

Growing Life Skills The ECDC Way





Friendships

Research calls it “Healthy Peer Relationships”. We call it making friends that last.

From **friend-making** skills to friend-keeping skills, ECDC provides all of the pieces for campers to make new friends.

Friend-making skills are about making a connection, finding something in common with each other and then sharing an experience together. **Friend-keeping** skills include team work, being empathetic to someone else’s opinion, saying I’m sorry and working it out.

Resilience

Resilience is the ability to **bounce back** and learn from mistakes. We grow this life skill by encouraging campers to “try, try again” all on their own — whether it’s the climbing wall, archery, hiking or outdoor cooking — in a safe environment with trained and wise adults supervising.





Self-Esteem

It was once thought that self-esteem came solely from praise and pats on the back. But research tells us that self-esteem is more like a muscle, which when exercised, builds a deep sense of self-confidence.

At ECDC, campers get to work this muscle every day. They practice appropriate and healthy independence in safe and nurturing settings. They problem-solve, try new things, explore their talents, interests and values.

Camp is full of opportunities for kids to try bigger and braver things, which in turn builds the **muscle** of self-esteem.



Curiosity

God designed us with curiosity and creativity. It's curiosity that gives way to innovation. Camp provides campers the time and the space to **explore**. Age appropriate adventure and exploration give campers an opportunity to try something new and take positive risks.

Unplugging



It's not that technology is bad. But campers that leave their technology behind for a few weeks **learn** who they are without technology, gain self-confidence and have the opportunity to better understand others.

A group of children and adults are walking on a rocky beach. In the foreground, two girls are walking away from the camera; one is wearing a red shirt and blue shorts, and the other is wearing a white tank top and pink shorts. Behind them, a larger group of people, many wearing red shirts and hats, are walking up a rocky slope towards a large, reddish-brown cliff face. The scene is bright and sunny.

**We're in the business of building the
"whole child" by helping campers grow in
character, relationships, skills and faith.**

Summer camp is a magical and memorable time of new friends, discoveries and growth.

Since 2007, Emerald Cove Day Camp has been shaping the lives of children with old-fashioned fun and creative nurturing ways.