

PUT A LITTLE SUNSHINE IN YOUR SUMMER

FUN IS A MUST FOR MAINTAINING HEALTHY LIFESTYLE HABITS, AS IT REDUCES STRESS AND ANXIETY FOR COUNSELORS AND CAMPERS ALIKE.

1

Lend a listening ear to your campers and give them a chance to express their emotions, alone or as part of the group.

Set the example by telling them how you feel today.

2

Emphasize the positives at camp or the people who've put a little sunshine in your day.



This is a good way to introduce campers to the notion of gratitude. Check out the **Wall of gratitude activity**.
<https://portail.tremplinsante.ca/boutique/defi-sante-mur-des-mercis/>

3

Because each person is unique, highlight the qualities, strengths and personalities of each camper rather than their physical appearance.

Group chemistry will be more important than ever this summer, so make sure you take a moment to instill an atmosphere of respect within your group.



The **I am unique** and **I am super** activities are perfect companions in this regard.
<https://portail.tremplinsante.ca/boutique/je-suis-unique/>
<https://portail.tremplinsante.ca/videos/je-suis-super/>

4

What better way to release stress than physical activity? Experiment with your campers by introducing them to relaxation, meditation, visualization or yoga.



Want to try? The **Aquatic yoga activity** may be of interest.
<https://portail.tremplinsante.ca/boutique/defi-tchin-tchin-yoga-aquatique/>

There are several applications that can help guide you through these activities. The following apps are specific to meditation:

“Insight Timer”, “Petit Bambou”, “Relax Melodies”.



THANK YOU FOR FULFILLING YOUR MISSION TO PRESENT OUTDOOR ACTIVITIES THIS SUMMER!

