

10 Ways Children/Youth Benefit from a UU Sleep away Camp

10. Spend their day being physically active – As children/youth spend so much time inside and mostly sitting down, camp provides a wonderful opportunity to move. Running, swimming, jumping, hiking, climbing! UU Camp is full of action!

9. Experience success and become more confident – Camp helps children/youth build self-confidence and self-esteem by removing the kind of academic, athletic, and social competition that shapes their lives at school. With its non-competitive activities and diverse opportunities to succeed, camp life is a real boost for young people. There's accomplishment every day. Camp teaches kids/youth that they can.

8. Gain resiliency – The kind of encouragement and nurture kids/youth receive at camp makes it a great environment to endure setbacks, try new (and thereby maybe a little frightening) things, and see that improvement comes when you give something another try. Camp helps conquer fears.

7. Unplug from technology – When kids/youth take a break from TV, cell phones, and the Internet, they rediscover their creative powers and engage the real world— real people, real activities, and real emotions. They realize there's always plenty to do. Camp is real!

6. Develop life-long skills – Camps provide the right instruction, equipment, and facilities for kids/youth to enhance their sports abilities, their artistic talents, and their adventure skills. The sheer variety of activities offered at camp makes it easy for kids/youth to discover and develop what they like to do. Camp expands every camper's abilities.

5. Grow more independent – Camp is the perfect place for campers to practice making decisions for themselves without parents and teachers guiding every move. Managing their daily choices in the safe, caring environment of camp, campers welcome this as a freedom to blossom in new directions. A sleepaway camp for UU campers develops who they are.

4. Have free time for unstructured play – Free from the overly-structured, overly-scheduled routines of home and school, life at camp gives campers much needed free time to just play. Camp is a slice of carefree living where campers can relax, laugh, and be silly all day long. At camp we play!

3. Learn social skills – Coming to camp means joining a close-knit community where everyone must agree to cooperate and respect each other. When they live in a cabin with others, campers share chores, resolve disagreements, and see firsthand the importance of sincere communication. Camp builds teamwork.

2. Reconnect with nature – Camp is a wonderful antidote to “nature deficit disorder,” to the narrow experience of modern indoor life. Outdoor experience enriches camper's perception of the world and supports healthy child development. Camp gets camper's back outside.

1. Make true friends – Camp is the place where kids make their very best friends. Free from the social expectations pressuring them at school, camp encourages kids to relax and make friends easily. All the fun at camp draws everyone together— singing, laughing, talking, playing, doing almost everything together. Every day, camp creates friendships.

See? UU Youth Camp at Camp de Benneville Pines is great!