



# WHY IS SUMMER CAMP IMPORTANT

## SUMMER CAMP BENEFITS

The camp experience is recognized by child development professionals as valuable in helping children mature socially, emotionally, intellectually, morally, and physically.

1. **Camp Helps Kids Build a Unique Interest**
2. **Camp Reinvents and Eliminates Categories**
3. **Camp Allows for a Deep Dive into New Skills**



**“SUMMER CAMP IS A GREAT OPPORTUNITY TO EXPLORE NEW THINGS OR DIVE DEEP INTO AREAS YOU LOVE. THIS SUMMER, MY 8TH GRADER TRIED OUT JOURNALISM AND PHOTOGRAPHY, AND GOT TO SPEND MORE TIME HONING HER SKILLS AT AN OVERNIGHT GYMNASTICS CAMP.”**

*-Peggy Chang  
CEO & Co-Founder, ActivityHero*

THE BIGGEST PLUS OF CAMP IS THAT CAMPS HELP YOUNG PEOPLE DISCOVER AND EXPLORE THEIR TALENTS, INTERESTS, AND VALUES. MOST SCHOOLS DON'T SATISFY ALL THESE NEEDS. KIDS WHO HAVE HAD THESE KINDS OF (CAMP) EXPERIENCES END UP BEING HEALTHIER AND HAVE LESS PROBLEMS WHICH CONCERN US ALL.

*Peter Scales, Ph.D.,  
author/educator & Senior Fellow, The Search Institute*

## 4. Camp Leads to a New Type of Friendship-Building

### CAMPERS SAID



- 96%** Camp helped me make new friends.
- 93%** Camp helped me get to know kids who are different from me.
- 92%** The people at camp helped me feel good about myself.
- 74%** At camp, I did things I was afraid to do at first.

### PARENT COMMENTS



- 70%** My child gained self-confidence at camp.
- 69%** My child remains in contact with friends made at camp.
- 63%** My child continues to participate in some of the new activities he or she learned at camp.

### STAFF RESULTS



- 95%** Being part of a group working toward a common goal had a positive effect on me.
- 84%** Camp surrounds me with people with high standards.
- 83%** Being part of a unified camp community changed me personally for the better.



- 5. *Camp Helps with Mental Stimulation & Physical Activity*
- 6. *Camp Reinforces Independence and Empowerment*

THE BUILDING BLOCKS OF SELF-ESTEEM ARE BELONGING, LEARNING, AND CONTRIBUTING. CAMPS OFFER UNIQUE OPPORTUNITIES FOR CHILDREN TO SUCCEED IN THESE THREE VITAL AREAS AND EVEN BEYOND HOME AND SCHOOL.

*Michael Popkin, Ph.D.,  
family therapist &  
founder of Active Parenting*



"THE WAY STUDENTS LEARN IS CHANGING. WE HAVE TO OFFER THEM THE OPPORTUNITY TO EXPERIENCE SUBJECTS APPLICABLE TO FUTURE CAREERS, WHILE PROVIDING TOOLS TO PROBLEM-SOLVE, CREATE, WORK IN TEAMS, AND USE CRITICAL THINKING SKILLS."

*-Pete Ingram-Cauchy  
CEO, iD Tech*

- 7. *Camp Allows for Confidence to be Reinforced by Success*
- 8. *Camp Leads to Creativity, Free of Judgement*
- 9. *Camp Builds All-Around Resilience*
- 10. *Camp Instills Appreciation and Gratitude*



"PERHAPS BEST OF ALL, CAMPS OFFER KIDS A CHANCE TO FEEL LIKE THEY BELONG. ALL THOSE GOOFY CHANTS AND TEAM SONGS, THE SENSE OF COMMON PURPOSE AND ATTACHMENT TO THE IDENTITY THAT CAMPS PROMOTE GO A LONG WAY TO OFFERING CHILDREN A SENSE OF BEING ROOTED."

*-Dr. Michael Ungar  
Scientific Director, CYCC Network*



- 11. *Camp is Fun and Entertaining (of Course!)*

**Slumber Falls Camp**

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