write names around the clock. After they have their clock drawn, everyone will mingle and make appointments for each of their hours. As they make appointments, they will write that person's name at the designated time. For example, if Megan makes an appointment with Matt at 2:00, they write each other's names at the 2:00 slot. (If you have an odd number of people, you can have a group of 3. If you have a group of fewer than 12, partners can have more than one appointment together.)

Once everyone has all 12 appointments booked, the facilitator will call out a time. Everyone meets up with their partner to answer the icebreaker question that was asked to the group. For example, if you call out 2:00, Megan and Matt will meet to share their answers. Some example questions have been provided below—feel free to create your own! Give each pair 2 minutes to share before moving on to the next hour.

- 1:00 - If you could be an expert in anything, what would it be?
- 2:00 - Why did you decide to come to Mountain T.O.P.?
- 3:00 - What word or phrase do you use too often?
- 4:00 - What are you most looking forward to while serving at Mountain T.O.P.?
- 5:00 - What are you most apprehensive about in going to Mountain T.O.P.?
- 6:00 - What's your favorite holiday tradition?
- 7:00 - How would you define courage?
- 8:00 - What food could you not live without?
- 9:00 - When is a time you had to be brave?
- 10:00 - Who is your role model?
- 11:00 - What is the farthest you've been from home?
- 12:00 - What's the best gift you've ever given?

Facilitator: This game helped us learn more about each other, right? In this game.... Sometimes building Christian community involves finding out that things we thought were true about someone are actually false.

- Have you ever had someone believe something about you that wasn't true?
- Was it hard to move past that false belief that people had about you?
- What was it like to get to know one person at a time? Is this something that comes easily to you or not?

That's one of the reasons that at Mountain TOP, we are placed in groups where we're not always with other people from our church. It helps us to form new relationships and new bonds without having to worry about who we've been in the past, or the false assumptions that people already have about us. Developing a Christian community is about taking the best parts of ourselves that have been given to us by God, and using those to build His kingdom.

Worship/Devotional Time

>> Facilitator note: you may want to move the group to a different room/location to help them transition into this time of worship. Soft music/candles optional.

Begin this time with prayer (you can ask a youth to lead the prayer if they feel comfortable). Ask participants to read aloud from 1 Corinthians 12:4-27. They can each read a few verses and then pass to the next person.

Facilitator: Read verses 4-6 again:

"There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work."

Emphasize that God has given each of us unique personalities, gifts, and talents to bring to the body of Christ. Ask youth to move to a place in the room where they feel comfortable and take a few minutes to ask God to help them identify the unique gifts He has given them, and how they can use those gifts to serve others at Mountain T.O.P. Give each person a post-it note to write on.

After 5-10 minutes, ask participants to bring their post-it notes to the front, to add to a banner/chart paper that has "the body of Christ" written on it. Explain that as they bring their gifts to the front, they are offering them up to God to be used for His glory.

After everyone has come forward, ask the group to look at all the unique gifts that they are bringing to the mountain, and to the greater body of Christ. Emphasize the diversity and uniqueness of everyone's contribution. Read 1 Corinthians 12: 27: "Now you are the body of Christ, and each one of you is a part of it."

Close by singing (or listening to a recording of) "[Good Grace](#)" by Hillsong United and end in prayer.

Session 3: Outline

Service Project & Day Camp

program specifics

Purpose of session 3:

Learn about unique characteristics of the specific program in which you will be participating.

Importance of session 3:

Helps youth to be prepared for the Service Project or Day Camp experience before they arrive at Mountain T.O.P.

Materials needed for session 3:

- Technology to show video (projector/computer + speakers)
- Service Project
 - 2 copies of each project picture page (one cut into squares, one to check answers)
 - Copies of "Materials Philosophy" document
 - Pictures of tools (or actual tools!) for tool petting zoo
 - Paper & writing utensils
- Day Camp
 - Lingo Bingo handout
 - Bibles
 - Various skit objects (see suggested list under "Bible story skit" activity)
 - Writing utensils
 - Hula hoop
 - Journals (see suggested list under "Prayer Journals" activity)

Session schedule:

- Welcome & Mountain T.O.P. video: 8 minutes
- Service Project: 1 hour, 15 minutes
 - Introduction to types of projects: 15 minutes
 - Materials Stewardship: 10 minutes
 - Tool Time: 30 minutes
 - Interacting with families: 15 minutes
- Day Camp: 1 hour, 25 minutes
 - Introduction to Day Camp outcomes: 20 minutes
 - Lingo Bingo: 20 minutes
 - Bible story skit: 20 minutes
 - Interacting with youth: 10 minutes
 - Prayer Journal: 10 minutes

Session 3:

Service Project & Day Camp

program specifics

>>Facilitator note: During this session, there are separate activities for youth who will be participating in Service Project and Day Camp. If your group is split between SP & DC participants, you can hold both sessions simultaneously if there is another adult who can help facilitate. Otherwise, you will need to hold the sessions at different times.

Welcome:

Introduce the session to the group, reading the purpose & importance.
Lead the group (or have a youth lead) in an opening prayer.

To help both the Service Project & Day Camp groups understand a little about both programs, show the "[Official Mountain TOP Youth Summer Ministry Video HD](#)" (4:30).

At this point, you will split off into two separate groups.

Session 3: Service Project

Introduction to types of projects

Explain that participants will be completing three main types of service projects at Mountain T.O.P.: construction, painting, and yard work. This first activity will help them think through the step-by-step process for painting & 3 different types of construction projects. This will give them an overview of how to do the work and make connections between the different types of construction projects, as well as help them think through each step before they start, which will be crucial on the worksite.

Facilitator: In this activity, you'll be given pictures of the types of projects you may be working on at Mountain T.O.P. There will be several pictures for each project, and you'll need to put them in order, from beginning to end. Thinking through the whole project, and planning out how you're going to do it before you get started is an important skill that you'll use at Mountain T.O.P., which will help you use your resources wisely as well as prevent potential mistakes. Let's do an easy one together as an example.

[Model with painting example.] Any questions? We'll split up into 4 groups. After everyone is finished with their first project, we'll switch projects so everyone will have a chance to do all of them.

Put the steps (pictures from the field guide) in sequential order. Model with steps for a painting project. Then youth & adult drivers rotate to sort the steps for the following project types. (5 minutes each for 15 minutes)

1. Porch
2. Porch roof
3. Shed

When groups are finished, they can check their answers.

After groups have rotated through all 3 types of projects, debrief and share:

- Did you see any similarities between the different types of construction projects?
- Why is each kind of project important in helping others have healthy homes? Why do you think these are projects worth doing?
- Refer back to the "Eliminating Substandard Housing" activity from Session 1. What connections do you see? How do we improve someone's home with these small-scale construction projects?
- What makes you nervous about the projects? What are you excited about? (5 minutes)

Materials stewardship philosophy

This section will help to reiterate Mountain T.O.P.'s philosophy of partnership as it relates to Service Project & using materials on the worksite appropriately.

Share "Materials Philosophy" document with group.

- a. Remind participants re: partnership philosophy that was discussed in session 1. All the

families that Mountain T.O.P. works with have contributed in some way, often buying materials with their own money.

- b. Ask participants: What are some of the materials we use on the worksite? How can we be a good steward of those materials? [measure twice, cut once, etc.] Remind them that thinking through each step of the process before they start (like they just did with the project sorting activity) is the best way to ensure they don't make mistakes and waste materials.

Tool Time - Tool "Petting Zoo"

This section will introduce participants to some of the tools they may be using during their week at Mountain T.O.P., so they feel more comfortable when they get to the worksite.

If you or other church members have any of the tools listed below, it would be great to bring them in as examples. Otherwise, you can use the pictures on the following page.

Instructions: Much like an animal petting zoo helps small children get introduced to and be comfortable around lots of different types of animals, a tool petting zoo helps us get introduced to different kinds of tools that we may be using at Mountain T.O.P.

- a. We'll start by reading the "zoo rules" - these are general rules for all tools that help us to stay safe on the worksite. (Go over the "Tool Safety Training" document, especially the safety guidelines.)
- b. Now we'll take some time to get to know our tools. Each person (or small group) will research a tool or tools and share what they have learned with the group. You'll be researching each tool as if it were an animal, and answering the questions below. To find the answers, you can ask friends in your group or use your smartphone.
- c. Each youth/small group shares their tool with the group.

TOOL	What is this tool's habitat? (On what kind of worksite would you find it?)	What does this tool do? (Which projects or parts of the project would you use this?)	How do you care for this tool?	What are the dangers of this tool? What can cause this tool to attack or die?	What does this tool "eat?"
Circular saw	Construction	Cutting any type of lumber (cross cuts and rip cuts)	Make sure you are aware of the power cord; change blade when dull; never use in the rain	Must know where the blade and guard are; can kick-back when blade is dull or wood pinches blade	Wood, electricity
Ladder	Construction or painting	Safely reach areas out of reach	Ensure stable ground, that step ladders are locked into place and that extension	Dangerous when moving ladder improperly or overreaching when on it;	Heights

			ladders are not too steep	Standing on the top rung	
Drill	Construction	Drive fasteners (screws) into wood or pre-drill holes for nails	When pre-drilling, go at a 90 degree angle to the wood so bits don't break; avoid use in the rain	If bits get stuck in wood, the drill will still want to turn in your hand, hurting your wrist; Bits will be ho to touch when in use	Wood, bits, screws, electricity
Sawhorse	Construction	Support for lumber being cut	Ensure legs are extended and everything is on stable solid ground	If cutting between the sawhorses, wood will pinch the sawblade. Always cut on the outside of both horses	
Reciprocating saw	Construction	Good for demo work, cuts through wood and nails	Wear safety glasses while in use; ensure sharp blade and be aware of what you are asking it to cut through	Only use if comfortable, they are powerful tools!	Wood, nails
Hand saw	Construction	Cuts lumber where power saws may not be as safe (top of posts already set in ground)	Keep sharp and always have it ready in an emergency	Using a handtool can tire you and make you lose focus	Wood, muscles

Note: The tools in the zoo are not an exhaustive list of those that will be in the van bucket, or even used on a worksite. This would be a great time to assemble van buckets so Service Project participants are familiar with the different components of the van buckets.

Interacting with families on the worksite

Our "job" on the worksite involves not just the physical labor of building, painting, or doing yard work, but meeting the social, emotional, and spiritual needs of families in the community as well. Those other needs are no less important than the physical labor.

Ask youth to name the 4 needs they will be meeting at Mountain T.O.P. (which they learned about in session 1). What are some ways we can meet social & emotional needs? What are some ways we can meet spiritual needs?

Ask youth/adults who have been to Mountain T.O.P. to share interactions they've had with previous MTOP families (facilitator: don't let it get out of hand).

Alternately, ask everyone to share a time when they've had the opportunity to spend time w/someone who is different from them. What was that like? What did you learn? What needs did you meet or did the other meet for you?

Close this session with prayer (ask youth to lead if they feel comfortable), asking God to help us meet the needs of people around us and share the love of Christ with everyone we encounter.

Session 3: Day Camp

Introduction to Day Camp outcomes

Facilitator: Day Camp is not just a VBS or a daycare or babysitting. Day Camp is a program that teaches resilience through the love of Jesus Christ. Mountain T.O.P. utilizes a curriculum for Day Camp that is based on social and emotional learning. This curriculum encompasses the themes of resilience and social connectedness, which are unique to a Mountain T.O.P. experience. During a camp week you will not hear the phrase “social and emotional learning.” You will lead and participate in activities that are directly tied to a trait that supports this type of learning. Social and emotional learning builds our ability to integrate skills, attitudes, and behaviors to deal effectively and ethically with daily tasks and challenges.

Facilitator: Day Camp promotes the value of social connectedness by exposing children in Grundy County to the assets in their community and bringing volunteers from across the country to lead and mentor them. But, before we build resilience, we have to know what it is.

Discussion questions: resilience

- When you think of the word “resilience” what other words come to mind?
- We use these basic definitions:
 - In the physical sciences: the ability for material objects to resume their original shape upon being stretched or bent.
 - In people: the ability to bounce back after encountering difficulty
- What objects do you think represent resilience well? (rubber bands, Slinky’s, bouncy balls, Jell-O, etc.) What characteristics do they have that we have? What would it look like for us to be resilient like these objects?
- Why would teaching resilience be important?
 - Teaching/fostering resilience helps young people address the underlying issues that become barriers to the abundant life.
 - Resilience doesn’t know socioeconomic barriers. EVERYONE benefits from learning to be more resilient.
 - It is the lasting effect we can have on young people living in tough environments
- What connection do you see between teaching resilience and each of the 5 Focus Areas that we explored in Session 1 (eliminating substandard housing, education, health, community development, leadership)?

Facilitator: One primary way we build resilience is through social connectedness. Let’s take a look at what that is.

Discussion questions: social connectedness

- When you think of “social connectedness” what other words come to mind?
- Share definitions and examples: the measure of how people come together and interact
 - At an individual level, social connectedness involves the quality and number of connections one has with other people in a social circle of family, friends, and acquaintances.

- Going beyond these individual-level concepts, it involves relationships with beyond one's social circles and even to other communities.
- What do you think is the difference between being social and being socially connected?
- Why is it important that we are socially connected to our communities?
 - We are created to be in community. It's biblical/biological.
 - Support networks of people build strength and protect during times of stress and danger.
 - Connections encourage us to give to others.
 - Social connectedness reinforces other resilience factors as well as promoting specific moral ethics like trust, healthy competition, reciprocal support, common cause, community and altruism.
- What are the dangers of not being socially connected?
 - High levels of stress, depression, and PTSD
 - Higher incidents of physical health issues

Game: the Hula Hoop challenge

1. Have the group stand up and form a circle.
2. Place the hula hoop over two people's interlocked hands so it cannot escape the circle.
3. Tell the participants that the goal of the game is to get the hula hoop all the way around the circle without anyone letting go of their neighbors' hands.
4. Start the game, and have everyone cheer on the people that are currently trying to move the hula hoop.
5. Once the game has been played for one round, discuss the group's successes and challenges and try it again.
 - a. What does this game teach us about being connected to one another?
 - b. Imagine everyone in the circle had a different role in the community (teacher, police officer, home builder, farmer, fire fighter, restaurant owner, bus driver, pastor, trash collector, park ranger, etc.). How does one person's cooperation, or lack thereof, affect the entire community?

For extra challenges:

- Try having the group split into two groups and race each other
 - How does competition affect everyone's behavior?
 - What works better: competition or collaboration?
- Try having the people who are touching the hula hoop close their eyes when moving the hoop. Everyone else should help coach them in order to keep the hoop going.
 - What happens when we are blind to our own challenges?
 - What is it like to have lots of voices coaching you: helpful or hurtful to the goal?
 - What is it like to have your ideas heard by those you're trying to help? What is it like to have your ideas ignored or misunderstood by those you're trying to help?
- Try having every other person face a different direction
 - What is it like to have a different perspective on the challenges?
 - What is it like to be in a different position than others, but still expected to achieve the same goal?

Day Camp Lingo Bingo

Hand out the Lingo Bingo sheets to participants and have them fill out the table with words

from the list below. They get to create their own bingo card. Once everyone has filled the card, the facilitator will read a definition from the list below. If participants know what term is being described, they will mark it on their card. For groups with many or all new participants, they can take turns guessing what term is being described.

Bible story skit

Create small groups, or pairs, depending on the group size. Assign each group or pair a Bible story and give them a box full of assorted items/toys. The goal of this activity is to produce a creative rendition of the Bible story using the random objects. The groups or pairs will present their skit to the others after given some time to prepare. After presenting their skit, the youth will take turns leading a discussion question about how everyone can apply God's word directly to their lives.

Serving with Day Camp gives the YSM participants their own opportunity to grow as leaders and mentors. This activity will provide them the chance to practice thinking through a Bible story, working with a team, public speaking, and group presentation skills. These are all skills that they will be further practicing during their week at Mountain T.O.P.

Bible story ideas

- John 6:1-15 (Jesus feeding the multitudes with fish and bread)
- Genesis 1 (the creation story)
- Genesis 6-8 (Noah's ark and the flood)
- 1 Samuel 17 (David & Goliath)
- Jonah 1-4 (Jonah and the big fish)
- Acts 1:1-19 (conversion of Saul to Paul)
- John 5:1-18 (Jesus heals man on Sabbath)
- Luke 10:25-37 (good Samaritan)

Object ideas

- Craft supplies: pipe cleaners, duct tape, construction paper, scissors, markers, glue, play-doh, small white board, chalk,
- Sport/game supplies: sports balls, tennis rackets, fishing pole, plastic cones, check pieces, costume hats, dress up clothes, feather boa, bean bags, masks
- Household items: phone charger, silverware, playing cards, mixing bowls, plastic pitcher, empty picture frames, uncooked pasta noodles, stuffed animals, sheets/pillow cases, rubber gloves, water bottle, clip board, camp chair, rubber gloves

Discussion question ideas (to be led by youth)

- What did this story teach us about God, Jesus, or the Holy Spirit?
- What characteristics can we give God, Jesus, or the Holy Spirit based on what we heard from this story?
- What did this story teach us about ourselves as disciples of Jesus?
- How would you sum up the theme of this story in 140 characters or less? How would you sum up this story with 10 emojis or less?
- How can we directly apply the lessons of this story to our lives?
- How can the lessons of this story prepare us to serve others better?

Interacting with youth

Our “job” during the day involves not just playing games and singing songs, but also meeting the social, emotional, and spiritual needs of the children. No need is any less important than the other.

Ask youth to name the 4 needs they will be meeting at Mountain T.O.P. (which they learned about in session 1). Based on what they have learned about the different components of Day Camp in this session, ask the youth how these activities will fulfill each of those 4 needs.

Ask youth/adults who have been to Mountain T.O.P. to share interactions they’ve had with previous Day Camp experiences (facilitator: don’t let it get out of hand).

This would also be a good time to talk about appropriate interactions with children, including Safe Sanctuary guidelines, if your church is participating in those requirements.

Prayer Journal

Facilitator: Self awareness, the ability to accurately recognize our emotions, thoughts, and values and how they influence our behavior, is one of the core values of social and emotional learning. One way we teach self awareness during Day Camp is through prayer journaling. Through journaling our prayers, we are expanding our ability to accurately assess our strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset” anchored in our relationship with God.

Give the group time to reflect on the following questions to create a prayer journal that can be used throughout your time preparing for Mountain T.O.P. and continue after the mission experience. Questions may be answered with words or drawings - really in any way imaginable. Encourage the group to be open to the ways God is speaking to them.

- Who is God to me? How do I see God in this world?
- How do I listen best to God?
- What do I need to thank God for?
- What am I worried about?
- How is God asking me to share the love of Christ?
- What do I need from God to be able to have courage?

Suggested materials - journaling can be as simple as a pen and paper! This list is to help you brainstorm on the appropriate type of journaling for your group.

- Journal - spiral notebook, booklet, etc.
- Markers
- Colored pencils
- Crayons
- Magazines - make a prayer collage
- Glue
- Scissors
- Scrapbook supplies
- Craft supplies

Close this session with prayer (ask youth to lead if they feel comfortable), asking God to help us meet the needs of people around us and share the love of Christ with everyone we encounter.

Appendix

Session 1

The Foundations of Mountain T.O.P.

Eliminating Substandard Housing

Education

Session 2

The Week at a Glance - YSM

The Week at a Glance - NHN

The Special Characteristics of a Week - YSM/NHN

The Special Characteristics of a Week - SHC

Session 3

Painting pictures

Building a Porch pictures

Building a Porch Roof pictures

Building a Shed pictures

Stewardship of Materials Philosophy

Tool Petting Zoo pictures

Tool Safety

Lingo Bingo – game card and glossary

The Foundations of Mountain T.O.P.

Foundational Objective

Through Christian community and faith-based relationships, we help meet the physical, spiritual, social, and emotional needs of all the people we encounter.

We see all four needs as equally important. Through home repairs and day camps, Mountain T.O.P. seeks to meet these needs. We serve in partnership with other agencies, churches, governments, business, and leaders to help develop the communities in which we work.

Mountain T.O.P.'s 5 Focus Areas

- *Eliminating Substandard Housing:* to provide direct services and organizational support that addresses severe housing issues in our service area.
- *Leadership:* to foster growth among staff, participants, donors and the community.
- *Community Development:* to engage in solutions with community partners for holistic and sustainable community growth.
- *Education:* to provide and support opportunities for lifelong learning and personal growth for all ages.
- *Health:* to promote lifestyles that support healthy choices

Statement of Values

Mountain T.O.P. (Tennessee Outreach Project) is a Christian organization affiliated with the Tennessee Conference of the United Methodist Church dedicated to a mission of rural life ministry in the Cumberland Mountains of Tennessee.

Specifically, Mountain T.O.P. seeks to empower people through a philosophy of partnership with those whom it serves. It seeks to enable the staff, camp participants, and Cumberland Mountain families to realize their potential and their responsibility as God's servants to holistically address physical, emotional, social, and spiritual needs.

Mountain T.O.P. is concerned with achieving immediate results through direct social service programming. Mountain T.O.P. is a referral-based organization, serving those who have expressed a need. It strives to serve as a "faith-in-action" classroom from which those touched can be energized to do likewise.

Foundational Scriptures

"As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. 'Come, follow me,' Jesus said, 'and I will make you fishers of men.' At once they left their nets and followed him." Matthew 4: 18 - 20

"Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.' ... The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'" Matthew 25: 34 - 36, 40

Substandard Housing

Substandard housing isn't just housing that's unattractive or outdated. It's housing that poses a risk to the health, safety or physical well-being of its occupants and its neighbors and visitors. According to a report published by the University of California Berkeley Health Impact Group, substandard housing is associated with increased risk of disease, crime, social isolation and decreased mental health.

But first, what is substandard housing? What is severe housing?

- Substandard: Housing that does not provide complete protection from the outside environment and is not conducive to the resident's lifestyle (accessibility), or is unlikely to continue to do so for the foreseeable future.
- Severe: Housing that does not provide for resident's basic needs and proves to be a danger to their physical and emotional well-being.

Discuss with your small group:

- Why do you think these risks are associated with substandard housing? What are the implications of these risks on daily life?
- Why do you think it's important to spend time meeting the relational needs (social, emotional, and spiritual) needs of the families we work with?
- Imagine a stranger showing up on your porch and pointing out all the flaws in your house. How would that make you feel? What would be your reaction?
- What is the impact of working with "expressed" needs versus "assumed" needs? Which is more helpful? How can either be hurtful?

Can you identify which of these houses are severe / substandard / standard?

- Scenario 1: Home built in the 1960s with little to no insulation and no consistent source of heat.
 - Answer: Severe - While improper insulation by itself is a marker of substandard housing the lack of heat makes this home severe. Homes can have heat but no AC and still be standard.
- Scenario 2: Brick, 1 story home with new vinyl windows and metal roof, all working utilities.
 - Answer: Standard - Given this information everything in the home is how you would like it!
- Scenario 3: Brick, 1 story home with new vinyl windows and metal roof, all working utilities. Resident is recently confined to a wheelchair, but there is no accessibility ramp.

- Answer: Substandard - While this scenario is almost identical to the last, everyone needs a way they can safely and independently come and go from their home.
- Scenario 4: Small, two bedroom home with a kitchen and one bathroom. Three generations live here together, the Grandma, husband and wife and their 3 children all under the age of 7.
 - Answer: Substandard - While we don't know of any other physical conditions at this home, overcrowding is a marker of substandard housing. To put it simply, there should be a room for every person.
- Scenario 5: Mobile home built in 1985 with water leaking in at all windows and doors, causing soft spots on floors at those areas.
 - Answer: Substandard - Structural issues that affect the safety of those in the home make this scenario substandard. Those soft spots becoming large holes in the floor could move the home to severe.
- Scenario 6: Mobile home with no underpinning or septic hook up. Family does not use their bathroom in the house and instead uses their families bathroom next door.
 - Answer: Severe - Lack of a functioning bathroom moves this home from just beng substandard because of the lack of underpinning, to severe.
- Scenario 7: Your home

Education

The screenshot shows a web browser displaying a ranking report for Grundy County, Tennessee. The page is titled "Social & Economic Factors" and "Physical Environment". The report compares Grundy County's performance against Top U.S. Performers and Tennessee's overall ranking (93). The report includes a list of counties on the left and a table of statistics on the right.

Rank	County
44	McMinn (MC)
45	Bedford (BD)
46	Hickman (HI)
47	Lawrence (LV)
48	Crockett (CO)
49	Greene (GE)
50	Cumberland (CM)
51	Johnson (JO)
52	Monroe (MO)
53	McNairy (MY)
54	Unicoi (UI)
55	Henry (HE)
56	Perry (PE)
57	Shelby (SH)
58	Carroll (CR)
59	Rhea (RH)
60	Carter (CT)
61	Overton (OV)
62	Hamblen (HA)
63	Macon (MA)
64	Gibson (GI)
65	Roane (RO)
66	White (WH)

Category	Grundy County	Trend	Error Margin	Top U.S. Performers	Tennessee	Rank (of 95)
Social & Economic Factors						
93						
High school graduation	88%	↑		95%	88%	
Some college	32%			72%	59%	
Unemployment	7.9%	↓		3.3%	5.8%	
Children in poverty	37%	↓	27-46%	12%	24%	
Income inequality	4.7		4.0-5.4	3.7	4.8	
Children in single-parent households	39%		30-48%	21%	36%	
Social associations	10.4			22.1	11.5	
Violent crime	616	↓		62	614	
Injury deaths	163		132-193	53	80	
Additional Social & Economic Factors (not included in overall ranking) +						
Physical Environment						
17						
Air pollution - particulate matter	9.2	↑		6.7	9.7	
Drinking water violations	No					
Severe housing problems	15%		12-18%	9%	16%	
Driving alone to work	83%			81-85%	72%	84%
Lower computer, television, internet use	43%		37-49%	15%	34%	

Source:

<http://www.countyhealthrankings.org/app/tennessee/2017/rankings/grundy/county/outcomes/overall/snapshot>

Mountain T.O.P. works in 7 different counties in the summer: Grundy, Marion, Sequatchie, Bledsoe, White, Warren, and VanBuren. Listed above are some statistics about education & youth in Grundy County, one of the counties in Mountain T.O.P.'s service area.

Use the website www.countyhealthrankings.org to find statistics for the county in which you live.

- How do they compare?
- What did you learn about your home community?
- What do you think are some of the reasons for the differences?
- What do you think the effects of these statistics have on the future of a county?
- How will the work you will be doing have an impact on Mountain T.O.P. service area?

The Week at a Glance - YSM

Sunday

- 12:30 Gates open - Registration, unload and move-in
- 1:30 Adult Meeting with the Director
- 2:15 Camp Orientation
Community game
Program Orientation
Break (healthy snack)
Field Orientation
Major Group Division & meeting
YRG Division & development
- 6:00 Dinner
YRG Development Time
Community Moment
Worship
Free Time
- 9:45 Lights Out

Monday - Thursday

- 7:30 Breakfast
- 8:00 Daybreak
- 8:30 Major Group meetings
- 9:00 Serving the Lord, all day!
Service Project: at worksite
Day Camp: field trips & site visits
- 4:30 Return to camp, unload vans
- 6:00 Dinner
Major Group meetings
Evening programming
Bed prep & lights out

Friday

- 7:30 Breakfast
- 8:00 Daybreak
- 8:30 Major Group meetings, load up vans
- 9:00 Serving the Lord, all day!
Service Project: half-day project, lunch at site
Day Camp: celebration and lunch
- 1:00 YRG Celebration in service area
- 4:00 Return to camp
- 6:00 Dinner
Campfire
Fishhook worship service
- 10:45 Lights out

Saturday

- 7:00 Breakfast
Camp evaluation
- 7:30 Daybreak
- 8:00 Camp cleanup
Closing circle
- 10:00 Depart

The evening activities vary each night. Tuesday evening the Camp Director will lead a brief Adult Huddle, one evening all adults will be honored by MTOP staff, and Thursday evening the Camp Director will lead a Prospective Staff meeting for those interested in serving of summer staff in the future.

The Week at a Glance - NHN

Tuesday

- 12:30 Gates open - Registration, unload and move-in
- 1:30 Adult Meeting with the Director
- 2:15 Camp Orientation
Community game
Program Orientation
Break (healthy snack)
Field Orientation
Major Group Division & meeting
YRG Division & development
- 6:00 Dinner
YRG Development Time
Worship
Free Time
- 9:45 Lights Out

Wednesday - Thursday

- 7:30 Breakfast
- 8:00 Daybreak
- 8:30 Major Group meetings
- 9:00 Serving the Lord, all day!
Service Project: at worksite
Day Camp: field trips & site visits
- 4:30 Return to camp, unload vans
- 6:00 Dinner
Major Group meetings
Evening programming
Bed prep & lights out

Friday

- 7:30 Breakfast
- 8:00 Daybreak
- 8:30 Major Group meetings, load up vans
- 9:00 Serving the Lord, all day!
Half-day project, lunch at site
- 1:00 YRG Celebration in service area
- 4:00 Return to camp
- 6:00 Dinner
Campfire
Fishhook worship service

- 10:45 Lights out

Saturday

- 7:00 Breakfast
Camp evaluation
- 7:30 Daybreak
- 8:00 Camp cleanup
Closing circle
- 10:00 Depart

The evening activities vary each night. Wednesday evening the Camp Director will lead a brief Adult Huddle, one evening all adults will be honored by MTOP staff, and Thursday evening the Camp Director will lead a Prospective Staff meeting for those interested in serving of summer staff in the future.

The Week at a Glance - SHC

Sunday

- 12:30 Gates open - Registration, unload and move-in
- 1:30 Adult Meeting with the Director
- 2:15 Camp Orientation
Community game
Break (healthy snack)
Major Group division
Field Orientation
MPT Development
- 6:45 Dinner
Worship
Free Time
- 9:45 Lights Out

Monday - Thursday

- 7:30 Daybreak
- 7:45 Major Group meeting
- 8:15 Breakfast
- 9:30 Serving the Lord, all day!
Service Project: at worksite
Day Camp: field trips & site visits
- 5:00 Return to camp, unload vans
- 6:15 Major Group meetings
- 6:45 Dinner
Evening programming
Bed prep & lights out

Friday

- 7:30 Daybreak
- 7:45 Major Group meetings
- 8:15 Breakfast
- 9:30 Serving the Lord, all day!
Service Project: half-day project, lunch at site
Day Camp: celebration and lunch
- 1:00 MPT Celebration in service area
- 4:30 Return to camp
- 6:45 Dinner
Campfire
Fishhook worship service
- 10:45 Lights out

Saturday

- 7:15 Daybreak
- 7:45 Breakfast
Camp evaluation
Camp cleanup
Closing circle
- 10:00 Depart

The evening activities vary each night. Tuesday evening the Camp Director will lead a brief Adult Huddle, one evening all adults will be honored by MTOP staff, and Thursday evening the Camp Director will lead a Prospective Staff meeting for those interested in serving of summer staff in the future.

Special Characteristics of a Mountain T.O.P. Week - YSM & NHN

Daybreak

To be intentional about our time with God while at Mountain T.O.P., we provide each participant with the opportunity to begin their day with the Lord. Daybreak is a 15-20-minute time after breakfast when campers sit alone for study, reflection and prayer. Campers will need to bring their Bibles, journals or any other items desired for this time to breakfast. Mountain T.O.P. will provide materials to guide this time that relates to the focus for each day as it pertains to programming. We pray this helps participants grow closer in their relationship with God.

YRG (Youth Renewal Group)

Each participant is part of a YRG, which consists of 6-7 people, including 1-2 adults. The YRG experience is designed to give youth the opportunity to renew themselves, discover new meanings about their lives, increase their self-esteem and confidence, make new friends, and be a contributing part of a team with a common goal. When dividing into YRG's our staff members will ensure that they are as balanced as possible across age, gender, experience and home church. Participants report that working with the YRG is one of the most meaningful experiences during their week.

Community Evening Programs

These programs are a time for fun and fellowship with the whole camp community. Programs may consist of group recreation or free time.

The evening always includes a sharing time and worship. Sharing gives everyone the opportunity to express their thoughts and insights from their day in the community. Depending on the evening, this will take place either within the Major Group or with the community as a whole. Worship is an ecumenical experience designed to focus on serving God. It is an opportunity for campers and staff to engage in reflective moments as they seek to grow closer and further develop their commitment to God.

Major Group Worship

Mountain T.O.P.'s style of worship is often participatory, engaging campers to connect with the Lord in creative, tangible and unique ways. One aspect of our camp weeks that may differ from other organizations is Thursday evening Major Group worship. Each group will be responsible for planning their own worship service. The Major Group leader will facilitate the planning. This experience gives youth the opportunity to be on the planning end of programming. For some youth, this may be the first time to be a part of thinking about how to extend the opportunity to worship to others. This challenges youth to explore their own faith while also giving them the chance to be creative and develop skills.

YRG (Youth Renewal Group) Celebration

This is the closing celebratory time for each YRG on Friday afternoon before returning to camp. It is a time for each member to express his or her thoughts and feelings to the others about the team experience along with rejoicing in the growth and renewal that comes from giving of yourself to others. Many YRG's exchange gifts at this time, but it is not required. There are plenty of locations—dairy bars, parks, lookouts—within the service area to enjoy and patronize during this time.

Friday Fishhook Worship

This worship is dedicated to celebrating the journey of the camp community throughout the week and to asking participants to commit to being a fisher of people in the valley below. This time of reflection is designed to highlight for participants that the Mountain T.O.P. experience does not stay on top of the mountain, but it goes home with each participant in their hearts.

Saturday Morning Closing Circle

This celebration is designed to reconnect participants with their own youth groups and to challenge the youth groups to go forth and continue to share God's love in the valley below. Mountain T.O.P. seeks to enrich the lives of its participants so they will take their experience and build on it when they return home.

Special Characteristics of a Mountain T.O.P. Week - SHC

Daybreak

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MPT (Ministry Production Team)

Each participant is part of a MPT, which consists of 6-7 people, including 1-2 adults. The MPT experience is designed to give participants the opportunity to renew themselves, discover new meanings about their lives, increase their self-esteem and confidence, and be a contributing part of a team with a common goal. Even though participants may know each other well, serving together may be a new context for their relationships and will add a deeper level of spiritual connection.

Community Evening Programs

These programs are a time for fun and fellowship with the whole camp community. Programs may consist of group recreation or free time.

The evening always includes a sharing time and worship. Sharing gives everyone the opportunity to express their thoughts and insights from their day in the community. Depending on the evening, this will take place either within the Major Group or with the community as a whole. Worship is an ecumenical experience designed to focus on serving God. It is an opportunity for campers and staff to engage in reflective moments as they seek to grow closer and further develop their commitment to God.

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Pictures for Painting - example activity



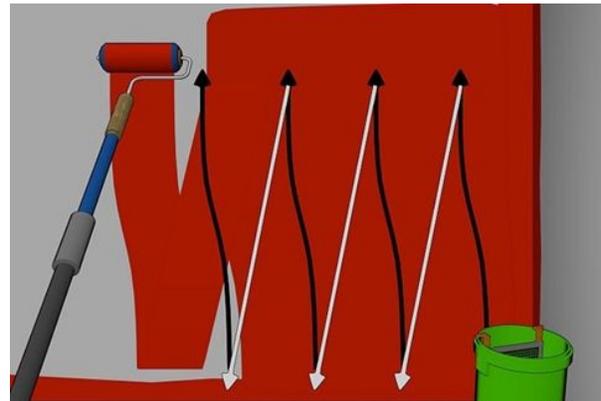
Stir paint



Apply painters tape & lay out drop cloths



Use paint brush on area next to painters' tape



Use paint roller on remaining areas



Remove painters tape

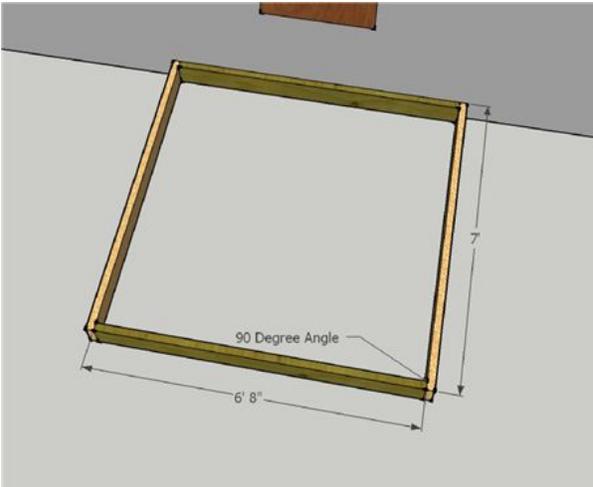


Clean up brushes & paint trays

Building a porch



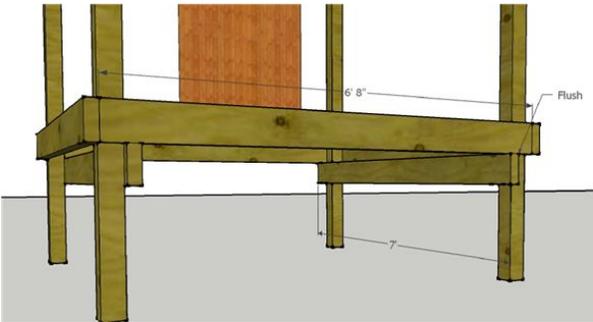
Sort out & inventory lumber to make sure you have everything you need



Build outer band



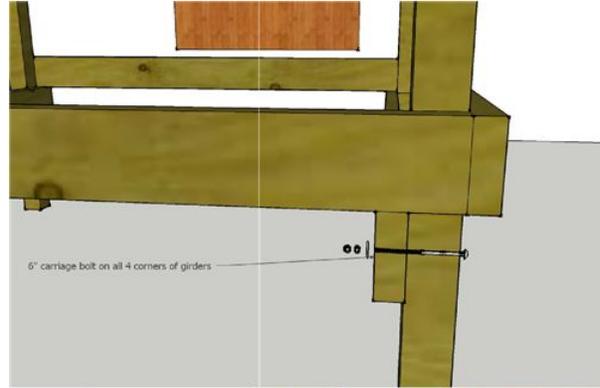
Dig post holes



Install beams & outer band on posts



Use concrete to anchor posts



Install carriage bolts

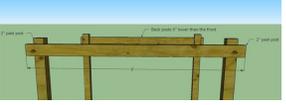
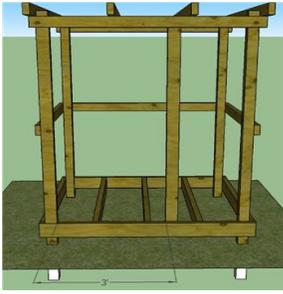
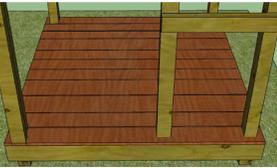
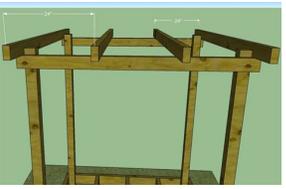
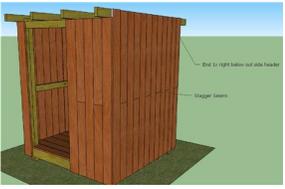
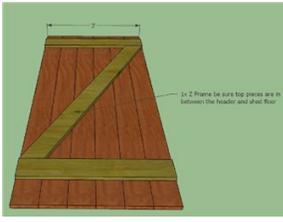
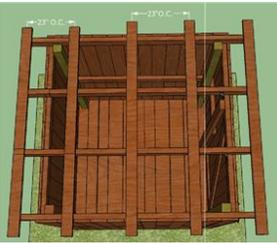


Install common joists



Install decking

Building a Shed

 <p>Sort out & inventory lumber to make sure you have everything you need</p>	 <p>Build outer band</p>	 <p>Dig post holes</p>	 <p>Attach band to posts</p>
 <p>Use concrete to anchor posts</p>	 <p>Install common joists</p>	 <p>Install headers</p>	 <p>Install 2x4 band around posts</p>
 <p>Frame outdoor area</p>	 <p>Install decking</p>	 <p>Install rafters & attach w/hurricane ties</p>	 <p>Install shed walls</p>
 <p>Build & attach door</p>	 <p>Install lathing</p>	 <p>Attach tin roof</p>	 <p>High five your YRG members!</p>

Stewardship of Materials Philosophy

The Mountain T.O.P. experience can be a joyous and rewarding one: a community of believers gathered together for a week to serve the Lord. Mountain T.O.P. is in partnership with the people of the Cumberland Mountains and with the youth and adults who volunteer. A firm understanding of this concept is crucial to forming significant relationships during the week and after participants return home.

Mountain T.O.P. participants join a partnership agreement with the people in the communities they serve. There are three partners:

- 1) Mountain T.O.P.
- 2) Youth and adult volunteers from across the country
- 3) People living in the Cumberland Mountains

Each partner brings a unique element and makes the whole greater than the sum of the parts. The idea that $1+1+1$ is greater than 3 represents the synergy that occurs on the mountain.

What does each part bring? Mountain T.O.P. provides structure, staff, field work, and management of financial resources. The volunteers contribute money through their participant fee, labor and tools. Individuals, churches and businesses from the communities also contribute financially.

The families that Mountain T.O.P. directly works with give whatever they can. Their contribution is very important to the empowering of the people of the Cumberland Mountains (detailed in the Statement of Values). Families that cannot afford to contribute to a project financially are asked to find alternative ways to participate; which could be joining in the work or making a jug of tea. The resulting partnership raises the level of ownership and involvement of the families with whom we serve.

Occasionally a participant may want to make a contribution to a family. We encourage this kind of generosity, but ask that the partnership philosophy is always kept in mind. That same contribution made to Mountain T.O.P.'s materials fund may be better utilized and possibly applied to many projects. Mountain T.O.P. has year-round involvement in the community and will know well where resources are needed the most to help the most people.

Furthermore, when families offer to make a donation to Mountain T.O.P., accept it! This may be a family's contribution to the project. We ask that any donations are given to a staff member once you arrive back at camp. The donations we do not accept are animals (living or dead), or any illegal items.

Tool Safety Training

It is important that everyone is trained to safely use tools in order to assure that parents, youth, adults, pastors, and congregation members that the proper precautions have been taken. Mountain T.O.P.'s expectation is that all work sites are safe environments for those who are working there. We at Mountain T.O.P. spend many hours on safety training with our camp staffs and we want all groups to have the opportunity to learn how to maintain a safe environment while on the work sites themselves.

Using tools properly is an important element to the Service Project experience at Mountain T.O.P.! The following information is designed for you as the group leader to share with your youth and adults who will be attending camp. This session has been created so that each participant has a higher level of comfort out on the work sites with the various tools they will be using during the week. It's designed to increase the participant's knowledge of the various tools that they might use while at Mountain T.O.P. as well as teach them how to use the tools properly for the safest work site.

Know Your Tools

This is a good opportunity for you to go over the tool list with your group; you could even let them see and hold each tool as you go over it. Tool Requirements for groups are listed in The Core Guide, as well as the Community Tools listed in the Tool Process. **It is important to stress to each participant that they only have to use the tools they feel comfortable with while at Mountain T.O.P.!** We do not want anyone to think that they have to use a power saw or any other tool they do not feel comfortable in using. It is up to them.

General safety guidelines

- Use each tool only for the job and the way it was designed for.
- Keep fingers and hands away from cutting edges of tools.
- Secure or clamp down wood being worked with.
- Safety glasses should be worn at all times while using power tools.
- Be patient and never use force. Let the saw do the cutting.
- Don't work with tools when tired. Alertness is necessary.
- Don't wear loose clothing or jewelry, which can be caught in moving parts. Wear your nametag, but tuck it into your shirt.
- Never use electrical tools in damp or wet locations.
- Power tools must have adult supervision each time they are used. At no time are youth forced to use any tool they are uncomfortable with.
- If extension cords are used, be sure they are heavy duty.
- Unplug all electrical tools when finished and put them back in their case each time use is done. Don't leave any power tools unattended.
- Keep tools sharp, clean and oiled. Make sure the tools are in good condition before using them.
- Work areas should be large enough for people to remain safe during the use of power tools and should be tidy to avoid tripping over things.

- The workspace should have proper equipment to use with the power tools like saw horses or level cutting areas for power saws.
- Only make cuts from the outside of saw horses. When cutting between them the wood will pinch the blade and cause a kick-back. Be aware of this anytime someone holds a board while it is being cut.
- Use ladders only on stable and level surfaces unless they are secured to prevent movement.
- Keep the area around the top and bottom of ladders clear of debris.
- Maintain ladders free of oil, grease, and other slipping hazards.
- Don't tie ladders together to make a longer ladder.
- Face the ladder when going up or down.
- Don't carry objects or loads that could cause you to lose your balance and fall.
- Don't use the top of a stepladder as a step.
- Always use and lock the metal spreader or device that holds the front and back sections apart.
- Don't move, shift, or extend ladders while they are in use.
- Extend ladders at least 3' beyond the surface you are accessing so you have a handhold when getting on or off and set the ladder 1' away from a wall for every 4' that it extends (if ladder goes up 16', it should be 4' from base of wall.)

Tools for Tool Petting Zoo

 <p>Carpenter Pencil</p>	 <p>Caulk Gun</p>	 <p>Chalk Line & Chalk</p>	 <p>Crow Bar</p>
 <p>Extension Chord</p>	 <p>Claw Hammer</p>	 <p>Extension Ladder</p>	 <p>Step Ladder</p>
 <p>Level</p>	 <p>Mattock</p>	 <p>Post Hole Digger</p>	 <p>Post Level</p>
 <p>Circular Saw</p>	 <p>Power Drill</p>	 <p>Cordless Drill</p>	 <p>Drill Bits</p>
 <p>Drill Bits (Spade)</p>	 <p>Reciprocating Saw</p>	 <p>Flat Bar</p>	 <p>Hand Saw (Lumber)</p>

 <p>sawhorse</p>	<p>Shovel</p> 	 <p>sounding rod</p>	 <p>pencil point bar</p>
 <p>carpenter square</p>	 <p>speed square</p>	 <p>tape measure</p>	 <p>tin snips</p>
 <p>utility knife</p>	 <p>combination wrench</p>	 <p>sledge hammer</p>	

Lingo Bingo

Prayer journals
Backpacks
Community partners
Field trips
Surveys
Elroy

Resilience
Daybreaks
Spirit fish
Closing circle
Celebration day
Corn dogs

Fish crate
Van route
Warm fuzzy
Fish school
Buckets o' fun
Opening circle

Lingo Bingo - glossary

Lingo	Definition
Buckets o' Fun	Full of an assortment of toys, games, and activities to enjoy with the children during free time that is kept with a Mountain T.O.P staffer.
Backpacks	Full of school supplies given out during Friday Celebration to prepare children for the following school year.
Celebration day	Takes place on Friday, a time to honor the week full of memories and accomplishments. Families are invited to lunch and this special event.
Closing circle	A gathering at the end of each day in Day Camp consisting of songs, activities, and a reflection on the highlights of the day. An important time to connect the "what" to the "why."
Community partners	Organizations in our service area that provide in-kind donations, field trip locations, educational opportunities for our youth. Valuable components in putting together a Day Camp program that exposes children to the assets in their own backyard.
Corn dogs	The extra special lunch served during Friday Celebration.
Mid-day daybreaks	A pause in the middle of the day to turn our attention to God, reading a Bible story or doing a Bible-based activity.
Elroy	The warehouse for all Day Camp supplies at Camp Cumberland Pines.
Field trips	Local churches, Sewanee: University of the South, fire departments, libraries, state parks, local small businesses, historical societies
Fish crates	Full of the supplies needed for each particular day. Picked up from Elroy every morning before the YRG leaves camp.
Fish school	Groups of Day Camp campers separated by age.
Opening circle	A gathering at the beginning of each day in Day Camp consisting of songs, activities, and an introduction of the day's theme. An important time to hear announcements for the day's activities.
Prayer journals	Paper booklets given to each child to write or draw their prayers to God. Filled out each day during the van route.
Resilience	The ability to "bounce back" after encountering difficulty. One of the primary outcomes of the Day Camp program.

Spirit fish	The prize for the Day Camp Fish School with the most spirit. Awarded each day at the Day Camp Opening Circle.
Surveys	The method Mountain T.O.P. uses to measure personal growth in Day Camp youth from the beginning to end of the camp week.
Van routes	The path a YRG takes in a large van to pick up children in order to take them to the site visits. A valuable time of relationship building and bonding.
Warm fuzzy	A clump of yarn hung around Day Camp camper's name tag, with detachable yarns given out to show appreciation or brighten someone's day.