

A group of people is gathered around a campfire at night. The fire is bright and central, illuminating the people sitting around it. In the background, there are silhouettes of trees against a dark blue night sky. A bright, circular light source, possibly the moon or a star, is visible in the upper center of the sky. The overall scene is peaceful and communal.

# Growing Life Skills The YSSC Way

*“Campers learn that face-to-face friendships are worthwhile and gain confidence in both making and keeping friends all by themselves.”*

# Friendships

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

From friend-making skills to friend-keeping skills, YSSC provides all of the pieces for campers to build these relationships. 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 **collaboration**, **being empathetic** to someone else’s opinion, **saying I’m sorry** and **working it out**.



# 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 YSSC, 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

Curiosity is considered to be an important 21st century skill. 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.





# 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 backpacking — in an encouraging environment with trained and wise adults supervising.

# 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.



# 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 1973, Yosemite Sierra Summer Camp has been shaping the lives of children in creative, fun and nurturing ways. We are a second generation family-owned program nestled in Bass Lake, California, in the shadow of Yosemite National Park. While our campers come to YSSC excited about all the fun and adventure they'll have, our parents send them knowing all the life skills they'll develop.

