



## Presenting the MPC tool

MPC: Maximizing Participation for all Campers  
All campers deserve a fun, positive and safe experience.

The MPC tool is designed to support camp staff in providing positive and high-quality leisure experiences to all children. Through following four distinct steps, the tool serves as a memory aid on how to support the motivation and inclusion of all campers.

STEP 1: What are my camper's interests, needs and strengths?	STEP 2: What types of participation are beneficial for my camper?
This step aims to develop a positive approach, based on the observation and identification of a camper's strengths and interests, in order to meet the camper's specific needs according to the intended activity and context.	This step supports the process of selecting participation types that best meet the interests, needs and strengths of a camper. The key is to choose the types of participation that foster the camper's enjoyment in relation to the intended activity or context.
STEP 3: What participation barriers are present for my camper?	STEP 4: Some motivational strategies to support participation
This step allows for the anticipation of participation barriers through reflection on four spheres of observation: location, attitudes, materials and instructions. Once the barriers have been identified, it becomes easier to find ways to overcome them.	Expanding on Carbonneau et al.'s (2018) conceptual model of an inclusive, quality leisure experience, this step proposes 15 empowering and inclusive motivational strategies. When used at the appropriate times, these different strategies can support in building camper motivation and participation.

### Use this tool at your camp!

An implementation guide for camp managers is available for free on the website of the Association des Camps du Québec :  
<https://campsquebec.com/outils/cycle-dintegration/guide-de-soutien-a-limplantation-de-loutil>

*The guide also includes ready-to-use training tools to help camp managers equip staff with effective resources.*

### This tool is supported by research

The “Maximizing Participation of all Campers” tool has proven effective and relevant in supporting day camp staff in developing the affective dimension of campers' physical literacy (Girard et al., 2023). In fact, camp staff (counselors and companions) reported positive perceptions of its use (Girard et al., 2024).











## STEP 1: What are my camper's interests, needs and strengths?

INTERESTS	NEEDS	STRENGTHS
What does my camper like to do?	What information do I already have about my camper?	What are my camper's skills and abilities?
Does my camper seem engaged when participating?	What type of support does my camper need?	What types of activities seem to come easiest to my camper?

Choose the types of participation that best suit your camper's interests, needs and strengths.  
 In the table below, there is no order to follow when engaging a camper's participation.

## STEP 2: What types of participation are beneficial for my camper?

Participation Types	PROXIMITY	PARALLEL PLAY	TAKING TURNS	SIMPLIFIED RULES	MODIFIED RULES (INDIVIDUAL)	MODIFIED RULES (GROUP)	SHARING	SOCIAL INTERACTION
Illustrations <sup>1</sup>								
Descriptions	The camper is in the same space as the group, doing something else.	The camper is playing the same game, without interacting with the group.	The camper plays a group game that includes waiting and sharing turns.	The camper plays with the group, applying certain rules of the game.	The camper plays with the group using modified rules.	The whole group plays with modified rules.	The whole group plays with the same rules, without modification.	The whole group plays with the same rules, is engaged in social interactions.
















<sup>1</sup> (●) Camper participating in activity as expected; (▲) Camper participating in a different activity; (■) Camper who participates in the intended activity using different rules; (◻) Social interaction.



### STEP 3: What participation barriers are present for my camper?

LOCATION	ATTITUDES	MATERIALS	INSTRUCTIONS
  	 	  	  

### STEP 4: Some motivational strategies to support participation

 Fulfill the camper's <b>INTERESTS</b>	 Give camper the <b>FREEDOM</b> to try without interfering	 <b>BOOST</b> camper's confidence	 Give <b>SHORT, CLEAR AND PRECISE</b> explanations	 <b>INVITE</b> camper to participate
 Offer <b>CHOICES</b> and <b>VARIATIONS</b>	 Plan <b>ADAPTED</b> tasks	 Recognize <b>EFFORT</b>	 Use <b>VISUAL CUES</b>	 Provide opportunities to develop <b>FRIENDSHIPS</b>
 Encourage taking <b>INITIATIVE</b>	 Offer a <b>CHALLENGE</b>	 <b>REINFORCE</b> good deeds	 <b>MINIMIZE</b> downtime	 Get involved with <b>ENERGY</b> and <b>DETERMINATION</b>

Do you need help? You're not on your own. *Discuss with your manager, the parents and the child to discover other good ideas!*