



# Benefits of Camping



## 1. Increases self-confidence:

There are many activities to be completed on camping trips that, when completed successfully, will boost a child's confidence. Children can help set up the tent, help build a fire, cook a meal, etc., and when the tasks are completed, even with the aid of their parents, their self-esteem will be increased. Further, many programs that work with at risk teens take the teens on a yearly camping trip to build their self-confidence. When self-confidence is built, children are more likely to be successful in the future.

## 2. Enhances Problem-Solving Skills:

Families have to work together to pitch a tent in order, keep track of the hiking trails they go, build a fire to stay warm, etc. These problem-solving skills can be applied to other areas of a child's life such as within the classroom. Problem-solving involves critical thinking, forcing children to identify problems, brainstorm possible solutions, test those solutions, and analyze the results.

## 3. Camping Helps to Reduce Stress and Anxiety:

Many people practice deep breathing techniques to relieve their feelings of stress by replenishing their bodies with oxygen. The amount of oxygen that is provided for someone who practices deep breathing techniques is just about equivalent to what is provided when camping and spending time outdoors. When exploring nature and taking in the oxygen from plants, one's body will feel rejuvenated and relaxed.

## 4. Camping Improves Mood:

For children who suffer from depression or display depressive-like symptoms, camping is a great way to improve your child's mood. When people participate in recreational activities, one's body instantly releases serotonin, "the happy hormone." Serotonin levels are further increased when one is surrounded by those they love. Combine camping and family, and one's serotonin levels will spike!



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