

Quiet Time at Camp

horseback riding



arts & crafts



canoe



swim



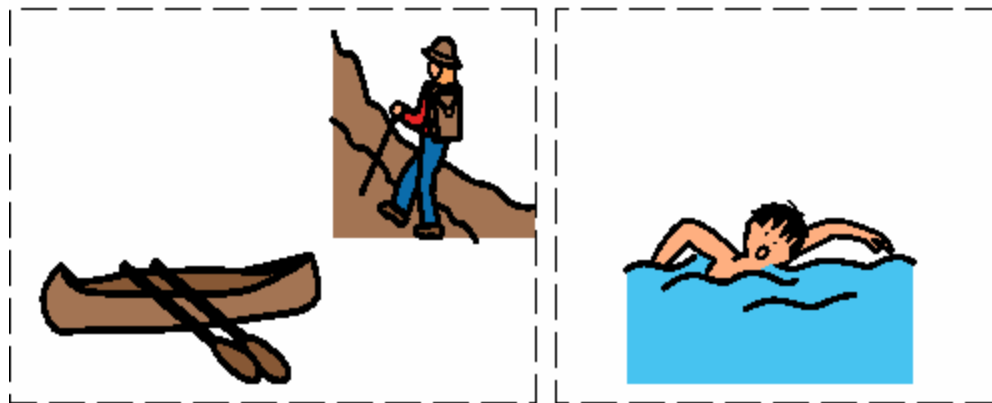
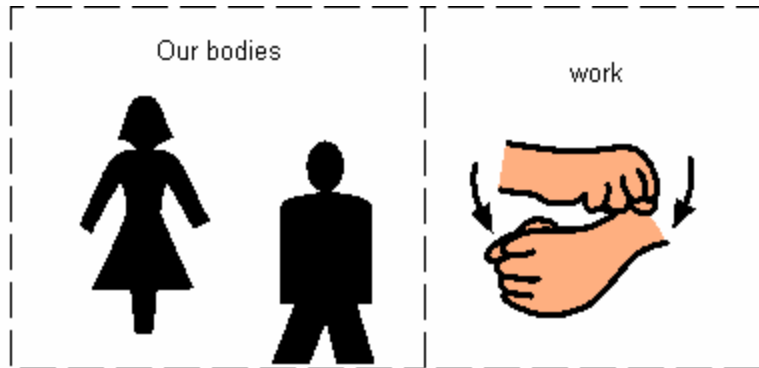
adventure



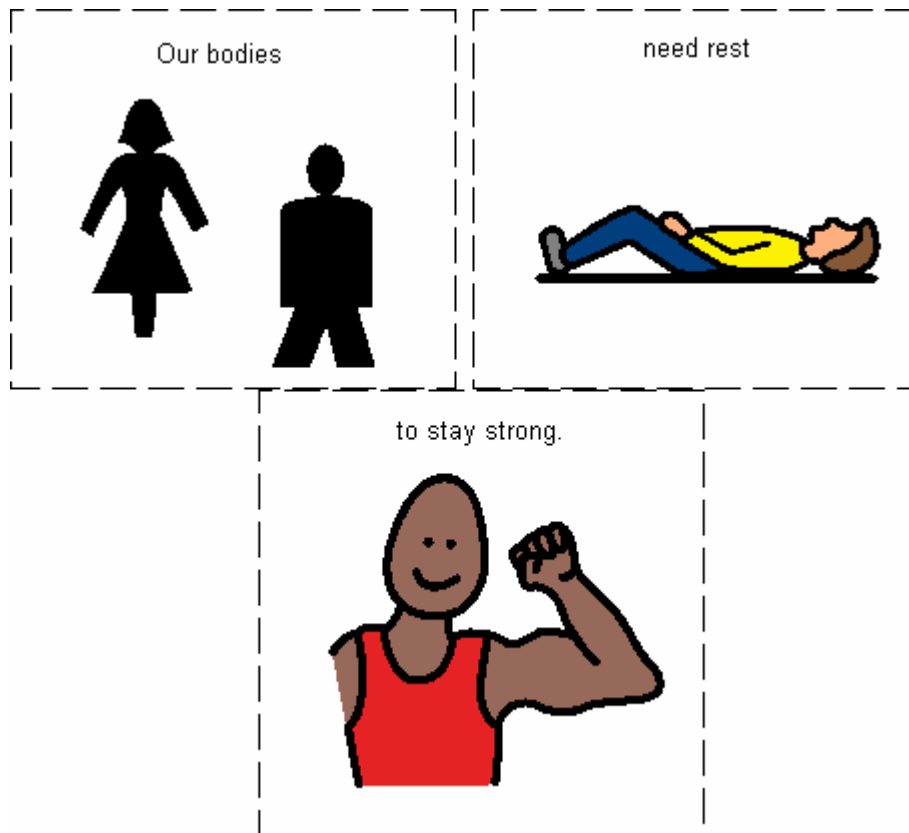
hike



We are very busy at camp.
We do lots of fun things all day.



Our bodies work hard at camp. They hike, swim, ride horses, and do other fun camp activities.

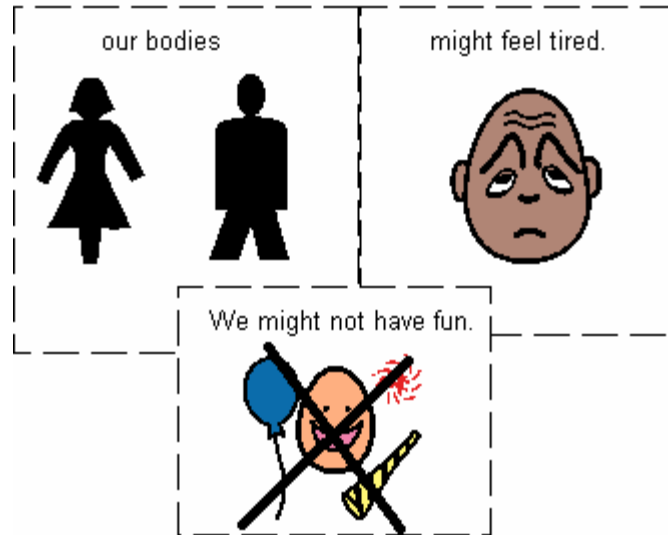


Our bodies need rest to stay strong. That way they can be strong each day for the fun camp activities.

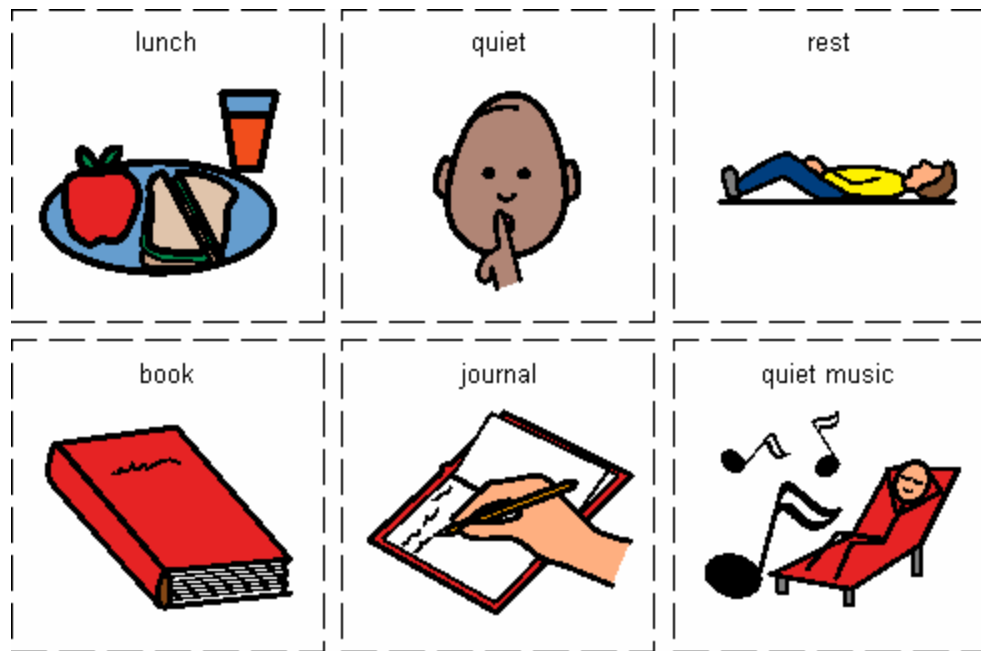
If...



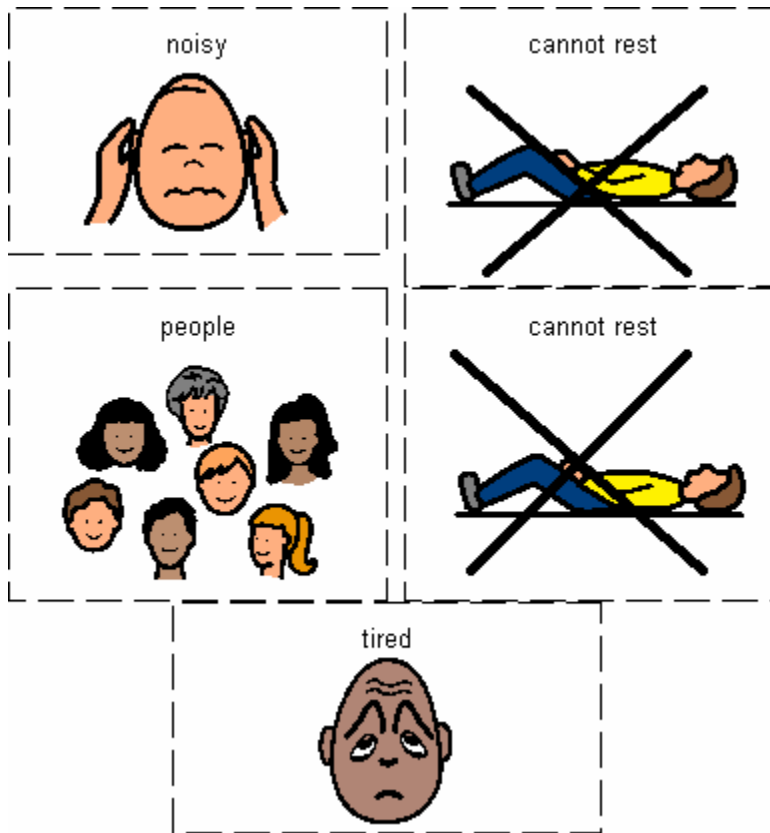
then...



If we don't rest at camp, then our bodies might get tired. We will probably feel tired and won't be able to have so much fun.



After lunch, we usually have quiet time at camp. It is a time to lay down and rest. A few people may do another quiet activity during quiet time.



If I am noisy during quiet time, then I cannot rest. Other people around me cannot rest, either. We will probably be tired later in the day.



It is a good idea to get rest at camp. That way our bodies can be healthy and strong. We can have lots of fun at camp when we are not so tired!