



Dear parents,

Our camp recognizes the vital role that free and active play has in the overall development of campers, and for that reason it integrates free and active play into its programming.

Free and active play is defined as an activity that the campers initiate on their own, under the supervision of a counselor.

It allows campers to do the following:

- ★ Create their own physical games.
- ★ Develop their autonomy and creativity.
- ★ Make decisions, take initiative and go at their own pace.
- ★ Be free in their movements and vary the intensity of movement.
- ★ Explore their environment and make various discoveries.
- ★ Meet achievable challenges and experience success.
- ★ Identify their preferences and tastes.
- ★ Foster social relationships.
- ★ **Have loads of fun.**



Counselors play a vital role during this period. They act as active observers by providing safe supervision and meeting the needs of campers at all times. They promote the integration of each camper and stimulate their imagination. Speak to your kid about it after they return home.

All counselors at our camp have received training.

Together, let's give our campers the chance to play and move freely!

Have a wonderful summer!

To learn more about free and active play:

Table sur le mode de vie physiquement actif. À nous de jouer! Jeu actif et jeu libre pour le développement de l'enfant. (2018).