

# 6 Life Skills KIDS CAN LEARN FROM CAMPING



Whether your child is a seasoned camper or beginner, every trip teaches camping skills and character-building life skills that can benefit them in school, at home, and eventually, in the workplace.

1

## PLANNING

Keep kids involved in the planning process

Ask them what they think your family will need during the trip and how you can prepare for unexpected challenges.



## COOPERATION

2

Work together as a team

Two-way communication and teamwork build the muscle that allows them to work well with others during group projects and extracurricular activities.



3

## RESILIENCE

Teach kids to persevere in the face of challenges

Being in nature removes an "out" when problems arise. Camping dwindles down aspects of living to the very basics. If you can't get a steady fire going, you may not eat or warm up unless you find a solution.



## RESOURCEFULNESS

4

Help kids make the most of what they've got

Give kids the opportunity to come up with some creative solutions. They may be surprised by all the things they discover.



5

## COURAGE

Engage in new activities

Completing a task, despite a child's reluctance, requires courage. Once they've faced their fears, they will be able to call on that same courage again throughout their lives.



## CONNECTION

6

Strengthen their relationship with nature

Science suggests that time in nature is positive for children's brains and improves their mood and concentration.



For parents with mobility restrictions or who simply aren't outdoorsy types, consider camping lessons for your kids. The summer break is a great time for enrollment in an outdoor or survival summer camp. The skills they develop—and the happy memories—will stick with them for a lifetime.