



Camping at Home

Create Your Own Camp!

Goal: Have an adventure by camping in your living room or backyard!

[Tip]: Hang sheets for a makeshift shelter, eat camping food, and set up a pretend campfire.

Why is this important? Camping at home is good for the mind, body, and spirit, and is an affordable way to have fun.

References: Morrow, R., Rodriguez, A., & King, N. (2017). Back to basics: Can unstructured camping promote wellbeing? *Therapeutic Communities*, 38(1), 49-56. <https://doi.org/10.1108/TC-08-2016-0016>