**八年级（下）英语第8周第1课时**

**Module 7 Unit 1学程拓展**

**请同学们阅读文章，了解学习如何准备夏令营的更多建议。**

**Seven Summer Camp Tips for Kids**

These helpful hints will help campers get ready for their upcoming camp adventure. Kids, pull up a chair and remember these seven tips on how to prepare for summer camp.

**1. Know When Camp Starts**

After you and your parents pick the best camp for you to **attend** this summer, make sure you know what day it starts. That way, you can keep track of how much time you have to get packed and ready to go!

**2. Help With Packing**

As soon as you know when camp is starting, you can begin throwing your belongings in a duffel bag（行李袋）, in your closet or the corner of your room. You should have a packing list from the camp. You’ll need things like sunglasses, sunscreen and **bug spray**. Remember to pack plenty of play clothes that can get dirty.

**3. Don’t Wait Until the Last Minute**

If your camp has a special party you need a costume for, or if you decide you want some swim goggles for the pool, make sure you let your parents know early enough to get to the store to get those items.

**4. Start Taking Care of Yourself**

At camp, you’re going to have to be very **responsible.** You’ll have to take good care of your stuff and make sure you shower and brush your teeth. Your camp **counselor**（辅导员）may remind you sometimes, but in the end, it will be all up to you to remember to take care of yourself. You can easily prepare yourself by talking with your parents about ways to be more independent, like helping to make grocery lists and making your bed.

**5. Don’t Be Afraid to Talk About Things That Make You Nervous**

It’s normal for you to feel nervous about going to a new summer camp. If you need to talk about those feelings, reach out to your parents or other adults you trust to see what kind of advice they have. You can also turn to any friends who have been to summer camp before. Don’t keep your fears to yourself, because talking to people will give you an idea about what to expect from camp, which will help you feel more ready to face your new experience. Having more knowledge almost always makes soon-to-be campers feel much better.

**6. Remember You’re Going to Be in the Sun a Lot**

When you’re at camp, you will be spending a lot of time outdoors. Work together with your parents to pack enough sunscreen, sunglasses, cool hats and other items that will protect you. Whenever you have the chance to rest at camp, try to find a place indoors or in the shade to cool down.

**7. Follow the Rules, But Have Fun, Too**

Of course, you need to be responsible and follow the rules. But summer camp is very different and much more fast-paced than **regular** school — in fact, you’ll probably get worn out by all the fun you’re having! Take this time to learn new things and try activities you never have before, like theater, exciting crafts or outdoor excursions. **Explore** new interests, and ask your camp counselors any questions you have.

**Word bank：**

attend v.参加bug spray：喷雾杀虫剂 responsible.：adj.负责任的 remind v. 提醒regular adj.正常的 explore：v.探索