



... for parents

K4.3 CHOOSING YOUR CAMP

Getting to know your own interests

Your child has taken part in an OFF-TRAIL workshop on knowing themselves. The children had a chance to try out different activity stations to discover their interests.

DID YOU KNOW?

As children try out different activities, they gradually discover what they like. They also learn to recognize their strengths and challenges.

NOW IT'S UP TO YOU!

Encourage your child to try several new activities with you, and ask them what they prefer and why. You can use the following types of activities for inspiration:

- Physical activities;
- Craft activities;
- Parent-child reading periods;
- Board games;
- Relaxation activities.

To hear this content:



Find out more about the OFF-TRAIL program:



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