

***Keeping kids active, healthy, and having FUN
while learning vital skills for a successful and happy future!***

We help children develop lifelong skills and healthy lifestyle habits, such as confidence, leadership, stress control, social skills, nutritious eating, and fitness. When these skills are taught early, they become engrained and help to shape a child's development as well as prevent health and behaviour problems from developing down the road. Meal plans, activities, and educational workshops are designed by our team of psychologists, psychotherapists, and nutritionist.

Our summer camp program is unique, since it combines physical fitness with healthy eating AND self-development, all through entertaining games, activities, and workshops. More importantly, the program is interactive and fun, and the kids won't even know they are learning!

Health & Fitness Our camp is not intended for weight loss per se, but to teach kids the importance of healthy eating and physical fitness. They learn how to make healthier alternatives to their favourite comfort foods through nutritional workshops, trips to the farmer's market, and hands-on food preparation. Every day at lunch time, campers get together to prepare a healthy, delicious, energizing lunch. Kids will also be learning portion control and table etiquette. They get a chance to have fun and be creative with their food!

Social skills Effective communication, self-control, problem-solving, cooperation, and peer relations, are reinforced and modeled throughout all of our non-competitive and fun-filled activities.

Confidence & Self-Esteem Building The program builds confidence and self-esteem by allowing kids to act independently, assume responsibilities, attempt new tasks and challenges, take pride in their accomplishments, handle positive and negative emotions, and offer assistance to others as part of a team. They get to feel strong, healthy, and **capable** by practicing how to take care of their mental and physical health, while developing a positive body image. Games and activities are also designed to improve peer relations by interacting as a group, practicing conflict resolution, and how to handle bullying.

Stress Reduction *Children have stress too!* Learning how to handle stress is an important skill to have at any age. Stress can have a profound effect on kids' emotional health, behaviour, and ability to learn. By helping children learn how to manage their stress and emotions through simple mindfulness activities and creative art, they become more resilient and able to handle life challenges.

Field Trips & Outdoor Activities Children get to be active and enjoy nature by playing sports and doing outdoor activities in Tom Riley Park (10-minute walk from *Sayu*). We also have several field trips to places, such as the Montgomery Farmer's Market, the Memorial Pool and Health Club (a 12-minute walk from *Sayu*), and (alternating each week) mini-golf, movies, and indoor playgrounds.

WHO WE ARE

A group of specialized and First AID/CPR safety-certified clinicians of *Sayu Healthy Living*, with experience in a variety of day camp programs. During the school year, we provide career counseling, psycho-educational testing, workshops, and psychotherapeutic services for children in addition to services for adult. *Sayu* is a psychology clinic that helps people improve their emotional, mental, and physical health.

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