



## 2020 Coup-K

Keewaydin will be awarding Coup Ks this summer! This is a great opportunity to set some goals and do many camp related activities. As you will see, there is a lot of flexibility, given that not everybody has access to the equipment, facilities or environs to complete everything. The requirements are for a 4-week period. This will be done on the honor system. Keep track of what you have done on the form provided by checking off the appropriate boxes upon successful completion. If you complete the requirements, send in your form and you will get your Coup K! Here is the list of requirements:

Help The Other Fellow	Week 1	Week 2	Week 3	Week 4
Inspection				
Walloping				
Acts of Kindness				

Outdoor Activities	Beginner	Intermediate	Advanced	Expert
Basketball				
Baseball				
Biking				
Canoeing				
Disc Golf				
Hiking				
Kayaking				
Running				
Soccer				
Swimming				
Tennis				
Touch Football				
Yoga				
Other				
Other				



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<b>Creative Activities</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>	<b>Expert</b>
Arts and Crafts				
Art				
Frolics				
Music				
Reading				
Kicker Writing				
Other				
Other				

<b>Exploration/Campcraft</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Expert</b>	<b>Advanced</b>
Biology				
Botany				
Fire Building				
Fishing				
Knot Tying				
Observation				
Photography				
Other				
Other				

On my honor, I have completed the requirements for a 2020 Coup K.

\_\_\_\_\_  
Name (Please print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Please send to Pete Hare, Keewaydin, 500 Rustic Lane, Salisbury, VT 05753 or scan/email to [pete@keewaydin.org](mailto:pete@keewaydin.org).



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# COUP-K Requirements

### Coup K Requirements:

- Earn all in the “Help The Other Fellow” category
- Outdoor Activities- Earn 3 beginner, 2 intermediate, 1 advanced
- Creative Activities- Earn 2 beginner, 1 intermediate, 1 advanced
- Exploration/Campcraft Activities - 2 beginner, 1 intermediate, 1 advanced

### Help The Other Fellow:

#### Inspection:

- Clean room 6+ days each week
- Make Bed
- Laundry in hamper
- Clothes, books, other personal items put away properly

#### Walloping Coup:

- Wash dishes (any meal) at least 3x per week

#### Acts of Kindness:

- Do one “above and beyond” helpful act at least 1x per week

### Outdoor Activities:

Beginner: Play for 2 hours

Intermediate: Play for 4 hours

Advanced: Play for 8 hours

Expert: Play for 16 hours

(Times are cumulative)

### Creative Activities:

Frolics - Make a video for the frolics

Reading - Read a book of 100 pages or more

Kicker Writing- Write a story, essay, article, or poem for the kicker

Music - Practice an instrument for 5+ days for 30+ min or learn to play a Keewaydin song on your instrument of choice.

A&C- Make something from wood, fabric, yarn, etc.

Art- Make a painting, a drawing, a comic strip, etc.

Cooking - Prepare a meal for your family

### Creative Activities:

Beginner - Do one time

Intermediate - Do two times

Advanced - Do four times

Expert - Do eight times



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### Exploration/Campcraft Activities:

- Observation - Go outside and observe an animal or type of animal for 1 hour (birds, squirrels, ants, butterflies, etc.). Write about what you saw and learned, make a short video, or draw a picture of the animal.
- Botany - Learn to identify 10 different trees, flowers or ferns
- Biology - Learn to identify 10 different birds, mammals, fish, reptiles or amphibians
- Fishing - Catch and release a fish safely (for Advanced and Intermediate, clean, and cook a fish)
- Knot Tying - Learn to tie 6 different knots
- Fire Building - Build a fire (parental supervision required)
- Photography - Take 10 pictures of things in nature (trees, flowers, insects, animals, soil, rocks, etc) and explain to a family member or a friend how they relate to each other

### Exploration/Campcraft Activities:

- Beginner - Do one time
- Intermediate - Do two times
- Advanced - Do four times
- Expert - Do eight times