

UNPLUG FOR RESILIENCE

THE BENEFITS OF LEAVING YOUR PHONE BEHIND AT A KOOKABURRA KIDS CAMP

RESILIENCE BUILDING

- ☀️ **Embrace Challenges:** Without digital distractions, young campers learn to face new challenges head-on, building essential problem-solving and resilience skills.
- ☀️ **Self-Reliance:** Encourages campers to rely on themselves and their peers, boosting self-confidence and the ability to overcome obstacles independently.

ENHANCED SOCIAL CONNECTIONS

- 🤝 **Real Connections:** Campers form deeper, in-person bonds with peers, fostering strong social connections that can last a lifetime.
- 🤝 **Empathy & Communication:** Face-to-face interactions promote empathy, active listening, and effective communication skills.

INCREASED HELP SEEKING BEHAVIOUR

- 🆘 **Comfortable Seeking Help:** Campers are encouraged to ask counselors and peers for assistance when needed, promoting a culture of seeking help.
- 🆘 **Safe Environment:** Camp provides a safe space to share feelings and experiences, reducing the fear of judgment when seeking help.

IMPROVED MENTAL HEALTH LITERACY

- 🧠 **Understanding Emotions:** Campers learn to identify and understand their emotions, fostering emotional intelligence.
- 🧠 **Recognising Stressors:** By disconnecting from digital stressors, campers gain insights into the factors affecting their mental well-being.

UNPLUG & RECHARGE

- 🔌 **Digital Detox:** Taking a break from screens allows campers to reset and recharge mentally.
- 🌿 **Nature Connection:** Immersion in nature promotes relaxation, reducing anxiety and improving overall well-being.

LIFELONG MEMORIES

- 📸 **Create Lasting Memories:** Unplugging allows campers to fully engage in memorable experiences they'll cherish forever.
- 📸 **Nostalgia & Gratitude:** Reflecting on unplugged camp experiences fosters gratitude and a sense of nostalgia.