

## What Is The Background Of Our Mothes Camps?

The core of our camps is a strong **Waldorf Rhythm** of breathing in and breathing out throughout the day – action-packed times alternate with quiet times in a healthy way.

Our **Experience in Curative and Remedial Education** flows into our camps; it enables us, among many other things, to lead and guide diverse, multi-age groups in a firm yet gentle way.

Our campers not only get to have days of fun in an environment where they can feel secure and supported, they also get the opportunity to grow and mature for instance by looking out for each other and by working through disagreements under our guidance.

## Why Do We Offer Certain Activities In Our Mothes Camps? Some Examples:

The **Crafts** we do together bring the children into their body, help develop their fine motor skills and their sense for beauty, and they stimulate their creativity in general.

The **Team Games** we play and the **Team Building Challenges** we offer help the children develop team spirit and are great exercise.

**Blindfold Trust Walks** and **Ropes Courses** in the forest are not only fun, but also help the children develop greater spatial awareness.

**Playing with Sand, Water and Mud**  
is grounding.

**Singing Together and Sharing Meals**  
does wonders for uniting groups;  
one learns to listen to each other and to look out for one another that way.

**Story Time** (a favorite of almost everyone, even the older campers) during **Quiet Time** after lunch helps everyone to settle down and rest for a while during the hottest part of the day.

And having a healthy **Surprise Snack** every afternoon adds some extra excitement to our days!