



T.R.A.C. in a Box

In a season when holding three days of camp is not possible, creating T.R.A.C. in a Box for your campers is a GREAT IDEA for PLAN B or even PLAN C. This idea, inspired by the team at T.R.A.C. Federal Way, Washington, is one way to continue ministering to teens residing in foster care.

While this idea starts with a box, the national office has a label to place on the outside of the package. These labels are FREE thanks to the generosity of some of our Teen Reach donors. Our hope is these labels on the boxes will bring a smile to campers' faces when they receive a box of goodies just for them.

Here are some ideas for bringing T.R.A.C. to our campers. Be creative and have fun!

- T.R.A.C. camper devotion – "You are Valuable" based on the CrossTalk curriculum and available in PDF on the T.R.A.C. resources page.
- Bible, if the box is for a new camper.
- T.R.A.C. T-shirt.
- Lanyard.
- Cinch bag/backpack.
- Water bottle.
- MAD LIBs, crosswords, stickers.
- Puzzles, small travel games, deck of cards.
- Watercolors or other art supplies.
- Flashlight.
- T.R.A.C. ball cap or other cap/visor.
- S'more kits with microwave directions.
- "Welcome" signs and photo of the cabin leader/counselor holding the sign for the teen. Include name with meaning & scripture.
- Scripture activity to "decode" the theme scripture verse.
- Special message signed by camp staff & counselors.





- Achievement necklace/beads – A special “Stay Home, Stay Safe” bead and beads for all the “activities” in the box.
- Photo album – Photo of a volunteer on one page and a message for the teen on the second page. (The more specific the better, but general is fine.)
- Song lyrics that fit with the theme. Hopefully, many will YouTube the song. Some suggestions:

1. *Rescue* by Lauren Daigle (powerful lyrics)
2. *Shackles* by Go Fish
3. *I Just Need U* by Toby Mac
4. *Chain Breaker* by Zach Williams
5. *Who You Say I Am* by Hillsong
6. *Never Let Go* by Matt Redman
7. *Build My Life* by Housefires (the bridge is very powerful)
8. *God Only Knows* by King and Country
9. *Fingerprints of God* by Steven Curtis Chapman
10. *Alive* by Big Daddy Weave
11. *On Christ the Solid Rock I Stand*
12. *Nobody* by Matthew West
13. *Only Jesus* by Casting Crowns

- Craft-in-a-Baggie. Tie dye bandana, leather bracelet, etc.

1. Tie dye bandana.
2. Leather bracelet.
3. Sculpey polymer clay that can be baked in an oven.
4. Painting stones with words and phrases.
5. “Paint by number” by filling in small pebbles in the picture.



- Mini mascot – Last year the Challenge Course mascots were a BIG HIT! Maybe the facilitators could begin a story for campers to finish throughout the year OR include a Mini-Mascot Diary for campers to return the following summer filled with mascot adventures.
- Fill out two I Spy’s with general, encouraging “Fruit of the Spirit” wording and two I Spy’s for campers to pass on positive words to others.



- Special personal items. Example: Last year, Camp Grandpa in Federal Way snuck Red Vines to a camper having a particularly tough time. Receiving the snack was a highlight for this camper. So, a photo of Grandpa on a package of Red Vines will go into this boy's box.
- Camp Store-in-a-Baggie – Add a couple Dollar Store items. Include a few tickets to spend next year.
- Blanket/pillow – Include if a group makes blankets for campers each year.
- "Truth" Painted Rock – Include the key verse or a truth statement.
- Candy/gum/chips/popcorn/snacks.
- Glow-in-the dark bracelets.
- \$5 Gift cards for ice cream or coffee.
- Song download from a popular Christian artist.

NOTE: Please consider the foster parents/care givers when selecting items for the box. Don't include loud noisemakers or things like squirt guns that could be considered obnoxious.

